



Jen Dietrich before and after her 2007 gastric bypass surgery. Turn to page 2 to learn about her remarkable results.



Bariatric Surgery Gives Patients a New Look and a New Life

50+? Your Checklist for Better Health and Safety pg4

Cold and Cough Medicines for Kids: What Is Safe? pg6

SUPPORTING YOUR

Weight-Loss Goals



Fighting obesity can be a lifelong battle, and one's self confidence, quality of life and long-term health hang in the balance. For those who've had no luck shedding extra pounds with diet and exercise, bariatric surgery can provide an alternative. But the procedure itself is only part of the solution – learning

healthy eating patterns and other lifestyle changes are also keys to success. And the team at Highland Hospital's Bariatric Surgery Center has the tools patients need to succeed.

For more than 15 years, William O'Malley, M.D., Director of Bariatric Surgery at Highland Hospital, has helped forge those weight-loss tools and create a highly successful bariatric program that has earned the designation of Accredited Bariatric Center by the American College of Surgeons.

"We've been doing this procedure for a long time, and we've worked hard over the past 15 years to build a program where our results and safety are equal to the best published data out there," Dr. O'Malley said.

Pre-operative Assessment

Well before patients set a surgical date, they undergo a thorough education and evaluation program at the Bariatric Surgery Center. Anyone interested in the procedure must first attend a free, no-obligation seminar hosted by Highland Hospital.

"We spend about three hours discussing the program: the surgery itself; the physiology of weight gain and loss; and the risks, benefits and alternatives to surgery," Dr. O'Malley explained. "Then we talk about the different procedures we offer, our assessment and educational programs prior to surgery, as well as postoperative care. We stay until the last question is answered."

The next step is a formal evaluation process that can take up to six months to complete. Once it's determined that patients meet The American Society for Metabolic and Bariatric Surgery guidelines for the surgery,* the Highland Hospital Bariatric Surgery Center staff works with each potential patient to determine the best individualized course of action.

"Patients are assessed and educated by a nutritionist and a psychologist," Dr. O'Malley said. "The first visit after the seminar is a smaller meeting with the nutritionist. After that, patients have a monthly, one-on-one session with a nutritionist to discuss health history and dieting history. The nutritionist gives some homework, too: Patients are asked to keep a food diary, then come back the following month to review their progress."



Patients at Highland Hospital get the information and support they need before, during and after weight-loss surgery, which helps ensure a positive result. Gastric bypass patients typically lose 75% of their excess body weight.



“I am a success story! I dreamed of this, but never really thought it could happen.”
Jennifer Dietrich

H I G H L A N D H O S P I T A L B A R I A T R I C S U R G E R Y C E N T E R

Understanding the Procedure

Once the nutritionist and psychologist deem that a patient is ready for surgery, the patient meets with a surgeon. The three surgeons at the Bariatric Surgery Center (Dr. O’Malley; Lael Forbes, M.D.; and Joseph Johnson, M.D.) complete an average of 650 to 800 bariatric operations every year – more than any other hospital in the area. The surgeon discusses the various procedures, as well as the risks and benefits of surgery, before assigning a surgical date.

“We offer gastric bypass, gastric banding and sleeve gastrectomy, and patients generally can choose among the three,” Dr. O’Malley explained. “They do have different outcomes. With gastric banding and gastrectomy, patients tend to lose about half of their excess weight. Gastric bypass patients typically lose about 75% of their extra body weight. For the most extreme obesity, we usually suggest gastric bypass for maximum results. Those with type 2 diabetes have a better chance of improvement with gastric bypass, as well.”

Post-operative Support

The individual attention and assistance continues after surgery, when many patients need support more than ever. During the first year following surgery, patients schedule five to eight follow-up visits, then at least once every year after that. A monthly support group offers ongoing encouragement, and patients also have access to the same nutritional and psychological resources they used before their surgery.

Dr. O’Malley explained, “If patients are having trouble with food selection or weight regain, we can get them plugged back in with a nutritionist and back on the road to success.”

To learn more about Highland Hospital’s Bariatric Surgery Center or to sign up for a free introductory seminar, call **(585) 341-0366**.

* Criteria for bariatric surgery is a body mass index (BMI) of 40 or more in most cases, though patients with a BMI between 35 and 40 may still be candidates for bariatric surgery if they have a potentially reversible health condition related to obesity, such as diabetes or high blood pressure.



Dr. William O’Malley, Director of Highland Hospital’s Bariatric Surgery program, which has helped thousands of patients achieve significant, long-term weight loss

50+? Your Checklist for Better Health and Safety



William Hall, M.D.

If, as many in the popular media claim, 50 is the new 30, then we have reason to celebrate. It means that we're staying healthier longer than previous generations.

However, Highland Hospital's William Hall, M.D., Director of the Center for Healthy Aging, has same advice for seniors: You need to practice good habits to stay vital as you age.

"One way to get motivated is to ask ourselves, 'what could we be doing that we aren't doing right now?' For most older people, the goal is to have the stamina to do things they enjoyed doing in their younger life," Dr. Hall said.

This checklist can help get you started.

Schedule health screenings. Schedule an annual physical with your health care provider, including blood pressure and blood sugar, cholesterol and Vitamin D level checks. If you smoke, ask your doctor for help quitting now – no ifs, ands or butts. At 50, you should also schedule some specific health screenings:

- ❑ Most people at average risk of colon cancer should schedule their first colonoscopy (people at higher risk should start earlier).
- ❑ Consult your physician about screening for skin cancer.
- ❑ Women should start having annual mammograms if they haven't already.
- ❑ Talk with your doctor about a prostate exam.

Exercise regularly. It's more important than ever to work out and keep your heart and muscles in shape. Talk with your physician before starting a new exercise program.

- ❑ Aim for at least 30 minutes of moderate-to-intense exercise five days a week. A recent study suggests that women who want to maintain their weight without dieting need 60 minutes of exercise a day.*
 - ❑ Weight-bearing exercises can help keep bones strong and stave off osteoporosis.
 - ❑ Flexibility and balance exercises can help you avoid falls.

Watch your diet. Your calorie needs tend to diminish as you get older. Even individuals who once could eat whatever they wanted may suddenly find that the pounds are piling on.

- ❑ Select nutrient-rich foods such as fresh fruits and vegetables, whole grains, fish, lean meats and poultry, and low-fat dairy products.
- ❑ Substitute healthier snacks, such as plain popcorn instead of potato chips and low-fat frozen yogurt instead of ice cream.
- ❑ Be aware of salt content. Dr. Hall recommends 1,500 milligrams daily – less than one tablespoon of salt.

Drive safely. Your reaction time slows and your visual acuity decreases as you get older, especially at night.

- ❑ Have an eye exam to detect early signs of conditions such as glaucoma, macular degeneration and cataracts.
- ❑ Sign up for a safe driving course for older adults. Popular courses are sponsored by AARP; visit www.aarp.org to find a location near you.

Do a household safety inspection. Avoid household accidents.

- ❑ Look for hazards such as loose throw rugs, slippery bathtub or shower floors, banisters or railings that need repair, insufficient ventilation, faulty burners, frayed wires, overloaded electrical circuits, etc.
- ❑ Check that all smoke detectors are in working order. Change batteries regularly.
- ❑ Install a carbon monoxide detector if you don't already have one.

Taking these steps may help you maintain your quality of life longer.

"At age 65, you still have a third of your lifetime to live," Dr. Hall said. "How do you want to spend the next third of your life?"

To learn more about health and safety, visit our website at www.highlandhospital.org.

* Source: *Journal of the American Medical Association*, March 24/31, 2010.



Sitting Too Long: Bad for Your Health?

Sitting for long periods of time can raise the risk of obesity and heart attack, according to a recent study. This was not good news, especially to those who have to spend the work day in an office. But Highland Hospital Chief of Cardiology J. Chad Teeters, M.D., says not to worry – there are ways to maintain your health and get your job done behind a desk.

The Risks from Sitting All Day

A study published in the *European Heart Journal* found a correlation between the length of time people spent sitting down without a break and larger waist circumference, lower levels of HDL (good cholesterol) and higher triglycerides. But those who did take breaks – even as short as one minute – saw improved waist circumference and cholesterol levels.

"Being active is certainly better than sitting on the couch and watching television all day," Dr. Teeters said. "But if you do have to sit for a long period of time, there are steps you can take to be healthy."

Dr. Teeters recommends 30 minutes of aerobic exercise a day, five days a week – as long as you're increasing your heart rate. During a productive workout, a person should reach 60 to 80 percent of their maximum heart rate.

"You should be breaking a sweat, and breathing hard but still have the ability to have a conversation with the person next to you," Dr. Teeters said.

Still, sitting has other risks. Those who work in front of a computer for hours may experience eye strain as well as wrist, neck and shoulder problems from poor ergonomics. Those at risk of blood clots, such as those with a family history, or who have recently had surgery, need to be especially careful when sitting for prolonged periods, such as long flights or car rides.

Tips to Get Moving

The participants in the study showed improved health outcomes with small, frequent breaks. Here are some tips to get out of your chair:

- Stand up when the phone rings.
- Walk over to a colleague's desk instead of emailing him or her.
- Take a short walk around your office building.
- Position your trash can just out of reach so you have to get up to throw things away.
- Grab a glass of water every couple of hours – you'll get your needed break and be on your way toward eight glasses a day!
- Do chores during TV commercial breaks.
- If you're taking a road trip, stop frequently to stretch your legs.
- On an airplane, take a bathroom break or two during the flight.

Stand Up for Your Health

Not much can be done to change our society. Many jobs require sitting at a desk, business transactions and social activities are increasingly conducted on the computer, and commutes aren't getting any shorter. Although sitting for a long time may be unavoidable, it's easy to reduce the risks by taking the time for quick walks and stretches. Discuss your lifestyle and risks for obesity, high cholesterol or cardiovascular disease with your doctor. To reach Dr. Teeters in Highland's Department of Cardiology, call **(585) 341-6780**.



J. Chad Teeters, M.D., with a patient. While many of us spend hours at a desk each day, he offers some simple ways to keep our hearts healthy.

Cold and Cough Medicines for Kids: What Is Safe?



Michael Mendoza, M.D.

Millions of parents have used over-the-counter (OTC) oral pediatric medicines to help ease symptoms when their children battled coughs or colds. And for good reason: No parent likes to watch his or her child suffer. Unfortunately, misuse of medicines and accidental overdosing can lead to serious health complications – even death.

"We don't know if some decongestants are going to cause cardiac harm to kids," said Michael Mendoza, M.D., M.P.H., Medical Director at Highland Family Medicine. "And antihistamines could have unexpected reactions – instead of getting sleepy and tired, children could become hyper and irritable."

The U.S. Food and Drug Administration (FDA) and OTC drug manufacturers warn that children's cough and cold medicines should not be given to children younger than age 4.

"Our recommendation is to avoid them," Dr. Mendoza said. "We don't know all the risks, and there's not much evidence that there is much benefit."

If you're the parent or caregiver of a young child, the following tips can help you alleviate his or her symptoms – safely – the next time a cough and/or cold strikes.

Try a Little Tenderness

The next time your child is feeling unwell, first talk to your doctor to rule out a serious illness. If your child is only battling the common cold or a cough, these natural remedies can provide relief.

- Serve chicken soup and plenty of fluids.** Chicken soup and drinking plenty of water and juice can help reduce congestion and prevent dehydration. Avoid anything with caffeine, which can worsen dehydration and prevent sleep.

Chicken soup and drinking plenty of water and juice can help reduce congestion and prevent dehydration.

- Encourage rest.** Limit stimulating activities such as video games or watching movies. Instead, promote a restful environment by darkening your child's bedroom and reading books or playing relaxing music.

- Combat congestion.** A cool-mist humidifier and saline nose drops or sprays can both help ease congestion. But be sure to clean the humidifier after use, and avoid sprays containing medications.

- Consider a helping of honey.** Honey – served alone or mixed with a little warm water – is a natural cough remedy. Note: Never give honey to a child younger than 1 year old.

Mind Your Medicines

When your child is old enough for OTC medicines, keep the following rules in mind.

- Always read and follow medicine labels exactly. Use the dosing device that comes with the medicine. Some directions are based on weight. If a dose is not listed for your child's weight, don't guess; consult your doctor.
- Keep medicines and vitamins in child-proof containers, out of the reach and sight of children. Don't tell children that medicines or vitamins are like candy.
- Check ingredients. Don't give two medicines with the same active ingredients.
- Never use medicines to sedate a child or make him or her sleepy.
- Never give medicines containing aspirin to a child unless told to by a doctor.

We're Here to Help

To learn more, contact Highland Family Medicine **(585) 279-4800**. We are accepting new patients. Please call the new patient line at **(585) 279-4889** or visit hfm.urmc.edu.



When to Call the Doctor

In some cases, cold and cough symptoms can be a sign of a more serious condition. Contact your child's doctor if your child develops:

- Breathing problems.
- An extremely sore throat that lasts more than two days or is accompanied by fever, headache, rash, nausea or vomiting.
- A fever that gets worse or lasts more than three days.
- A cough that lasts more than one week.
- Cold symptoms that last more than 10 days.

And Dr. Mendoza says there is nothing wrong with erring on the side of caution.

"Whenever a parent feels uncomfortable with their child's condition, please call," Dr. Mendoza said. "We'd rather know than not know."



Parents: Don't Fret Over Fever

A child's fever is one of the most common reasons parents seek a pediatrician's care.* But the American Academy of Pediatrics (AAP) recommends that parents only treat a child's fever if it's making the child feel uncomfortable. The focus should be on the child's comfort and watching for signs of serious illness rather than on maintaining a "normal" temperature, the AAP says. Parents should not wake up a sleeping child to administer a fever-reducer such as acetaminophen or ibuprofen. Fever is a mechanism the body uses to help fight infection, and it can help your child get better. Discuss fever guidelines with your child's doctor during a well-child visit, and when in doubt, call your health care provider.

* Source: American Academy of Pediatrics, www.aap.org.



100 South Avenue
Rochester, NY 14620

IN THIS ISSUE

SUPPORTING YOUR WEIGHT-LOSS GOALS	2
50+? YOUR CHECKLIST FOR BETTER HEALTH AND SAFETY	4
SITTING TOO LONG: BAD FOR YOUR HEALTH?	5
COLD AND COUGH MEDICINES FOR KIDS: WHAT IS SAFE?	6



Visit us online!

www.HighlandHospital.org

Sign up for e-communications

In our next issue: A closer look at the Evarts Joint Center, the region's premier provider of total joint replacement.

HIGHLAND
HOSPITAL

This publication does not constitute legal, accounting or other professional advice. Although it is intended to be accurate, neither the publisher nor any other party assumes liability for loss or damage due to reliance on this material. Images may be from one or more of these sources: ©Thinkstock, ©iStock, ©Fotolia. ©2012 Priority Publications, Inc. priorityresults.com

All-New East 7 Unit Opens at Highland



Highland Hospital unveiled its newest and most unique unit in February. Completion of this unit brings two exciting changes to Highland: Introduction of neuromedicine services at Highland and expansion of the Evarts Joint Center to a second floor of Highland Hospital.

East 7's 15 private rooms and six step-down beds make it an ideal environment for patients of

neurosurgery, complex neurology conditions, spine surgery and head-and-neck surgery. Portable EKG monitors and video EEG equipment provide state-of-the-art patient-monitoring technology.

This unit is also an ideal setting for Evarts Joint Center's expansion. Highland offers the region's highest-quality knee and joint replacement, and demand for our surgeons' care consistently exceeds the capacity of the dedicated orthopaedic unit on East 6. Evarts Joint Center patients will now be cared for on both East 6 and East 7, by staff specially trained in orthopaedic post-surgical care.

The new East 7 is designed to deliver excellent medical care in a beautiful, serene setting. All rooms are spacious and comfortable, fitted with beautiful furnishings and décor. Many rooms have added amenities, including refrigerators, extra closet space and fold-out beds for visiting family members' comfort.