

our

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14TH ANNIVERSARY EDITION APRIL 2019

HEALTH

IN TOUCH
WITH YOUR
HEALTH

matters™

BREATHE

Healthy Lungs for a Healthy Future

Celebrating Our Health Matters





How Tim's kidney stones helped heal his heart valve.

Tim's heart had never warned him that it was in pain. Not until kidney stones brought him to an HCA Midwest Health ER. Using tests already being done to diagnose his emergency, we found he had several severe heart conditions, including a leaky valve and a blockage in his widow maker artery. Luckily, our expert cardiologists are skilled in new minimally invasive heart procedures and were able to save Tim—and his family—from a broken heart.

Expert ER care that helps prevent cardiac emergencies.
See more stories like this at HCAmidwest.com/CareConnect



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Breathe Easy, Healthy Lungs Support a Healthy Life

By Denise Fensholt, Contributing Writer

Keeping your lungs healthy is one of the most important things you can do for yourself. Recognize the signs and symptoms of lung disorders and what to avoid.



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Articles in the magazine do not constitute medical advice. Always consult your physician or healthcare provider before making medical decisions. We do not endorse the views expressed in the articles, advertisements and websites, nor are we responsible for products and services advertised.

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Thank You

14 Years of Putting You in Touch With Your Health

One morning I woke up after a sleepless night, wrestling with the overwhelming responsibility of producing a health magazine. This magazine, **Our Health Matters™** was born out of my passion to help people of all backgrounds and persuasions to better understand their health.

I have genuinely become “vested” and invested in helping readers understand and embrace the tagline, “In touch with your health.” This message is two-fold: **Our Health Matters** is “in touch with your health” ... and we want YOU to be “in touch with your health.” We continue to accomplish that through countless articles from healthcare professionals and readers’ own personal and impactful stories.

None of the goals I have for **Our Health Matters** are self-centered. It’s not about me. So why invest so much time and personal resources? For me, it’s a calling and a privilege to help people understand their personal responsibility and opportunity to pursue better health outcomes.

This edition represents 14 years of my dedication and an extraordinary editorial and design team, community partners and advertisers who “get it.” They understand that **Our Health Matters** serves a higher and worthy purpose. Thank you so much!

In this edition, we focus on healthy lungs and what everyone needs to know about keeping their lungs healthy. We share a few insights about COPD, childhood asthma and hear from some people who found ways to quit smoking. Let us know how we are doing. Email us at info@kcourhealthmatters.com



A big THANK YOU to our loyal readers!

Spring has finally sprung! Let’s make this the year to “Own Our Health”.

Ruth Ramsey, Publisher and CEO



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Sometimes You Have to Drive a Little Farther

TO SPEND MORE TIME WITH THOSE YOU LOVE

When it comes to your rehabilitation after an illness or injury, you want the best outcome with the fastest results—just like you find at MidAmerica Rehabilitation Hospital.

As part of your community, we offer comprehensive approach to rehabilitation with experienced professionals, the most advanced technologies and personalized programs to help you reach your goals—faster. Although you may have to drive a little farther to get here, you'll have a better chance of returning home sooner to those you love. Choose MidAmerica Rehabilitation Hospital. Our rehabilitation is worth the drive.



5701 West 110th Street • Overland Park, KS 66211
913.491.2400
midamericarehabhospital.com

The Joint Commission Disease-Specific Care Certification in
Brain Injury Rehabilitation, Spinal
Cord Injury Rehabilitation and
Stroke Rehabilitation





Hawaiian Chicken

Serve this tangy chicken dish with salad greens or brown rice. Add brightly colored vegetables for a tasty and simple meal!
Makes 5 servings.

INGREDIENTS

- > 1 teaspoon oil or margarine
- > 2 1/2 pounds chicken, boneless skinless
- > 1/4 teaspoon salt
- > 1/8 teaspoon pepper
- > V1 can pineapple juice, frozen concentrate (6 ounces)
- > 24 fluid ounces water

INSTRUCTIONS

1. Defrost the pineapple juice.
2. Grease a large frying pan. Heat the pan on low.
3. Put the chicken parts in the hot pan. Sprinkle with salt and pepper.
4. Cook until the chicken begins to brown.
5. Add the defrosted pineapple juice to the pan.
6. Swish the water in the can, and add it to the pan.
7. Cover and cook slowly, turning now and then, for 50 minutes or until the chicken is fork tender.
8. Put the chicken on a warm platter.
9. Skim the fat from the chicken juices in the pan.
10. Boil down the juices until they are slightly thickened (about 5 minutes).
11. Return the chicken to the pan. Reheat it for a few minutes and serve.

KEY NUTRITION AMOUNT

Calories	358
Total Fat.....	7 g
Saturated Fat.....	2 g
Cholesterol.....	141 mg
Sodium.....	246 mg
Total Carbohydrate	19 g
Dietary Fiber.....	0 g
Total Sugars.....	19 g
Added Sugars included	0 g
Protein.....	52 g
Vitamin D.....	0 mcg
Calcium	46 mg
Iron	2 mg
Potassium.....	628 mg

Source: Pennsylvania Nutrition Education Program,
Pennsylvania Nutrition Education Network



EARLY LEARNING KEY TO CHILDREN'S FUTURE

Research shows that children develop 90% of their brain capacity by age five. Start at Zero recognizes the importance of the first five years and has developed programs to help children succeed.

THE FIRST FIVE YEARS ARE CRITICAL

Before children reach kindergarten age, they learn a lot. In Kansas City, too many children do not receive the quality early childhood development that will ensure their success in later life. Every August, approximately 2,500 students will begin kindergarten in Kansas City's district and charter public schools and studies indicate that half of these students will arrive at school lacking the foundational social-emotional and academic skills needed for success in school and life resulting from limited or no participation in early childhood development programs.

EARLY INTERVENTION CHANGES THE FUTURE

Start at Zero's mission is to "ensure that parents have the tools they need to be participants in, and advocates for, their child's health and education." Start at Zero partners with families to deliver programming that establishes:

- Parental resilience to enhance coping skills
- Social connections to build a support network

- Concrete support, such as community resources
- Knowledge of parenting/child development
- Social/emotional competence

In partnership with schools in the Kansas City Public Schools attendance boundaries, school-based Parent Educators provide customized one-on-one support to families. The program works. More than 90% of parents and caregivers who participate in Start at Zero programs for six months show growth in positive parenting skills.

WHAT START AT ZERO NEEDS TO GROW

To expand its work, Start at Zero is looking for individual donors who are committed to its mission. Unrestricted donations help Start at Zero partner with more families to achieve kindergarten readiness and a lifetime of success.

To learn more and to donate,
call: 816.600.4932

email: info@startatzero.org.

We also accept donations online at startatzero.org.



START AT ZERO

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If You Smoke, Quit

It's the best thing you can do for your health.

By Jeanene Dunn, OHM Staff

There was a time in America when more than 40% of the adult population smoked cigarettes, and ads selling this cigarette brand or that cigarette brand filled airwaves, magazine pages and billboards. In 1964, the Surgeon General published a report that linked cigarette smoking to diseases of all of the body's organs — particularly the lungs.

A relentless campaign for more than 50 years to educate the public on the dangers of smoking, to keep cigarettes and other tobacco products out of the hands of children and encourage people to quit has proven effective. A report by the Centers for Disease Control indicated that adult smoking rates declined from 15.5 percent in 2016 to 13.9 percent 2017.

Voters Have Spoken Against Smoking

As more has become known about the effects of secondhand smoke, communities have implemented smoking bans passed by voters. Even some apartment complexes and rental homes have gone smoke-free. Voters have also passed tax increase measures that make it much more expensive to smoke.

OHM Readers Share Their 'Quit' Stories

Our Health Matters spoke to some current and former smokers on social media recently about successful and unsuccessful attempts to quit smoking. Initially, we just wanted to know how many times they had tried to quit smoking and if they were or were not successful (still smoking).

Here is a sampling of the responses we received.

- Deborah quit smoking more than 30 years ago on doctor's orders. She says she enjoyed smoking and found it satisfying. "I quit cold turkey, and it was the hardest thing I have ever done in my life."
- Angela had to quit smoking due to jaw surgery she had more than 15 years ago and never started back.
- Rosilyn's father paid himself a dollar for every day that he didn't smoke. "The money he saved started adding up, and he used that as motivation to quit," Rosilyn says.
- Derek quit for 10 years and started again. He quit for good last year and is determined to remain a nonsmoker. "I use peppermints and chewing gum to help with the cravings," he says.
- Edie quit for good 10 years ago after a previous attempt. "Quitting was the best thing I ever did," she says.

Those who quit for good admitted how hard it was, and current smokers who commented are committed to becoming nonsmokers.

There is no one-size-fits-all way to quit smoking, but the great news is that there are many products and programs designed to help move smokers into the nonsmoker column.

Consult with your healthcare provider to discuss what option might work best for you. Healthcare professionals are always more than happy to help patients start living healthier lives.

Sources:

The Centers for Disease Control and Prevention
The American Heart Association

ESL student learns about healthy nutrition.



Rockhurst University physical therapy student assesses fall risk.



HOPE GROWS WITH CHANGING TIMES

When the Don Bosco Center opened its doors in Kansas City's Columbus Park on September 8, 1940, its primary focus was on children. A growing immigrant and aging population soon prompted them to expand their programs to accommodate seniors, the disabled, immigrants and refugees. Today, people of all ages from more than 75 countries benefit from Don Bosco's services.

Self-Sufficiency Approach

What is the secret to Don Bosco Centers' success? "Our self-sufficiency approach empowers individuals to take charge of their independence, their lives—and thrive," says Executive Director Mo Orpin. So what does success look like?

Here are a few examples:

- In 2017, 92% of seniors Don Bosco served said they were able to remain in their homes because of services provided.

- Daily hot meal delivery service offers food and personal interaction to more than 330 homebound residents.
- Community partnerships with local healthcare organizations and universities enables the Senior Center to provide regular medical screenings and health education.
- Partnership with Truman Medical Centers' Wellness Connection supports ESL nutrition literacy.

How you can help:

Don Bosco has an urgent need to continue their daily home delivery of hot meals. Funding cuts have forced many senior centers to turn to once-a-week frozen meal delivery.

For information and to make donations email info@donbosco.org or call 816-421-3160.

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THE
DON BOSCO
CENTERS

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John W. Bluford, III, is President/Founder of the Bluford Healthcare Leadership Institute (BHLI), a professional development program designed to cultivate undergraduate minority scholars for leadership roles in healthcare; President Emeritus of Truman Medical Centers, and Past Chair of the Board of the American Hospital Association. For information on the BHLI, please view www.blufordinstitute.org

A Little Less Virtual and A Little More Reality is a Good Thing

Since the inaugural issue of *Our Health Matters™* in the spring of 2005, much has changed. Millions of dollars have been spent on electronic technology in our community health care systems. More personal digital applications have been purchased by many of us as we monitor our cholesterol, blood pressure and waistlines. Telehealth is becoming more prominent, more acceptable and reimbursable, and Artificial Intelligence (AI) is all the rage.

Despite what some may think are advances, the overall health status of our community has not changed much for the better. Our collective Body Mass Index (BMI) is still above the National Average, tobacco use by Missourians is 5% higher than the national average (our cigarette tax is the lowest in the country). Missouri ranks 35th in the United States for physical activity according to www.worldlifeexpectancy.com with Kansas City ranking 74th out of 100 major cities across the country*. The difference in life expectancy between black and white Kansas Citians is over 5 years; far too wide of a gap.

If we look at the social determinants of health within our urban core like school achievements, unemployment rates, home ownership, and food insecurity, we have nothing to brag about. Further, if you consider violence

as a public health concern as I do (135 homicides in Kansas City in 2018), we are in a shameful situation.

The point of all of this is to stress that the virtual world is a technological achievement. But our health improvement quotient needs a little more human touch, a little more humanity, more caring for one another and more conversations (not voice mail and texting).

Many of us eagerly anticipate our bimonthly edition of *Our Health Matters*. I encourage you to pay attention to the smaller tag line “in touch with your health.” It does not say “in touch with your technology.” I take the smaller tag line to mean - be in touch with each other because our health is often a reflection of the health of those around us.

Long live the tactical reading advice that arrives every other month under the *Our Health Matters* banner. Easy to read, comprehensive in its coverage, amenable to every sector of our community and inexpensive (free)!

Let's hope over the next 15 years our personal and community health is as good as the execution and relevance of this magazine.

*2018 American Fitness Index Report





“Of all the forms of inequality, injustice in healthcare is the most shocking and inhumane.

— Martin Luther King, Jr., March 24, 1967

Some Kind Words From our Many Supporters on This Special Occasion.

Our Health Matters has highlighted important health issues in our community over the last 14 years. They have provided an informative and enjoyable way to catch up on health issues. I am glad to have them as a resource.

— Dianne Cleaver
President and CEO
Urban Neighborhood Initiative

Ruth...big kudos for your relentless efforts to distribute pertinent and welcomed healthcare information to our “total” community. Your ability to publish useful and pertinent information is finally being recognized and utilized by many in the metropolitan area. In fact, I depend on your publication to learn of new professionals and issues, coming to our area. And I am not alone when I say your presence on the healthcare field is both earned and essential. Thanks for always nudging us forward!!

— James (Jim) Nunnally
Retired Healthcare Executive;
Youth Advocate/Developer; Public Health Activist;
Radio Co-Host: Plain TALK About Diabetes

Our Health Matters has been a source of valuable and timely health information and resources to our community for the past 14 years. Your publications covers many topics essential to health and well-being, which have certainly helped people to make improvements in their lives. You have been an important partner to us, in sharing information on topics of particular value for pregnant women and children. Thank you for all that you do, and best wishes on continuing such important work.

— Jean Craig, Program Manager
Kansas City Healthy Start Initiative
(a program of Mother & Child Health Coalition)

Congratulations on 14 years of successful publication of “*Our Health Matters*”. The magazine has a great look, professionally done, succinct, and the content continues to have relevance to all people, including people of color. I love the way you profile issues/concerns in our community and make them relatable via the voice of people from our community and others on a broader scope. The messages and takeaways from your issues are easy to digest and in many respects, prompts a call to action for the betterment of our health. Wishing you continued success with your marvelous magazine.

— John Cottrell, Director, Minority and Special Programs
P.S. Your magazine is a great read for the patients
at UMKC School of Dentistry.



Congratulations to *Our Health Matters* on 14 years of providing the Greater Kansas City community with essential health information. Ruth Ramsey and her team have continued to work tirelessly to produce a professional publication, which tracks treatment trends, supports lifestyle changes, and spotlights healthcare career options. From engaging covers to insightful articles to supportive advertising, every page reflects Ruth’s meticulous planning, diligent execution, and endearing compassion. Wishing Ruth and her talented staff continued success in engaging and informing the community on important health topics as well as attracting and retaining the essential advertisers and supporters to sustain this vital publication.

— Teresa Gerard, CEO, Guardian Group, LLC
(formerly Director for Community Support,
Blue Cross and Blue Shield of Kansas City)

Uzazi Village congratulates *Our Health Matters* on 14 years of contributing to the health and wellness of our community, and helping to create a healthier village for all our families.

— Hakima Payne, Executive Director
UZZAZI Village | www.uzazivillage.org

Congratulations to *Our Health Matters* on your 14th anniversary! My goodness, it doesn’t seem like that long! How did we get accurate and timely information about physical health, wellness, mental health and many other topics before your magazine? We didn’t, and that’s why *Our Health Matters* is so significant to our community. By informing and educating us on facts about health, you have given us insight into questions we should ask our doctors, information that helps us to live in a healthier way, and introduced us to programs in the community that help us, our children and other loved ones. Thank you, *Our Health Matters* for being a beacon of light to us!!!

— Dacia L. Moore, Executive Director
GateWay of Hope, 801 N Mur-Len, Suite 111, Olathe, KS 66062
www.gwhope.org

Congratulations on the 14th anniversary of *Our Health Matters*. For the past three years Troost Elementary school’s teachers, staff and families have enjoyed receiving this “free” magazine. As the school’s community advocate I know the importance of the information *Our Health Matters* provides. You emphasize the importance of so many issues like getting childhood and adult immunizations; vision and eye care; warning signs of heart disease and diabetes; eating healthy and Alzheimer’s disease. Thank you and your staff for “KEEPING” these topics front and center of our consciousness.

Sincerely,
— Ms. Jamie Braden, Sure Director
Troost Caring Community-LINC



Happy Anniversary and congratulations on 14 years of balanced and informative reporting on a wide variety of health topics and issues in the greater Kansas City area! We at After the Harvest appreciate the coverage this magazine has provided regarding the issues of food insecurity and nutrition, but we also appreciate the wide range of articles featured regarding many aspects of life and health. Thanks and keep it up!

— Lisa Ousley
Executive Director
www.aftertheharvestkc.org

A wonderful magazine that brings relevant health topics to our community. Kudos to Ms. Ramsey, Donna, Jeanene and many others for all of their hard work throughout the years!

—Dr. Wynter Rice, Optometrist, Walmart Vision Center

Our Health Matters has been the premier health magazine for educating and informing the Kansas City community on issues involving healthy choices. Ruth Ramsey uses the magazine to detail and inform readers of the effects of diseases and illnesses such as heart disease, stroke, high blood pressure, diabetes, and many others which may become life threatening if not addressed. This magazine is a blessing to African-American communities, as well as other communities. It encourages us to make healthy decisions, get checkups and become more involved in our health. I thank God for Ruth Ramsey and this fabulous magazine. *Our Health Matters* has helped me to understand that “our health does matter” and more importantly, that we can take precautions and steps to positively affect our health.

— Rev. Donald W. Givens, Senior Pastor,
Mt. Vernon Baptist Church

The hard working men and women of Jackson County congratulate Ruth Ramsey and staff on the 14th Anniversary of *Our Health Matters* magazine. The magazine is of personal value to me. It introduces experienced healthcare professionals who offer insights to help improve quality of life. But most importantly, the magazine offers healthy nutrition information for adults and children. I am personally motivated by each edition.

— Velda Cook, Jackson County Sheriff’s Department of Corrections

Congratulations Ruth Ramsey and your team for your publication. Kansas City has been blessed by the insight, advice, wisdom, and knowledge that has been imparted to us in each issue these past 14 years. The community, as a whole, has benefitted by the efforts you have made in providing sound direction from the medical community and the advancement of better health for all. Many of us have taken serious note to improve our own health through exercising, better food choices, and regular checkups. *Our Health Matters* can take credit for the improved quality of life for many. Thanks for all you have done. May you continue to serve us through your tireless devotion to improving our health.

— Rev. James and Patricia Jones
Devoted friends and followers

COPD: Knowing More Matters!

When Bill comes to the pharmacy, I can see the concern on his face. We spend time talking about his father's health. He shares with me that his father has difficulty breathing while doing daily activities, such as climbing stairs and walking to his car. Bill also explains that his father coughs uncontrollably multiple times a day.

Bill knows his father is a cigarette smoker and that a history of smoking is often linked to chronic obstructive pulmonary disease (COPD). Here is some information I am providing Bill.

Know the facts

COPD affects over 15 million Americans, according to the Centers for Disease Control and Prevention. The American Lung Association reports that COPD is the third leading cause of death in the United States, and up to 90% of all COPD sufferers have a history of cigarette smoking.

Know the condition

Common symptoms of COPD include shortness of breath, wheezing, and coughing. COPD is diagnosed in middle-aged adults, although damage from years of smoking begins much earlier. Cigarette toxins destroy lung pathways, leading to extensive mucus production, fatigue, and an inability to exhale properly. These effects are progressive and irreversible.

Know the treatments

Although there is no cure for COPD, medications help to improve breathing in multiple ways. Treatment often begins with oral inhalers that deliver medication directly

to the lungs. This helps relax lung muscles and allow the lungs to expel more air. Short-acting inhalers provide immediate relief during flare-ups with shortness of breath, while long-acting inhalers maintain breathing long-term. Anti-inflammatory medications are also available as inhalers but can be taken orally as the condition worsens over time. In later stages, inhaled oxygen provides support to assist with severe breathing difficulties.

Narrow airways and inflammation increase risks of lung infection in COPD; therefore, antibiotics may be a necessary treatment to reduce early relapse, treatment failure, and hospitalization. Guidelines recommend receiving vaccines that protect against flu and pneumonia to prevent potential risks.

Treatments for COPD vary depending on the stage at diagnosis, the severity of symptoms, and therapy goals. Distinguishing COPD from other lung diseases helps decrease complications and improve breathing long-term.

Although the impact of COPD is substantial, the primary cause is preventable. Learn more about smoking cessation, screening, and early detection at www.lung.org. Together, let's make 2019 the year you "Own Your Health".

Source: The Center for Disease Control and Prevention



By Tenille L. Lawson
PharmD, BCPS



BREATH

Healthy Lungs Sup

BREATH EASY

Support a Healthy Life

The lungs are the center of the respiratory (breathing) system. Your lungs help your body move air in and out of your body, pulling in the oxygen you need and getting rid of waste gas, like carbon dioxide. An injury, irritants or an infection can suddenly make it difficult to breathe. Because every cell of the body needs oxygen to stay alive and healthy, keeping your lungs healthy is one of the most important things you can do for yourself. Read on to learn about respiratory disorders and what you can do to protect yourself from them.

SOME COMMON RESPIRATORY DISORDERS

- Asthma is a chronic, or long-term, condition. It can be triggered by allergies, pollution, exercise, other respiratory illness, and even cold air. During an asthma attack, your airway narrows and breathing becomes more difficult.
- Bronchitis is a chest infection that can be caused by a virus or bacteria.
- Chronic obstructive pulmonary disease, or COPD, is a condition that is sometimes referred to as chronic bronchitis or chronic emphysema.
- Pneumonia is a lung infection caused by bacteria, viruses and fungi. It also can be a complication of the flu.
- Lung cancer is the leading cancer killer. It occurs when abnormal cells form a tumor in the lungs.
- Pulmonary fibrosis is a disease that causes scarring in the lungs, leading to shortness of breath and a dry cough.

FIVE EASY STEPS FOR KEEPING YOUR LUNGS HEALTHY

Although some respiratory disorders can be serious, you can take steps to improve your lung health.

1. DON'T SMOKE. This is the number one thing you can do for your health. According to the National Institutes of Health cigarette smoking causes 87 percent of lung cancer deaths, plus it raises the risk of many other serious health problems. You should also avoid smokeless tobacco.

2. AVOID SECONDHAND SMOKE. It can cause COPD, asthma attacks, and respiratory infections. Try to stay away from people who are smoking or from locations that allow smoking.

3. AVOID EXERCISE OUTDOORS ON BAD AIR QUALITY DAYS. The local news offers a report on air quality during the warmer months, showing pollen levels and ozone alerts. Use this information to decide when to move your workout inside.

4. AVOID INFECTION. Be sure you get a flu shot each year. If you're 65 or older or have a respiratory disorder like asthma, talk to your doctor about whether you need a pneumonia vaccine. Wash your hands often, particularly during cold and flu season. Stay home when you're sick to protect others.

5. GET REGULAR EXERCISE. Activities like brisk walking, dancing and jogging can increase your lung capacity. Exercise may also reduce the risk of lung cancer if you're a current or former smoker.

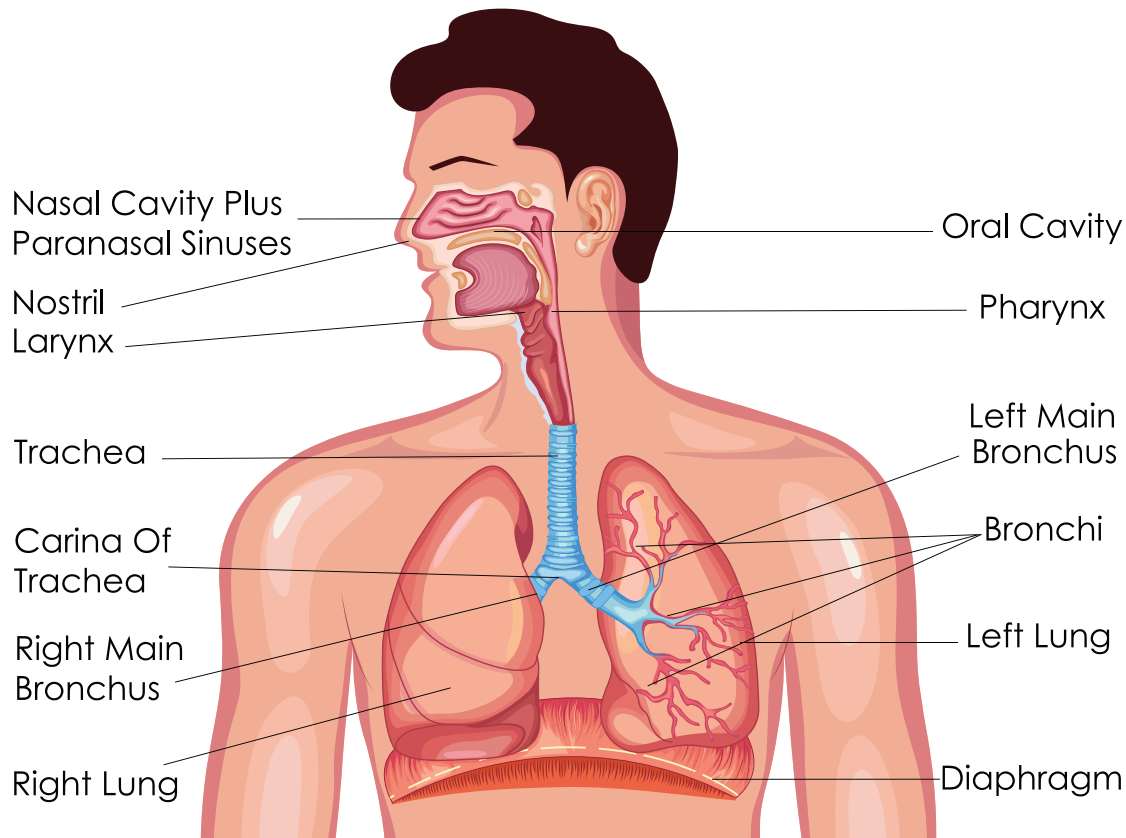


G R E A T ★ A M E R I C A N
SMOKEOUT

NOVEMBER 21ST
CANCER.ORG/SMOKEOUT

The American Cancer Society marks the Great American Smokeout on November 21, 2019 encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By quitting — even for one day — smokers will be taking an important step toward a healthier life – one that can lead to reducing cancer risk

Respiratory System



SIX SYMPTOMS TO SEE YOUR DOCTOR ABOUT

Did you know that having trouble breathing is not a normal part of aging? Watch for these symptoms, at any age. Be sure to check in with your doctor because these symptoms can be early warning signs of lung disease.

- Chronic cough that lasts a month or longer
- Shortness of breath after little or no exertion
- Wheezing or noisy breathing
- Chronic mucus production that lasts a month or longer
- Coughing up blood
- Chronic chest pain that lasts a month or more

If you have questions or concerns contact your healthcare provider.

Sources: lung.org
Nih.gov
Healthline.com



Better Breathing, Better Quality of Life

North Kansas City Hospital

North Kansas City Hospital offers two free support groups for patients and family members affected by lung disease. Better Breathers Club, a product of the American Lung Association, caters to patients with chronic obstructive pulmonary disease (COPD), providing resources and education on relative topics. NKCH also offers a pulmonary fibrosis support group in partnership with the Pulmonary Fibrosis Foundation.

For many, camaraderie and feeling understood are the most compelling aspects of the two support groups.

Pulmonary Rehab

Pulmonary (relating to the lungs) rehabilitation programs and support groups are invaluable resources. Through a multidisciplinary approach that blends education with exercise, patients with lung disease

PHYSICIAN RECOMMENDATIONS

PROMOTING GOOD LUNG HEALTH BEGINS WITH SELF-CARE

“Good pulmonary habits emphasize healthy eating, quality sleep and a consistent exercise program that includes aerobics and strength training,” said Andrea Anthony, MD, Meritas Health Pulmonary Medicine.

“Strength training is often overlooked as people age or combat poor health, but it’s imperative to maintain strength and independence moving forward. It can also improve lung function, which furthers a person’s capacity for exercise tolerance.”

Not smoking and limiting exposure to indoor and outdoor ozone pollution can also help maintain good lung health.



can increase their ability to perform everyday activities and improve their overall quality of life.

In North Kansas City Hospital’s rehab program, nurses such as Lori Ackley, RN, help people learn about their lung disease in an interactive environment. Program participants undergo resistance training, learn

relaxation and breathing techniques, and learn the importance of oxygen use and safety, as well as correct inhaler technique. At the core of the program is a customized exercise plan that’s specific to each patient.

“The treatment patients receive varies,” said Snizhana Weber, an exercise physiologist with NKCH’s rehab program. “One patient may want to restore body movement, while another might work toward reduced oxygen use. Everyone’s goals are different.”

Most people attend the program two days a week for nine weeks. This can help patients better manage their symptoms and complications, which results in reduced hospital visits or readmissions. A physician’s referral is required to participate in this program.


“For individuals whose illness has left them isolated, these support groups are sometimes a stepping

stone toward more social lives,” remarked Rhonda Gibson, one of NKCH’s registered respiratory therapists.

Get Support

The Better Breathers Club and the Pulmonary Fibrosis Support Group meet in the North Kansas City Hospital Pavilion, located at 2790 Clay Edwards Drive in North Kansas City, Missouri. These resources are free and do not require registration. Better Breathers gathers in the North Oak room on the first Friday of every month from 10:30 a.m.-noon. The Pulmonary Fibrosis Support Group meets in the Auxiliary room every third Wednesday of the month from 4:30-6:30 p.m. •

Read more about NKCH’s pulmonary resources at nkch.org or call 816.691.1575.



Wearing a CPAP mask helps his breathing.

Helping You Breathe Better

There are several respiratory illnesses that require special equipment that can be used at home. If you have asthma, COPD, emphysema or other respiratory ailments, you may find some of these aids helpful.

Air Cleaners

Air purifiers and cleaners improve the quality of the air you breathe in your home or office. There are generally two reasons you would need one:

- You have a respiratory illness, such as asthma, emphysema or allergies.
- You live or work in an area where the air quality is poor; for example, where mold and dust mites reign supreme.

CPAP Machines

A Continuous Positive Airway Pressure or CPAP machine delivers slightly pressurized air from the machine, through a tube and into a mask that covers the nose. This process is meant to prevent the airway from closing during sleep.

Typically, CPAP machines are used by people with sleep apnea or other respiratory diseases such as COPD.

Portable Emergency Oxygen Systems

These portable units are generally a durable plastic case that contains medically pure oxygen, tubing and a mask. The unit's purpose is to deliver oxygen to a person during an emergency while waiting for the first-response medical team to arrive.

These portable units should be stored anywhere there is a high risk for someone to suffer from a heart attack or stroke. Other emergency situations to prepare for include allergy, asthma and smoke inhalation.

Portable emergency oxygen systems could make the critical difference in someone's ability to recover from an acute event before medically trained experts can arrive.

Nebulizers

Nebulizers are small portable devices that deliver aerosol medication to a patient through tubing, a medicine cup and mouthpiece. These electronic devices are an alternative to metered-dose inhalers and can be used by people with asthma, COPD and other respiratory conditions.

Portable Oxygen Cylinders

Portable oxygen cylinders come in several shapes and sizes and are used in oxygen therapy. Some can be carried by hand, some in a cart and others fit in a backpack. They can be used in the home, office or car.

Portable Oxygen Concentrators

Portable oxygen concentrators serve the same purpose as home oxygen concentrators. The portable units have a smaller design that is convenient for traveling outside the home. They are powered by a mix of AC and battery.

Always remember that your doctor should advise you which respiratory device is appropriate for you. Source: verywellhealth.com



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Caregivers Need CARE Too!

Are you caring for someone with an illness, injury or disability? Caring for a loved one can bring family members closer together in a time of need, but it may also cause stress. It can even harm your health.

What is Caregiver Stress?

Caregiver stress is caused by emotional and physical strain. It can take many forms and may result in unhealthy behaviors like smoking, alcohol or substance abuse. Signs and symptoms include:

- Feeling overwhelmed
- Feeling alone, isolated, or deserted
- Sleeping too much or too little
- Losing interest in activities you once enjoyed
- Becoming easily irritated or angered
- Feeling worried or sad
- Having headaches or body aches
- Gaining or losing a lot of weight
- Feeling tired

Get Help and Support

Talk to your doctor about your symptoms and ways to relieve stress, and be sure to get regular checkups. Reach out to family, friends, or organizations that provide caregiver support. Ask your local hospital about classes that can teach you how to care for someone with an injury or illness and how to care for yourself. Here are a few local resources for support:

- Gilda's Club Kansas City **816.531.5444**
- Alzheimer's Association **913.831.3888**
- KU Landon Center on Aging **913.588.2365**
- AARP Kansas City Caregiver Resources **816.360.2200**

**TAKE CARE OF YOUR OWN HEALTH SO YOU CAN BE
STRONG ENOUGH TO TAKE CARE OF YOUR LOVED ONE.**



Understanding Childhood Asthma

By Sandra Uhlemeyer

Regional Director of Health Promotion, American Lung Association

In childhood asthma, the lungs and airways become easily inflamed when exposed to triggers, such as inhaling pollen, catching a cold or getting a respiratory infection. Childhood asthma can cause troublesome daily symptoms that interfere with play, sports, school and sleep. The condition is a leading cause of emergency room visits, hospitalizations and missed school days. Common childhood asthma symptoms include:

- Frequent coughing that worsens when your child has a viral infection, while your child is asleep or is triggered by exercise or cold air
- A whistling or wheezing sound when breathing out
- Shortness of breath
- Chest congestion or tightness

Causes and Triggers

Increased immune system sensitivity causes the lungs and airways to swell and produce mucus when exposed to certain triggers. Reaction to a trigger can be delayed, making it more difficult to identify the trigger. Triggers can include:

- Inherited tendency to develop allergies
- Parent(s) with asthma
- Viral infections such as the common cold
- Exposure to air pollutants, such as tobacco smoke
- Allergies to dust mites, pet dander, pollen or mold
- Physical activity
- Weather changes or cold air

Sometimes, asthma symptoms occur with no apparent triggers.

Prevention

Careful planning and avoiding asthma triggers are the best ways to prevent asthma attacks.

- Limit exposure to asthma triggers.

- Don't allow smoking around your child.
- Encourage your child to be active.
- See the doctor when necessary.
- Help your child maintain a healthy weight.

When to see a doctor

Early treatment will help control symptoms and possibly prevent asthma attacks. Make an appointment with your child's doctor if you notice:

- Coughing that is constant, intermittent or seems linked to physical activity
- Wheezing or whistling sounds when your child breathes out
- Shortness of breath or rapid breathing
- Complaints of tightness in the chest
- Repeated episodes of suspected bronchitis or pneumonia

If your child is diagnosed with asthma, creating an asthma plan can help you and other caregivers monitor symptoms and know what to do if an asthma attack occurs.

When to seek emergency treatment

In severe cases, your child might have an increased heartbeat, sweating and chest pain. Seek emergency care if your child:

- Has to stop in mid-sentence to catch his or her breath
- Is using abdominal muscles to breathe
- Has widened nostrils when breathing in
- Is trying so hard to breathe that the abdomen is sucked under the ribs when he or she breathes in

Even if your child hasn't been diagnosed with asthma, seek medical attention

Unfortunately, childhood asthma can't be cured, and symptoms can continue into adulthood. But with the right treatment, you and your child can keep symptoms under control and prevent damage to growing lungs.



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Happy and Healthy

Sometimes the brightest smile can hide a lot of pain. It's not uncommon for youth to experience pressure, self-doubt, low self-esteem and anxiety. That's why knowing the warning signs of suicide such as changes in appearance, social withdrawal, preoccupation with death, changes in school, risky behaviors and self-harm behaviors are concerns for you to take action.

What you can do

Express your concern honestly and openly. You'll send an important message that you care and understand.

Really listen and say... "Tell me more about how you're feeling."

Help a struggling child maintain connections with friends and loved ones.

Show compassion by expressing your love for them. Tell them you will make sure they get help and support every step of the way.

Trust your judgment. If a young person denies that he is having suicidal thoughts, trust your intuition and take steps to ensure their safety.

Where to turn for help

In an emergency, call 911 or take the teen to a hospital or crisis center. If your concern is less urgent, seek help from a mental health professional immediately or call a crises hotline:

- National Suicide Prevention Lifeline: 800-273-8255
- Missouri Suicide/Crisis Hotline: 314-469-6644
- Kansas Suicide Prevention Center: 785-281-2345
- Access Crisis Intervention Hotline 800-395-2132

Let's help teens live a happy and successful life!

Can Kids With Asthma Play Sports?

You probably know that asthma can cause breathing problems. So can kids with asthma play sports? Being active and playing sports is a good idea if kids have asthma because it can help their lungs get stronger. In fact, some athletes with asthma have done more than develop stronger lungs. You and your child's doctor should discuss all of the possibilities based specifically on your child's physical limitations.

Which Sports Are Best?

Golf and yoga are less likely to trigger flare-ups, and so are sports like baseball, football and gymnastics.

Some sports require you to keep going for a long time. These include cycling, long-distance running, soccer and basketball. Cold, dry air can also make symptoms worse, so cross-country skiing and ice hockey might be hard for people with asthma. Always consult with a medical provider before deciding on any sport.

Before playing sports, it's important to have your child's asthma under control. That means they aren't having lots of symptoms or flare-ups. Your child must take asthma medicine just like the doctor tells them to, even when they feel okay.

The doctor will also tell you other things your child can do to avoid flare-ups, such as:

- Skipping outdoor workouts when there's lots of pollen in the air.
- Wearing a scarf or ski mask when playing outside during the winter when it's very cold and dry.
- Breathing through the nose instead of the mouth while exercising.
- Making sure there is always time for a careful warm up and cool down.

Make sure the coach and teammates understand what to do if your child starts to experience breathing difficulties. [Source: Kidshealth.org](http://Kidshealth.org)

Encourage your child to listen to their body and follow the instructions their doctor gives them for handling breathing problems. The first priority is to follow guidelines for proper care.



**ALWAYS CONSULT WITH A
MEDICAL PROVIDER BEFORE
DECIDING ON ANY SPORT.**

David Beckham is considered one of the world's greatest and highest paid athletes. Known for his expertise on the soccer field, Beckham revealed he has had asthma since childhood. He wants his story to inspire others with asthma that they too can achieve great things.

Foods that Support Healthy Lungs

The Center for Applied Research and Engagement Systems reports that lung diseases were associated with 683,998 deaths recorded between 2012 and 2016 in Jackson County. That number was 573,146 for Johnson County, and 161,670 for Wyandotte County.

A good way to keep your lungs healthy is by engaging in regular exercises and eating a healthy diet. Let us consider some key ways to keep your lungs healthy.

Maintain a healthy weight

There is a strong link between being overweight or obese and increased risk for lung dysfunctions. Accumulating fat around the waist pushes up the muscle between your lungs and your stomach and affects lung capacity. In addition, fat around the lungs causes inflammation, which can negatively affect lung health.

Eating a balanced diet rich in antioxidants

Eating foods that fight inflammation will keep the lungs healthy. Antioxidants are substances that prevent or delay damage and inflammation of body cells. Choose foods rich in omega-3s, such as fish, nuts, chia seeds, and oils such as flaxseed oil, walnut oil, and olive oil. Just two 4-ounce servings of fish, such as salmon or sardines, per week can provide you with

enough omega-3s. Sources of omega 3s also provide vitamin E, an antioxidant shown to be beneficial for lung health.

Eating a balanced diet with a variety of colorful fruits and vegetables will provide you with antioxidants. For example:

- Apples
- Walnuts
- Berries
- Ginger
- Flaxseed

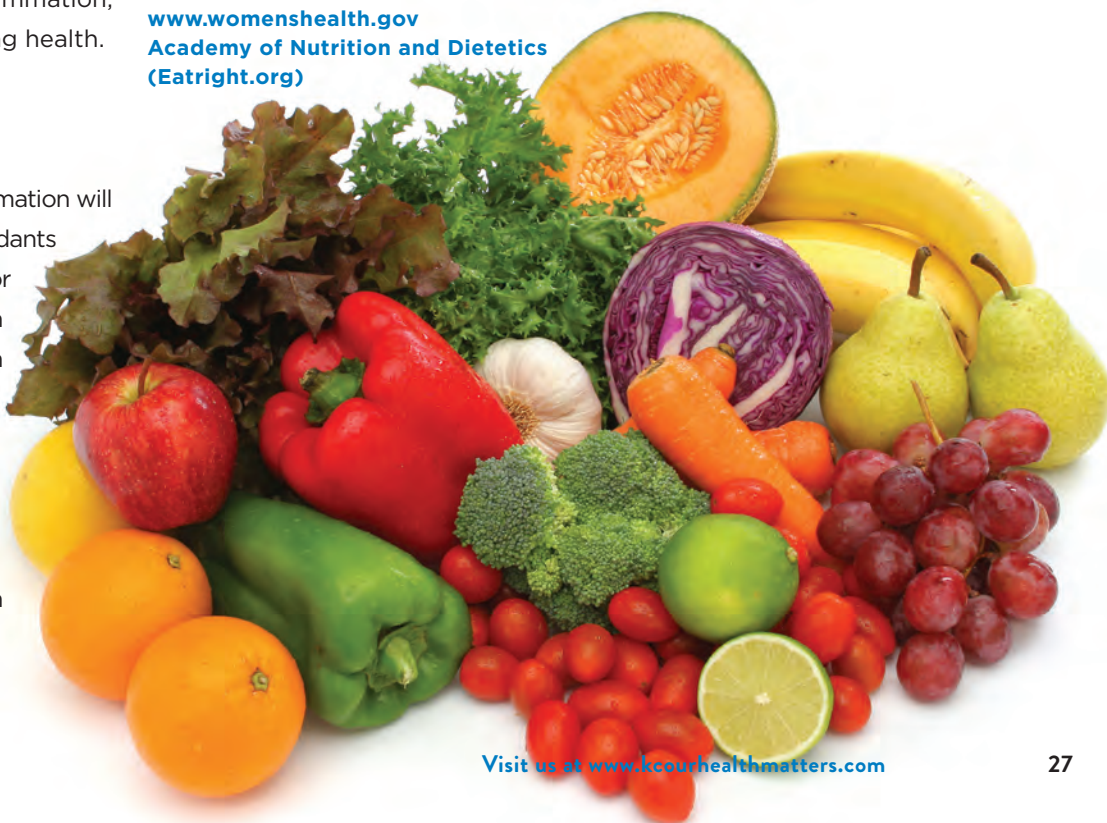
Aim to get three servings of vegetables and two servings of fruit a day in any form—fresh, canned or frozen. Buy canned vegetables low in sodium and fruits packaged in 100% fruit juice with no added sugar. Make sure you are adding these foods to your diet every day to ensure healthy lungs.

SOURCE
Engagementnetwork.org
www.womenshealth.gov
 Academy of Nutrition and Dietetics
 (Eatright.org)



By Lydia Kaume, Ph.D., RDN. LD

Asst. Extension Professor, Regional Nutrition & Health Education Specialist, University of Missouri Extension-Jackson County



Nurses Make a World of Difference in Healthcare

By Linda L. Kerby, R.N.-C-R., B.S.N., M.A., B.A.

Today, changes in the healthcare profession happen faster than many of us can process. This is especially true in the field of nursing. Based on their training, nurses have different responsibilities. Families and patients would benefit from understanding the differences.

For anyone interested in nursing as a career, the following chart provides an overview of the most common nursing positions. They are listed by type of licensure or certificate, educational preparation, and typical tasks.

Job title	License/certificate	Education	Typical duties and tasks
Registered Nurse (RN)	License from State Board of Nursing; must pass the National Council Licensure Examination (NCLEX-RN).	Bachelor's degree: 4-year program Bachelor of Science in Nursing (BSN)	Provide care for patients and assist physicians. Monitor, record and report symptoms or changes in patients' conditions. Maintain accurate patients reports and medical histories, administer medication and treatment to patients and observe reactions or side-effects. Perform diagnostic tests, supervise less skilled licensed or certified nurses, prepare patients for examination and treatment. Advise patients and their families on various health conditions.
Registered Nurse (RN)	License from State Board of Nursing; must pass the National Council Licensure Examination (NCLEX-RN) in order to practice	Associate degree: 2- or 3-year program Associate Degree of Nursing (ADN)	Provide comfort for patients by helping them bathe, dress or walk. Maintain patient health records. Monitor patient health by doing things like taking temperature or blood pressure. Assess patients' status and report to RNs and doctors. Give basic nursing care, such as changing bandages or inserting catheters. Discuss how patients are feeling and address any issues.
RN	License from State Board of Nursing	Programs may vary Master of Science in Nursing (MSN)	Prepared to become nurse administrators
RN, PhD	License from State Board of Nursing	Programs may vary Doctor of Nursing Practice (DNP)	Prepared to become researchers or teachers
Advanced Practice Registered Nurse (APRN)	License from State Board of Nursing	Minimum master's degree in nursing	Nurse practitioners, as well as certified nurse-midwives, certified registered nurse anesthetists, and clinical nurse specialists.
Nurse Practitioner	License from State Board of Nursing	Minimum Master degree in nursing (NP)	An NP is a type of APRN. Further specialization within the APRN category includes nurse practitioner, as well as certified nurse-midwife, certified registered nurse anesthetist, and clinical nurse specialist.
Licensed Practical Nurse (LPN) Licensed Vocational Nurse (LVN)	License from State Board of Nursing; must pass the NCLEX-PN exam	Programs typically 12 months.	Help patients in nursing homes and other healthcare facilities, working under the direction of doctors and registered nurses. Check patients' vital signs, change dressings and provide other types of basic patient care. Also help patients bathe and dress when needed.
Certified Nursing Assistant (CNA)	Certificate from a state accredited program; must pass examination	Coursework usually 6-8 weeks.	Assist patients with daily activities: Bathe and dress. Take vital signs May have additional responsibilities, such as administering medication. A CNA may also be known as a Nursing Assistant (NA), a Patient Care Assistant (PCA), or a State Tested Nurse Assistant (STNA). Each state also has its own scope of practice for CNAs and its own code of ethics.



Watch for future articles that provide more detail of specific duties and restrictions of nursing professions.

Linda Kerby has been licensed for 50 years and has worked and taught in all clinical specialties. Kerby has written textbooks and articles on medicine, surgery, psychiatry and community health. She has worked as a consultant for healthcare agencies and written a series of newsletter articles on “critical thinking in nursing” for the National Council of State Boards of Nursing.



Hands-Only CPR | FACT SHEET

♥ Why Learn Hands-Only CPR?

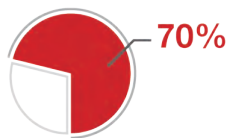
Cardiac arrest – an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs and other organs – is a leading cause of death. Each year, more than 350,000 EMS-assessed out-of-hospital cardiac arrests occur in the United States.

When a person has a cardiac arrest, **survival depends on immediately receiving CPR from someone nearby.**

According to the American Heart Association, about 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival.

♥ Be the Difference for Someone You Love

If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a child, a spouse, a parent or a friend.



About **70 percent** of out-of-hospital cardiac arrests happen in homes



About **46 percent** of people who experience an out-of-hospital cardiac arrest receive the immediate help that they need before professional help arrives

Hands-Only CPR has been shown to be as effective as conventional CPR for cardiac arrest at home, at work or in public.

Hands-Only CPR has just two easy steps, performed in this order:

1



Call 911 if you see a teen or adult suddenly collapse



2



Push hard and fast in the center of the chest to the beat of a familiar song that has 100 to 120 beats per minute

♥ Music Can Save Lives

Song examples include “Stayin’ Alive” by the Bee Gees, “Crazy in Love” by Beyoncé featuring Jay-Z, “Hips Don’t Lie” by Shakira or “Walk the Line” by Johnny Cash. People feel more confident performing Hands-Only CPR and are more likely to remember the correct rate when trained to the beat of a familiar song.

When performing CPR, you should push on the chest at a rate of 100 to 120 compressions per minute, which corresponds to the beat of the song examples above.

♥ Take 90 Seconds to Learn How to Save a Life

Watch the 90-second video. Visit heart.org/handsonlycpr to watch the Hands-Only CPR instructional video and share it with the important people in your life. Hands-Only CPR is a natural introduction to CPR, and the AHA encourages everyone to learn conventional CPR as a next step. You can find a CPR class near you at heart.org/findacourse.

NOTE: The AHA still recommends CPR with compressions and breaths for infants and children and victims of drowning, drug overdose, or people who collapse due to breathing problems.



To learn more, visit heart.org/handsonlycpr





— WHAT'S NEXT MAY/JUNE 2019 —

URGENT CARE EDITION

A recent patient survey by the Urgent Care Association of America found that 75% of patients who visited an urgent care facility reported their care was excellent or good. Urgent care centers are expanding to more communities to meet the demands of families who want quality care for minor illnesses and injuries, reasonable wait times and affordable costs. *Our Health Matters* explains the differences between Walk-in Clinics, Urgent Care Centers, Emergency Room Care, and the benefits of each. Don't miss this insightful keepsake edition.

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