

LIBERTY HOSPITAL

connections

- Health myths and old wives' tales revealed by our experts
- Is the "change of life" making you hot and bothered?
- Join us for fashion, fun and heart-disease awareness!



Nurse's home visit eases worries of first-time parents

my mother always told me...

When it comes to our health, it's easy to believe the myths, half-truths and old wives' tales that seem to get passed down from generation to generation. But how true are they? We went to the source and asked our experts to tell us if some of the most infamous tales are fact or fiction:



Feed a cold and starve a fever.

Fiction! This is a dubious folklore from the 1500s when people also thought blood-letting cured many illnesses. While stuffing yourself with junk food is never good whether you have a cold or a fever, starving could be worse. When you're running a fever, you lose more fluids from additional sweating, so it's important to keep yourself hydrated.

—Raghavendra Adiga, MD, infectious disease physician

Red wine is good for your heart.

Fact! The alcohol and antioxidants help prevent heart disease by increasing levels of "good" cholesterol and protecting against artery damage. But drink it in moderation; too much alcohol can have damaging effects on your body.

—Demetrios Maragos, MD, cardiologist

Fresh vegetables are better for you than frozen vegetables.

Fiction! Fresh and frozen vegetables offer the same essential nutrients and health benefits. With the latest developments in farming and packaging, vegetables are often frozen within hours of being picked. This allows produce to be packaged at their peak of freshness and nutrition.

—Angela DeBarthe, registered dietitian

If you swallow your gum, it will stay in your stomach for seven years.

Fiction! This folklore is almost universally renowned and is often passed down by our mothers. Gum actually clears your stomach after about an hour or as long as it takes your stomach to empty.



—Dale Wytock, MD, gastroenterologist

You can get a blood clot from sitting too long on a flight.

Fact! Inactivity, of any kind, can prevent blood from flowing normally through your leg veins and could cause a blood clot. So next time you're on a plane or sitting at your desk for an extended amount of time, remember to move your legs.

—Timothy Raveill, MD, interventional radiologist

Too much stress will make your hair turn gray.

Fiction! Although extreme amounts of stress can make you lose your hair, it can't give you gray hair. Each hair follicle has melanocyte, a pigment-producing cell in the skin, hair and eye that

determines their color. Just like many other things in our bodies, melanocyte only functions for a certain amount of time. Your hair turning gray early is mostly a factor of genetics, although there are a few other medical disorders that may contribute.

—Neal Anson, MD, internal medicine physician

If someone in your family is a twin, there's a good chance you could have twins.

Fact! Women who have twins in their family have an increased likelihood of giving birth to twins. Interestingly, the likelihood is not increased if the twins are on the man's side of the family. However, he would pass on a greater likelihood of having twins to all of his daughters. Ethnicity also plays a part: the risk in a Caucasian (1 in 80) is much greater than a Japanese person (1 in 500). Additional risk factors include age, obesity, number of children, and of course infertility treatments.

—Timothy Billharz, MD, obstetrician/gynecologist



Eating too much chocolate can cause acne.

Fiction! Chocolate has been linked to causing acne for decades without any convincing evidence to support this theory. When it comes to food being linked to acne, chocolate is only one of many dietary concerns that have been studied. As of today, obesity is the only true link to worsening acne. Whether or not you have acne really depends on your genetics and how dry or oily your skin is.

—Christopher Rouse, MD, dermatologist

You can scare hiccups away.

Fact! Hiccups are produced by involuntary contractions in your diaphragm. Most of the time we never know what causes the contractions in the first place. Many home remedies can be successful in breaking the hiccup cycle, including scaring someone. Hiccups aren't normally a serious condition, but in rare cases, they may be a sign of a more serious disorder. You should contact your physician if your hiccups are recurrent or last longer than 48 hours.

—Ryan Huyser, MD, internal medicine physician

Bonus trivia: What is the world record for the longest bout of hiccups? According to the Guinness Book of World Records, a farmer in Iowa had the hiccups for 68 years!



Cracking your knuckles can cause arthritis.

Fiction! There are only a handful of studies on this subject, and none of the research shows a definite link between knuckle cracking and arthritis. However, cracking your knuckles is neither harmless nor desirable. The arthritis connection may be an old wives' tale, but cracking your knuckles can hurt your hands in other ways, and there's no benefit to it. In fact, there have been incidences where people have actually overstretched their ligaments and dislocated their fingers.

—Steve Nelson, MD, family medicine physician



Sitting too close to the television can be bad for your eyes.

Fiction! While it may cause your eyes to feel strained, it will not cause damage. However, too much television at any distance may hurt your brain!

—Scott McKnight, MD, ophthalmologist

Almost as good as a set of instructions

House calls extend Birthing Center care for new moms

“You have that first night being at home, and you’re worried about every possible thing in the world. We needed someone to come out just because it’s overwhelming.”

For more information on the program or the Birthing Center (including a video tour of the unit), visit www.libertyhospital.org or call 816-792-7228.

You read all of the birthing books, you took all of the prenatal classes, you survived a grueling labor and delivery. Now what? This tiny new baby looks at you with a million riddles, and you have no idea of the answers.

Is my baby sleeping enough? Why won’t she latch on to feed? How much crying is too much? What the heck do I do with this cord?

“You always have these questions in your head as a first-time parent, and it’s an adjustment.”

Jayna Buckley and her husband, Eric, just welcomed their new daughter into the world and were still getting their bearings after leaving the hospital.

“You have that first night being at home, and you’re worried about every possible thing in the world,” she said. “We needed someone to come out just because it’s overwhelming.”

Their new daughter, Hadley, came three weeks early, and the couple wasn’t feeling as prepared as they would have liked. Specifically, they were concerned about Hadley’s weight and needed some help with nursing.

Help came from Dayna Kerr, a registered nurse with Liberty Hospital’s Home Follow-up program, a free service offered to mothers who deliver at the hospital’s Birthing Center. One of three full-time nurses with the program, Kerr

has been making home visits for 16 of her 38 years in nursing. The nurses usually make home visits a few days after the families have left the hospital.

Weight is a common concern of new moms, Kerr said, but they also help with breast-feeding problems, jaundice, bathing, and temperature regulation. They also check in on the new mothers, who might need help with pain control, elevated blood pressure, incision infections, or some postpartum depression. The visits can also include lab draws for jaundiced babies, which saves the family a trip back out with their new infant.

“I think they like knowing that a nurse is coming to check on them, answer their questions, and weigh their babies,” she said. “We focus on their needs, their questions, their baby. It’s very personal, and it makes them feel special.”

Mona Knox and Jeanette Vernon, two other home follow-up nurses, know how valuable this kind of education can be, especially in the patients’ own homes. “I like being able to teach new moms and dads in a comfortable environment,” Knox said. “By the time we do the visit, they usually have had enough time to have questions, and it’s rewarding for me to help and encourage them as new parents (or new parents again).”

The most valuable benefit, however, is just simple validation. “Of course

there are those times that we catch a sick mom or baby, and those times make me very glad that we have this program,” said Knox. “But I feel a lot of our job is to let new parents know they are doing a good job.”

For the Buckley family, the home visit simply meant peace of mind. “I think her coming really affirmed that ‘Okay, we’re doing some things right, and she’s at the weight where she needs to be,’” Jayna said. “It was a very good experience.”

Liberty Hospital is the only hospital in the Kansas City metropolitan area that currently offers a home follow-up program, so while the Buckleys were a little nervous about leaving the comfort of the Birthing Center, they were able to bring some of that expertise home with them.

“I’ve talked to several people who are from different areas and go to different hospitals, and I think it’s a great thing that Liberty does,” Jayna said. “Almost everything is overwhelming and having that person come out a couple days later is so, so worth it and appreciated. I can’t imagine not having that.”

Although she came three weeks early, Hadley Buckley and her parents are now all smiles. A home follow-up visit from a Birthing Center nurse confirmed that everyone was healthy and the first-time parents were doing everything right.



Is it hot in here?

Many of the 22 million American women going through menopause right now definitely think so! Menopause, also known as the “change of life,” is different for every woman and can occur at different ages.

Most women start their menopausal transition (also called perimenopause) between the age of 45 and 55. And just like puberty, perimenopause occurs over time. In fact, it can sometimes last for years.

For many women, it's not the change of life that's bothering them but the symptoms associated with it. So what causes the hot flashes and the other symptoms?

“During your normal cycle years, your body gets used to a rhythm, and when your body starts to enter perimenopause, the rhythm gets disrupted,” said Lynn Cargill-Hickman, MD, a board-certified obstetrician/gynecologist at Liberty Hospital.

The disruption is caused by changes in the levels of your estrogen and progesterone (hormones created by your ovaries). Estrogen is used by many parts of your body, so as it decreases, your body reacts. Common symptoms include sleep deprivation, night sweats, vaginal dryness and mood changes.

Conventional hormone-replacement therapy is one of the most commonly used and most reliable remedies for severe symptoms. If you have a uterus, it's important that you take hormone therapy that has both estrogen and



progesterone. If you don't have a uterus, you only need estrogen. The benefits of short-term hormone-replacement therapy include a decrease in night sweats, hot flashes and vaginal dryness. Plus, as an added bonus, it can help prevent osteoporosis. Some of the risks include high blood pressure, blood clots, heart attack and stroke.

Bioidentical hormone-replacement therapy is another form of treatment, and just like conventional hormone therapy, it comes with similar benefits and risks. Bioidentical therapy contains hormones that are an exact chemical match to those made naturally by our bodies. Many are made by drug companies and are approved by the Food and Drug Administration (FDA). However, many women confuse bioidentical with custom-compounded hormone medication, which are mixed by a pharmacist and are not FDA-approved.

Another growing treatment is the use of over-the-counter supplements. “If it's over-the-counter, the safety is not regulated and the quality and purity

can differ,” she said. “I advise my patients to be cautious of these because we don't know their long-term effects.”

Acupuncture can also help with menopausal symptoms by treating the imbalance of energy that menopause is causing your body. No risks are involved, and treatments take less than an hour.

So while you might be all too familiar with the symptoms of menopause, take solace in knowing that every woman will go through it at some point in life. “If you can weather the storm, that's great!” Cargill-Hickman said. “Because I promise you the symptoms will pass.”

As always, be sure to talk to your physician before participating in any kind of treatment to discuss your medical history and weigh all of the risks and benefits.

For more information on gynecology services at Liberty Hospital, visit www.libertyhospital.org.

Liberty Hospital recognized for heart care

Liberty Hospital received the American College of Cardiology Foundation's Silver Performance Achievement Award – one of only 94 hospitals nationwide to do so.

The award signifies that Liberty Hospital has maintained or exceeded the requirements set by the foundation for four consecutive quarters in treatment of heart-attack patients.

The registry, a partnership between the American College of Cardiology Foundation and the American



Heart Association, sets a national standard for understanding treatments given to heart-attack patients as well as clinical outcomes, drug safety and the overall quality of care provided.

“This award recognizes our commitment and success in implementing a higher standard of care for heart patients,” said David Feess, Liberty Hospital president and chief executive officer. “Our staff is focused on improving the quality of cardiovascular care in the Northland.”

Runway for the Heart

Ladies, put on your best red dress and join Liberty Hospital for Runway for the Heart on Saturday, Feb. 4 from 2 to 4 p.m. Liberty Hospital has joined with Macy's and the American Heart Association to offer a fun-filled afternoon in celebration of American Heart Month. Heart-disease survivors will walk the runway dressed in the latest fashion trends from Macy's while sharing their stories of triumph.

In addition, we'll present the latest treatment advances in women's heart disease as well as information on heart-disease prevention, signs and symptoms. Ladies will also enjoy free facial tips from Macy's professional makeup artist, additional information on women's health, free chair massages, and lots of free giveaways!

Preregistration is required, and space is limited!
Saturday, Feb. 4, 2012 • 2 to 4 p.m. • Medical Plaza East Bridge • Liberty Hospital
 To register, go to www.libertyhospital.org or call 816-407-2318.

Community Education Classes



Medical Terminology

This eight-week course is held on Tuesday evenings and is designed to introduce basic medical terminology to those with a non-medical background interested in exploring opportunities in the medical field. Please note that both homework and independent study will be required to successfully complete the program. There will be no class on Tuesday, March 13. A nonrefundable fee of \$55 will cover materials provided.

Dates: Jan. 24 through March 20

Time: 6 to 8:30 p.m.

Location: Liberty Hospital Education Center

Cost: \$55

Register online at www.libertyhospital.org

Care in Your Home: Home Health and Hospice

This is an interactive presentation that offers an overview of accessible services to assist you in caring for a loved one at home. Information about a variety of resources will be made available to you as well as opportunities to have your questions answered.

Date: Jan. 17

Time: 2 to 3:30 p.m.

Location: Home Health and Hospice offices, 1134 W. Kansas St., Liberty

Cost: Free

For more information, call 816-407-2100.

Diabetes Class

Diabetes management instruction is coordinated by a nurse who is a certified diabetes educator and includes information on diabetes management, medications, stress management, diet and exercise. This class requires a physician order and is charged to your insurance company.

Dates: Dec. 7, 14, 21, 28
Jan. 4, 11, 18, 25
Feb. 1, 8, 15, 22, 29

Time: 8:45 a.m. to 3 p.m.

Location: Liberty Hospital Education Center

For more information, call 816-792-7267.

Heartsaver AED and CPR

This course teaches adult, child and infant CPR and the use of an AED for victims 1 year of age or older. Wear loose, comfortable clothing. You will be practicing skills that will require working on your hands and knees, bending and standing. This class is taught by American Heart Association instructors following AHA guidelines. You will receive a course completion card with this class. A nonrefundable

fee covers class materials. Participants must be 12 years of age or older. CPR classes are held monthly. Registration opens 30 days prior to class date.

Dates: Jan. 10, Feb. 16

Time: 6 to 9 p.m.

Location: Liberty Hospital Education Center

Cost: \$25 (nonrefundable)

Register online at www.libertyhospital.org.

Heartsaver Adult First Aid

This course teaches the basics of first aid for adults, including how to manage illness and injuries in an adult in the first few minutes until professional help arrives. The course is specifically designed for those who have a responsibility to provide basic first-aid skills at their workplace or home setting. This course will be taught by American Heart Association instructors. There is a \$25 nonrefundable fee for this class.

Date: Dec. 13

Time: 6 to 9 p.m.

Location: Liberty Hospital Education Center

Cost: \$25 (nonrefundable)

Register online at www.libertyhospital.org.

Health on the Internet: Basics for 50+

Would you like to learn to find health information from credible sources on the Internet? The focus of this single-session class is health information for seniors new to the Web. Basic instruction in using the Internet to find credible websites is offered in a hands-on class. All ages are welcome to attend. Class size is limited.

Dates: Dec. 26, Jan. 25, Feb. 23

Time: 2 to 3:30 p.m.

Community Education Classes

Location: Doctors Building, computer classroom

For more information or to register, call 816-415-7778 or 800-203-9094.

Look Good...Feel Better

This free educational program teaches beauty techniques to women diagnosed with cancer. This class helps women fight appearance-related side effects of cancer treatment. Benefits include talking with other women going through treatment, looking good and feeling better about you, receiving valuable instructions from a licensed cosmetologist, and the opportunity to take home a makeup bag valued at more than \$200. Class size is limited, and registration is required because cosmetics must be ordered in advance to match your skin tone.

Date: Feb. 27

Time: 1 p.m.

Location: Liberty Hospital Cancer Center, ground floor of Medical Plaza East

Cost: Free

Register online at www.libertyhospital.org.

Pre-Diabetes Class

This one-time class is for people who have been diagnosed with prediabetes, impaired glucose tolerance, hyperglycemia or insulin resistance. This class is taught by a certified diabetes educator and will include instruction to delay the onset of type-2 diabetes as well as nutrition and exercise information.

Dates: Dec. 15, Jan. 19, Feb. 16

Time: 6 to 8 p.m.

Location: Doctors Building, ground floor, Classroom 1

Cost: \$25 (nonrefundable)

Register at www.libertyhospital.org.



Total Joint Replacement

This class is designed for patients scheduled to undergo total joint replacement. Patients, family members of patients, and anyone interested in learning about rehabilitation after total joint replacement are invited to attend. This program is offered on Tuesdays. Registration is not required.

Dates:	Jan. 17: 8:30 a.m. to noon	Location: 3 East Classroom & waiting room
Dec. 13: 2 to 5:30 p.m.	Jan. 24: 2 to 5:30 p.m.	
Dec. 20: 8:30 a.m. to noon	Feb. 7: 8:30 a.m. to noon	Cost: Free
Dec. 27: 2 to 5:30 p.m.	Feb. 14: 2 to 5:30 p.m.	For more information, call 816-792-7030.
Jan. 3: 8:30 a.m. to noon	Feb. 21: 8:30 a.m. to noon	
Jan. 10: 2 to 5:30 p.m.	Feb. 28: 2 to 5:30 p.m.	

Yoga Class

Find your inner Zen with Liberty Hospital's Yoga class. The course is offered in two different sessions on Monday and Wednesday evenings. Sessions are ongoing and participants may sign up for individual classes. The course is designed for beginners (ages 15 and up) and will be taught by a certified yoga instructor. Yoga straps and blocks will be available for participants to use, but we recommend that you bring your own yoga mat to each session.

Dates: Sessions are ongoing; please see our website for the next available session.

Time: Monday, 5 to 6:15 p.m.
Wednesday, 5:30 to 6:45 p.m.

Location: Liberty Hospital Outpatient Rehab, 130 S. Stewart Road, Liberty

Cost: \$14 per session or \$66 for six classes

Register at www.libertyhospital.org or call 816-407-2315.

Birthing Center Education

Baby Care Basics



Baby Care Basics prepares you for survival of the first two weeks at home with your new baby. This free class provides basic parenting skills, including

bathing, diapering, dressing, comforting, feeding and safety issues for the newborn. Registration is required at www.libertyhospital.org.

Dates: Dec. 13, Jan. 19, Feb. 21
Time: 6 to 9 p.m.
Location: Liberty Hospital Education Center

Big Brother/Big Sister Club

Big Brother/Big Sister Club stimulates discussion with expectant siblings and their parents about the upcoming birth and family changes. This free class includes a tour, video, discussion and a painting session! An adult must accompany the child/children. Age limit is 3 to 7, and class size is limited. Your child must be registered to attend.

Dates: Jan. 7, Feb. 4

Time: 9:30 to 11 a.m.

Location: Birthing Center – third floor of the Medical Plaza East building

Register at www.libertyhospital.org.

Breastfeeding Basics

Breastfeeding Basics provides information for expectant families to identify the benefits of breastfeeding for mom and baby. This free class is intended to help manage breast-feeding for the first few weeks at home. Liberty

Hospital is an official Medela pump station, and a lactation consultant can answer all your questions as well as provide information regarding pump rental/sales and supplies. Registration is required.

Dates: Dec. 7, Jan. 4, Feb. 1

Time: 6 to 9 p.m.

Location: Liberty Hospital Education Center

Register at www.libertyhospital.org.

Childbirth Express

The Childbirth Express class is the answer to a busy schedule. Topics for this free class include interventions, complications and pain management. Childbirth Express is fast-paced and video-driven and devotes less time to relaxation/breathing practice. A guided tour of the Liberty Hospital Birthing Center is included. We suggest that you have completed this class by the time you are at 36 weeks gestation. Registration is required.

Dates: Dec. 17, Jan. 21, Feb. 25

Time: 9 a.m. to 4 p.m.

Location: Liberty Hospital Education Center

Register at www.libertyhospital.org.

Prepared Childbirth Series

This free, two-class childbirth series covers the mechanics of the labor and birthing process. The class offers breathing and relaxation techniques as well as comfort measures and the role of the coach. Topics also include interventions, complications and pain management. A guided tour of the Liberty Hospital Birthing Center is included. We suggest that you complete this class by the time you are at 36 weeks gestation. Registration is required.

Dates: Jan. 5 and 12

Feb. 2 and 9

Time: 6 to 9 p.m.

Location: Liberty Hospital Education Center
 Register at www.libertyhospital.org.

Generations

Generations provides grandparents with new information about infant care, safety issues and the art of grandparenting in support of today's new family. Generations is offered quarterly for new grandparents as well as those who are experienced. A virtual tour of the Liberty Hospital Birthing Center is provided at the end of class. Registration is required.

Date: Dec. 8

Time: 6 to 8 p.m.

Location: Liberty Hospital Education Center

Register at www.libertyhospital.org.

Infant Massage

Infant massage is a two-part class that teaches parents different massage techniques and strokes for baby. Infant massage encourages bonding, and your baby benefits from tactile, visual and vocal stimulation. Also, infants who are massaged may sleep better and will be more alert when they are awake. Preterm infants may gain more weight when massaged. Preferred age range is newborn through 6 months. Registration is required.

Dates: Jan. 12 and 19

Feb. 9 and 16

Time: 11 a.m. to 12:30 p.m.

Location: Liberty Hospital Education Center

Register at www.libertyhospital.org.

All Birthing Center education classes are free, but registration is required.

To register, visit www.libertyhospital.org or call 816-792-7227.

Support Groups

Alzheimer's Support Group

Liberty Hospital offers a monthly education and support group for anyone who has a loved one suffering from Alzheimer's.

Dates: Dec. 15, Jan. 19, Feb. 16

Time: 7 to 8:30 p.m.

Locations: Home Health and Hospice offices, 1134 W. Kansas St., Liberty

For more information, call Ruth Schnakenberg at 816-407-2200.

Diabetes Support Groups

These support groups are for individuals with type-2 diabetes. These groups offer an educational presentation and time for you to discuss diabetes management issues.

Type-2 Daytime

Date: Dec. 15

Time: 10 a.m.

Type-2 Evening

Date: Jan. 5

Time: 7 p.m.

Location: Doctors Building, ground floor, Classroom 1

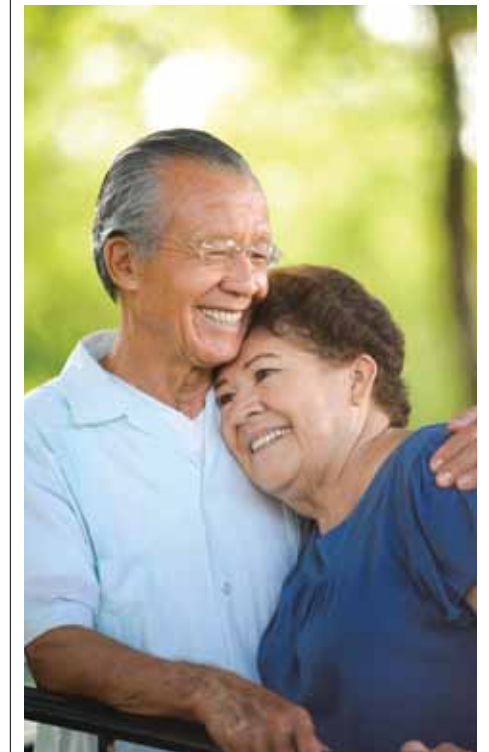
Pumpers Support Group

For individuals who are insulin-dependant, this group offers a brief instructional and educational offering followed by discussion and time to share problems or solutions.

Date: Jan. 21

Time: 10 a.m.

Location: Doctors Building, ground floor, Classroom 1



Stroke Support Group

Liberty Hospital offers a monthly stroke support group for stroke survivors and their family members. This group provides education, friendship and mutual support.

Dates: Jan. 10, Feb. 14

Time: 1:30 p.m.

Location: Education Center

For more information, call Nancy Schneider at 816-792-7105.

Breastfeeding Support Group

The Breastfeeding Support Group meets every Wednesday and is hosted by a lactation consultant who provides support and education to new mothers experiencing difficulties. Infant weight checks are also available.

Time: 1 p.m.

Location: Education Center

For more information, call Norma Reedy at 816-792-7219.



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