

# healthy

V7N4

## OUTLOOK

### HOLIDAY Home Tour

Mark Your Calendar  
for December 6.

Find the  
Hidden  
Peach and...

**WIN**

a Costco Holiday  
Gift Basket,  
compliments of Costco  
at Cumberland Mall.  
See details on page 2.



First Aid Kit

101

Do You  
Know about  
**DEXA?**

## Find the Peach & WIN!



If you find the hidden peach in this issue of *Healthy Outlook*, you could win a free Costco Holiday Gift Basket, compliments of Costco at Cumberland Mall.



Send a postcard with your name, address, and phone number indicating the page number and location of the peach to:

**EMORY-ADVENTIST HOSPITAL AT SMYRNA  
ATTN: MARKETING/  
PUBLIC RELATIONS  
3949 SOUTH  
COBB DRIVE SE  
SMYRNA, GA  
30080-6324**

All entries are due by Dec. 30, 2009. Must be 18 years or older to enter.

**CONGRATULATIONS** to last issue's winner:

**C. McDowell  
Smyrna, GA**

Did you find the peach? It was hidden on the far right photo on page 10.

### EXCLUSIVE COSTCO OFFER

Exclusive Costco Offer for new members! Receive up to \$20 Cash Card at Costco, Cumberland Mall location only. Just bring this page to the Membership Desk at Costco Cumberland Mall for details. Offer expires on January 1, 2010.

## Cutting (Liquid) Calories

While it would make sense to assume 100 calories-worth of solid foods would be equivalent to that of liquids, a study published in the *American Journal of Clinical Nutrition* indicates liquid calories may cause more weight gain than solid foods.

More than 800 men and women ranging in age from 25 to 79 were surveyed, and the following beverages were considered "liquid calories:"

» soft drinks

- » fruit drinks and punch
- » whole, 2 percent, 1 percent, and skim milk
- » 100 percent fruit and vegetable juices
- » sweetened coffee and tea
- » diet drinks
- » alcoholic beverages

The findings show by eliminating just 100 liquid calories per day, a person could benefit in the loss of half a pound in 6 months. And, by taking away a whole serving (12 ounces) of liquid calories per day, a whole pound could be lost by the six-month mark.



## Health Literacy Increases Happiness

According to Healthy People 2010, health literacy is the intellectual capacity a person has for finding and understanding medical information and health services. While health facts can be tough for anyone to understand, a recent study published in the journal *Social Indicators Research* found people who have less difficulty understanding health information are generally happier.

Researchers surveyed 383 people ages 50 and older to determine whether or not they found it challenging to read and understand health information and medical forms. Participants who expressed having more trouble were twice as likely to be unhappy than more literate individuals.

It has been suggested that people who are unable to understand information feel they are not in control of their health, and as a result, are unhappy.

Visit [www.emoryadventist.org](http://www.emoryadventist.org) to view our online Health Library.

## What's In YOUR First Aid Kit?



Be prepared for an emergency by having a well-stocked first aid kit in your home and car. The National Safety Council recommends keeping the following items:

- » Acetaminophen, aspirin, and ibuprofen
- » Adhesive tape
- » Antibiotic ointment
- » Antiseptic wipes
- » Bandages and gauze of various sizes
- » Cold packs
- » Elastic wraps
- » Emergency telephone numbers
- » First aid manual
- » List of allergies and family medications
- » Medical exam gloves
- » Thermometer, tweezers, and small scissors

### Do's and Don'ts

- ✓ **Do** use a water-resistant container to keep items safe.
- ✗ **Don't** store your first aid kit in the bathroom, as the humidity could shorten the shelf life of medications.
- ✓ **Do** store your kit near the kitchen, since many activities—and accidents—take place there.
- ✓ **Do** teach your family members how to use the kit—you never know who might need to use it and when.
- ✗ **Don't** forget to keep a first aid kit in your boat, cabin, or wherever you end up traveling in case of an emergency.
- ✓ **Do** keep important documents on hand, such as medical information, medications, and insurance policy information.



## In Case of Emergency

You cut yourself while chopping vegetables for dinner.

Your child scrapes his knee when he falls off a scooter.

A loved one has a headache. No matter the situation, many of life's little emergencies call for a first aid kit.

Keeping a first aid kit stocked with bandages makes it easy to clean and dress minor wounds, while having pain relievers like aspirin could help save someone's life if he or she is suffering from a heart attack. With these supplies on hand, you can most likely return to normal activities or address emergency situations until further medical attention can be obtained.

Additionally, it's a good idea to have over-the-counter medications for common medical problems, such as cough, sore throat, nasal congestion, allergies, insect bites, or gastrointestinal problems.

### Find The Kit That Fits

Many first aid kits are available at drugstores, or you can create your own based around the individualized medical needs of you and your loved ones. You also can customize your emergency kit for specific activities, such as camping, hiking, or hunting.

Whether you buy a first aid kit at the store or make one yourself, it's important to keep your kit up-to-date. Replace missing or expired items in your kit twice a year and regularly check the expiration dates of the supplies and replace any out-of-date items.



# Do You Know about DEXA?

Dual-energy X-ray absorptiometry (DEXA)—it may sound like something straight out of the pages of a science fiction novel, but it's actually a very real imaging procedure that provides a warning if your bones are weakening with age.

A DEXA scan is primarily used to check for the presence of osteoporosis, a disease that causes progressive bone loss and makes bones vulnerable to fractures. Individuals experiencing osteoporosis often don't even realize they are suffering from the disease until a fracture occurs.

Risk factors for osteoporosis include age, family history of fractures, poor nutrition, sedentary lifestyle, and other medical conditions, such as thyroid problems. Women are at greater risk for developing the disease than men and should increase their intake of calcium and vitamin D after menopause to bolster the bones against fractures.

## Understanding the Scan

DEXA is an outpatient bone density scan most commonly performed on the lower spine and hip bones. It's a quick, accurate way to diagnose osteoporosis. The amount of radiation experienced by individuals during a DEXA scan is less than one-tenth the dose of a standard chest X-ray.

DEXA is typically recommended for post-menopausal women. On the day of the imaging procedure, a patient may eat a normal diet but should avoid calcium supplements for 24 hours prior to the scan. During the procedure, you must remain still while the machine sends low-dose X-rays through the spine and hip bones. A technologist also may wish to measure the density of bones in other locations, such as the hands and feet.

After the procedure, a radiologist will interpret the images and send a report to your physician to discuss with you. If the scan reveals the presence of osteoporosis, take heart: Knowledge is power, and if you know what you're facing, your physician can devise a treatment plan—which may include exercise, nutrition therapy, and medication—to help prevent further bone loss.

*Just a few minutes of your time could save your bones. For information about scheduling a DEXA scan at Emory-Adventist Hospital at Smyrna, call (770) 438-5217.*



## By the Numbers

Take a look at some of the vital statistics associated with osteoporosis and dual-energy X-ray absorptiometry (DEXA).

- » Osteoporosis affects 28 million Americans and contributes to 1.5 million fractures every year.
- » One in two women and one in five men older than age 65 will suffer fractures as a result of osteoporosis.
- » A DEXA scan typically takes 10 to 30 minutes to complete.
- » A T score—a number used to determine your fracture risk that shows the amount of bone you have compared with a young adult of the same gender with peak bone mass—above -1 is normal. A score below -2.5 indicates osteoporosis is present.

# Ask A Physician

**Q:** I have had persistent pain in my hip area for months. I have tried yoga, stretching, exercise, rest, physical therapy, even acupuncture, and nothing seems to work. Is there anything else I can do?

**A:** It is not uncommon for people to suffer with hip pain for many months or even years before an actual diagnosis is established. A common cause of hip pain is tearing of the cartilage lining of the hip socket or pinching and rubbing of tissue in the hip joint. Pain with getting up from a seated position, or while standing for

prolonged periods of time, or even getting in or out of a car or off a bike, can be suggestive of damage in the hip joint. Pain during intimacy can also be another sign of problems in the hip. Persistent hip or groin pain should not be ignored, as it can lead to early degeneration and long term problems in the hip joint. It is certainly something worth having evaluated by a physician who is well versed in problems related to the hip.

*Jon Hyman, MD, is an orthopaedic surgeon and serves as the Medical Director for the Hip Arthroscopy Center at Emory-Adventist Hospital at Smyrna. His office is located on the hospital's campus at 3903 South Cobb Drive, Suite 220. He can be reached at (770) 363-8770.*



Jon Hyman, MD,  
Medical Director for the  
Hip Arthroscopy Center

Coming Soon:

## Holiday Home Tour

Dec. 6,  
noon to  
6:00 pm

Grab a friend and enjoy a fun day while at the same time helping a worthy cause. Our 8th annual Holiday Home Tour will feature homes in the Smyrna/Vinings area. Each home will be decorated for the holiday season, highlighting the talents of local designers and decorators.

The tour is sponsored by the Foundation of Emory-Adventist Hospital at Smyrna, with the *Marietta Daily Journal* and Costco® Wholesale at Cumberland serving as co-sponsors. Proceeds from the annual Holiday Home Tours go to benefit the programs and projects of the Foundation of Emory-Adventist Hospital at Smyrna.

Admission is \$20 per person. The ticket provides admission to the tour of homes, as well as a tearoom and auction at the Community Bank of the South. You may purchase tickets by calling (770) 319-2025. Tickets are also available at Karen's Gifts and Love Street Antiques, located in Smyrna.

# A Life Enriched

Mary Ann Longshore, a resident of Cobb County, has a full life—she travels the world and engages in her passions, which include art, music, and photography. When she's not visiting other states or countries, she's at Emory-Adventist Hospital at Smyrna fulfilling another one of her interests—volunteering.



Ms. Longshore, a retired schoolteacher, found herself in the Emory-Adventist Hospital Emergency Room on three separate occasions.

“Every time I was in the hospital, I was treated immediately, professionally, and with great kindness,” says Ms.

Longshore. “There was a calm, caring attitude in everyone from the physicians and nurses to the technicians and admission clerks.”

After retiring from the Cobb County School System, Ms. Longshore remembered their kindness and decided to seek a volunteer position at EAH.

## Making Time

While it's sometimes challenging to make time for new hobbies or activities such as volunteering, it's often a very rewarding experience.

In addition to volunteering, she travels the world where she engages in some of her favorite hobbies.

“I love the planning, dreaming, and anticipation of travel,” says Ms. Longshore. “I loved my trip to Botswana in Africa. I felt very much a part of the land and the circle of life, and I did feel that was where life began.”

Ms. Longshore has always enjoyed music. In fact, in college she majored in pipe organ. Her trip to Africa ignited

her passion for music—and for rhythm. Soon after returning from Africa she started taking drum lessons, and not just any drum—but the Djembe drum, an African drum. Not long ago she traveled to New York City and was privileged to join a drum circle, which she performed in Central Park.

“When you drum, it makes you happy,” states Ms. Longshore. “I have often said that I wished the whole world would drum. We would have a much more peaceful and happy world.”

Ms. Longshore's newest passion—photography—complements her ongoing interest in art and music.

“As a photographer, you see life as others see it,” says Ms. Longshore. “I see light, shadow, angles, patterns, expressions, humor, heartbreak, beauty, and ugliness—life.”

## Is Volunteering for You?

While Ms. Longshore believes volunteering is up to the individual, she does think people would enjoy working with the hospital.

“If community members do decide to join us, they will truly enjoy working with the staff and the other volunteers,” says Ms. Longshore. “There is a huge variety of ways to serve, including office work, changing beds, and greeting patients.”

*Are you interested in volunteering at EAH? Learn more by calling (770) 438-5232 or pick up an application in the hospital lobby.*



“I feel I should contribute to my community because it makes it a better place to live, and I truly believe in the saying ‘be ye kind, one to another.’ Giving and helping others is extremely rewarding, and I leave Emory-Adventist Hospital at Smyrna feeling worthwhile. That’s a very nice way to feel.”

—Mary Ann Longshore, volunteer at EAH

# Tofu Turkey

Makes 4 Servings

## Ingredients

- 2 (16-ounce) packages of extra-firm tofu
- 1 teaspoon salt
- ¼ teaspoon dried sage
- ¼ teaspoon dried thyme
- ¼ teaspoon marjoram
- ¼ teaspoon dried rosemary
- ¼ teaspoon pepper
- 1 (12-ounce) package of dry bread stuffing mix
- ⅔ cup water
- ¼ cup plant based margarine
- 1 slice bread, chopped
- ½ teaspoon sage
- 2 Tablespoons water
- ¼ cup sesame oil
- 1 Tablespoon miso paste
- 2 Tablespoons orange juice
- 1 teaspoon honey mustard
- ½ teaspoon orange zest
- 2 sprigs fresh rosemary



## Directions

Drain and rinse tofu; in a blender, blend tofu until smooth. Stir in salt, dried sage, thyme, marjoram, rosemary, and pepper. Line a colander with two paper towels and place over an empty bowl. Place tofu in lined colander and press against sides to form a deep well in the middle. Place two more paper towels over tofu and refrigerate for two hours.

While tofu is refrigerating, prepare stuffing mix by combining water, margarine, and dry bread stuffing mix. Bring to a boil; reduce to low heat, cover and simmer for five minutes. Remove from heat, let cool for several minutes then fluff with a fork. Add chopped bread slice and 2 Tablespoons of water to stuffing.

Once tofu has chilled for two hours, preheat oven to 350 degrees. Remove top layer of paper towels from tofu and press tofu against the sides of the colander to form a well. Spoon prepared stuffing mix into the well and smooth the surface with a spoon. Flip tofu mold over onto a greased baking sheet. Remove remaining paper towel and shape tofu with hands to desired shape.

Bake tofu in preheated oven for 30 minutes.

While tofu is baking, prepare the glaze by combining sesame oil, miso paste, orange juice, honey mustard, and orange zest. Place sprigs of rosemary on top of the tofu. Once tofu has baked for 30 minutes, brush glaze over it and return to oven and bake for an additional 20 minutes.

# Toss the Turkey



By: Jennifer Fox, R.D., L.D.

Toss the turkey this holiday season in exchange for a tofurkey! A tofurkey is a substitute for the traditional turkey meal at holiday time for vegetarians and vegans. The primary ingredients in tofurkey are usually from a vegetarian-based protein source, either wheat- or soy-based. The protein source is filled with stuffing and traditional holiday herbs such as rosemary, sage, and thyme.

Tofu is one primary ingredient often used when making a tofurkey. Tofu is made from soy milk and comes in a variety of styles from crumbles to extra firm, each with a different purpose or use depending on the dish being prepared. Tofu in and of itself has no distinct flavor or smell. As it is being prepared, however, tofu absorbs the flavors and seasonings of the sauces, spices, or other ingredients it is being made with, making it a versatile ingredient for almost any dish.



## Why Tofu?

There are several health benefits to substituting tofu for meat products as a primary source of protein in a diet. Compared to meat, tofu is relatively low in calories and fat content, is cholesterol free, and is often a good source of iron, potassium, and magnesium.

Many people decide to be vegetarians for environmental or ethical reasons but health wise, vegetarians tend to have lower cholesterol levels, better weight management, lower risk for heart disease, decreased blood pressure, and lower incidence of type II diabetes and some forms of cancer. So for an added health benefit this holiday season...toss the turkey and gobble, gobble on a tofurkey!



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Maybe you  
have wondered  
who we are.  
Maybe you have  
wondered what  
we stand for,  
and how we  
are different.  
Although we  
offer programs  
and services  
that you would  
expect at any  
healthcare  
facility, our  
existence  
is based on  
something much  
more profound.

# Our Mission. Our Ministry.

*"We are here to extend the healing ministry of Christ."*



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