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healthy TOMORROW

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COLUMBUS
REGIONAL
HEALTH

thinking beyond

Home, Sweet (Medical) Home

This ever-more-popular model for primary care practices is meant to improve access, quality and outcomes for patients.

If you're in excellent health, your medical care may entail little more than a yearly checkup. Your doctor takes your blood pressure, recommends a preventive screening test or two and tells you to keep up the good work.

But if you have a chronic condition such as diabetes, heart disease or asthma, your access to consistent, comprehensive care may feel increasingly important in America's fragmented healthcare system.

For instance, what if you're newly diagnosed with diabetes? You'll likely need to change familiar diet and exercise habits, learn to check your blood sugar, take several medications on a timetable, schedule appointments, and coordinate care plans with your personal doctor and a variety of specialists.

Fortunately, many primary care and pediatric practices are adopting an approach known as a "medical home" or "patient-centered medical home" that can help you coordinate the complexities of your care. Read on to find out how it works and how it could benefit you.

WHAT IS A MEDICAL HOME?

In essence, professional members of a medical home work as a team to ensure each patient gets continuous and comprehensive care. The process may vary from one practice to the next.

Team members may include doctors, nurses, pharmacists, physical therapists and others. They help coordinate patient care in a variety of settings, such as hospitals, clinics, and specialists' offices.

HOW DOES IT COMPARE WITH REGULAR MEDICAL CARE?

Patient-centered medical homes take a whole-person approach. The leading physician is responsible for coordinating all the person's healthcare needs. That includes acute and chronic care, preventive care, and end-of-life care.

By taking on the coordination of care and treatment, this system aims to reduce the risk that health problems will worsen and require hospitalization.



Let's say, for instance, that a person is diagnosed with cancer. Instead of setting the patient loose to find a specialist and make his or her own appointments, a medical home team can schedule the visit, prepare the patient for the appointment and follow up to make sure the patient and the primary care doctor receive test results and treatment recommendations.

HOW DO I FIND A MEDICAL HOME?

Your doctor may already be using the medical home model if he or she is a member of the American Academy of Family Physicians, American Academy of Pediatrics, American College of Physicians, or American Osteopathic Association. The professional members of these groups joined to agree on a set of key principles of patient-centered practices. These principles include:

- Evidence-based medicine and decision-making tools guide treatment plans and protocols.
- Patients are actively involved in decisions affecting their health and care.
- Physicians' practices will work on behalf of their patients to ensure they attain optimal, patient-centered outcomes.
- Team members who provide care are compassionate partners to patients and their families.
- Medical homes will provide easier access to care through open scheduling, expanded hours and increased options for communication between patients, their doctors and support staff.

WHY ELSE IS A MEDICAL HOME IMPORTANT?

It's no secret that healthcare costs are rising—especially for those with chronic conditions. Their bills account for more than 70 percent of the nation's healthcare costs. The organizations that support the family-centered medical home concept believe it can reduce the total cost of care.

Eight primary care physician practices with Columbus Regional Health offer the patient-centered medical home approach for their patients. Need a primary care physician? Visit www.crh.org and click on "Find a Doctor."

Coordinated Care: *The Next Big Thing in Reform*

Today, more and more doctors, hospitals, and other healthcare providers are supporting high-quality care by taking part in accountable care organizations (ACOs).

An ACO is a voluntary program with a goal of delivering safe, coordinated, patient-centered healthcare for Medicare patients. This can be helpful if you are older than age 65 and see several doctors because you have more than one chronic condition.

As part of coordinating your care, each of your ACO providers will use the same electronic Medicare source. There, they will read, receive, and add to your private medical data—from your health history to prescriptions and doctor visits. Providers communicate with each



other, and they are much better informed. Your doctors will also keep you in the loop to help you make the most informed healthcare decisions.

If your doctor takes part in an ACO, he or she will tell you in person or with a letter. You can still see any doctor who accepts Medicare, whether he or she is part of an ACO or not. Either way, none of your Medicare benefits or rights will change.

An ACO ties provider reimbursements to quality of care. Providers must report to Medicare your screening tests, check-ups, and hospital readmissions after discharge. If your doctor's role in your ACO meets program standards, he or she will also benefit by receiving a share of Medicare's savings.

When care providers come together in an ACO, everyone wins through cost-effective, high-quality, coordinated care.

Columbus Regional Health Now Offering Lung Screenings

Columbus Regional Health is pleased to offer CT Lung Screening, a low-dose CT scan of the chest. A screening fee of \$99 will be collected at the time of the test. "High-risk" patients are eligible for this screening based on age and smoking history. To learn more about our Lung Screening Program, visit www.crh.org/lung or call 812-376-5757.



WellConnect opened in mid-December to the general public and many residents have stopped by to check us out. Our new facility offers a comfortable, modern environment where you can connect with wellness experts and healthcare professionals.


WHAT'S HAPPENING AT WELLCONNECT?

- We offer a variety of classes from conditioning to yoga to cooking demonstrations. We have something for everyone. No need to register — just drop in! To download the latest class schedule, go to www.crh.org/wellconnect.
- In order to provide you with a better health and wellness experience, we offer convenient walk-in care, from minor illness treatment to travel medicine. The care center is open Monday to Friday, from 7 a.m. to 7 p.m.
- If you need to find a physician, we can connect you with high-quality healthcare providers and wellness services.
- We offer trusted one-on-one healthcare guidance. If you have a question, just stop by and one of our Connection Specialists will be happy to help you make sense of the complex healthcare system.

Stop by and see the latest innovation in the healthcare experience. WellConnect is open to the public and is located at the intersection of 3rd and Washington streets in downtown Columbus.

*Walk in feeling good.
Walk out feeling better.*

Help us innovate. Go to www.crh.org/wellconnect to sign up for our newsletter or tell us what services you would like to see offered. Go to the bottom of the page and click on "Submit an Idea." We want to hear from you!

 Like us on Facebook at www.facebook.com/CRH. **WellConnect** and we'll keep you up-to-date on the latest class schedules and events.



Sleep Habits May Affect **Brain Function**

People once believed that sleep was simply a period of deep rest. Now researchers know that sleep is actually an active process for the brain. This is the time the body uses to repair and restore itself.

Too little or too much sleep may make your brain age more quickly, a study says. And another sleep study found that having sleep apnea may increase the risk for mild thinking problems or dementia.

LIMITED REST

The first study looked at data on more than 15,000 women in the Nurses' Health Study. Participants were followed for 14 years, beginning in middle age. Researchers at Brigham and Women's Hospital in Boston found that people who slept each day for either five or fewer hours, or nine or more hours, had lower mental functioning than people who slept seven hours a day. Getting too little or too much sleep was the equivalent of aging mentally by two years, the researchers say.

And women whose sleep patterns changed by two or more hours a day from middle age to later years also had worse mental functioning than women whose sleep patterns didn't change. Researchers found that extreme changes in sleep duration might disrupt the circadian rhythm, making cognitive function worse. Circadian rhythm refers to the physical, mental and behavioral changes that occur in a 24-hour cycle.

DISRUPTED SLEEP

For the second study, researchers from the University of California, San Francisco, measured the sleep quality of more than 1,300 women older than 75. They found that participants with sleep apnea or other disordered sleep were more than twice as likely to develop mild cognitive impairment or dementia over five years as those without those conditions. It was not determined whether sleep changes were signs of a future decline or caused by a decline, however.

Once detected, most sleep disorders can be corrected. If you have trouble sleeping, contact our Sleep Diagnostic Center at **812-376-5246** or ask your healthcare provider for a referral.

STAGES OF SLEEP

So what happens during the night? There are the four basic stages of sleep. The later stages are when restoration of your body and brain occurs.

- **Stage 1.** The first stage of sleep is the lightest stage. At this point, your body processes slow down, and you may experience a sensation of falling. You begin drifting toward deeper stages of sleep. If awakened, which happens easily in this stage, you may remember images or waking dreams. Your arm, leg, or another part of your body may jump suddenly in this stage.

- **Stage 2.** You spend about half of your slumber in this stage. Your eye movements stop and your brain waves slow down. If the electrical pulses that make up your brain waves were monitored, those watching might see slow waves known as theta waves and sudden bursts of activity, called sleep spindles. This is when bedroom temperature matters — a room that's either too warm or too cold can make it difficult to reach this stage of sleep.

- **Stage 3.** Deeper into sleep, your brain waves slow profoundly into delta waves. You still may have sudden bursts of brain activity at this stage. Stages 3 and 4 are the stages in which your body and brain make all the repairs that help you get back on your feet after a tough day.

- **Stage 4.** During this stage, slow delta brain waves become more prominent. This is your most restorative sleep, and it is much harder to awaken from this stage than from stage 1. In fact, you could be extremely disoriented if this were to happen. Sleepwalking and sleep talking are most common in this stage. During stages 3 and 4, your body also releases hormones crucial to growth and development.



Track Your Health with BMI

Many Americans are overweight or obese. But how can you tell if your weight is healthy? One way is to figure out your BMI.

FINDING YOUR BMI

Your BMI compares your height to your weight, letting you know whether you're considered healthy, overweight or obese. The easiest way to figure it out is to use the online BMI calculator at nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm. You just plug in your height and weight, and the calculator tells you your BMI. Keep in mind this calculator is meant for adults ages 20 and older. To measure BMI for children and teens, go to apps.nccd.cdc.gov/dnpabmi.

WHAT YOUR BMI MEANS

Once you know your BMI, you can find where you are on the BMI chart. BMI numbers are split into four groups:

- Underweight: 18.4 or lower
- Normal weight: 18.5–24.9
- Overweight: 25–29.9
- Obese: 30 or over

Being overweight or obese puts you at risk for high blood pressure, heart disease, type 2 diabetes, high cholesterol and some types of cancer. If you have any questions about your BMI, talk with your doctor.

LOWERING YOUR BMI

If you'd like to lower your BMI, try making healthier food choices. You

don't need to make huge changes all at once. Even small changes can make a big difference over time. Start with one change you can stick with, and then add more when you can.

- **Watch your portions.** Many of us eat larger amounts of food than we need. Learn what a real serving size looks like for each food group. Reading food labels can also help you know how many servings are in the foods you're eating.

- **Switch to low-fat (1 percent) or nonfat milk.** You'll still get all of the calcium and nutrients of milk, but you'll take in fewer calories and less fat.

- **Limit foods with saturated fat.** These include foods made with butter or shortening, and fatty meats. Some foods to cut back on include sausages, bacon, ribs, pizza, ice cream, cakes, cookies and other desserts.

- **Switch to water.** Sugary drinks can add lots of calories to your day. If you need a flavor boost, try adding a slice of citrus fruit or watermelon.

Need help controlling your weight and staying active? Sign up for a wellness class. See the most current schedule at www.crh.org/wellness.

Put Your Back into Gardening

You're not alone if you suffer from back pain. Eight of 10 Americans experience this problem sometime in their lives. The key to avoiding such pain is to prevent it before it starts.

Gardening is one of the activities that can bring on back pain. The good news is that exercising through gardening helps you develop strong muscles, especially those in your back, thighs, and abdomen. This improves the weight-bearing capacity of your spine.

MOVEMENT TIPS

These tips will help you protect your back while gardening:

- Never bend over at the waist to work on flowers or vegetables. Instead, kneel on the ground, using a kneepad, or squat with your knees bent. When possible, work on each side of the garden bed separately or put one knee in the middle of the bed to reach the other side.
- Avoid unsupported bending. If you must lean forward at the waist to pick up something, bend your knees slightly and tighten your stomach muscles to help support your back.
- Use long-handled rakes and spades. If they don't reach, kneel on one knee while using a hand-held trowel. Don't bend from the waist.
- Change your body positions frequently. Don't twist your body; keep work directly in front of you and close enough so you don't have to reach out for it. Take frequent breaks.



In general, follow these posture recommendations:

- When you stand, hold your head erect, tuck in your chin slightly, keep your shoulders and hips even, and hold in your stomach.
- When you sit, keep your back straight and keep your knees even with your hips. To do this, you may need to adjust your chair height or use a footstool. Make certain the chair supports your lower back, or use a lumbar support or pillow.
- Don't slouch over your worktable or lean your head forward. Slouching creates more tension in your back. Get up every hour or so and stretch.

LIFT IT

Poor lifting technique often causes lower-back pain. The most important rule is to let your legs, not your back, do the lifting.

When you lift plants and other gardening items, remember to:

- Stand with your feet 8 to 12 inches apart; keeping your back straight, bend your knees until you're in a squatting position. Never bend at the waist with your legs straight.
- Keep the object you're lifting directly in front of you and lift straight up. Don't twist to either side.
- Keep the object close to you, not at arm's length.
- Reverse the process when you're ready to put the object down.

Additional points to remember:

- Wait for someone to help you if a load is too heavy for you to lift safely.
- Push a heavy load instead of pulling it.
- Be sure your footing is secure before you lift.
- Make sure your path is clear before lifting.
- Keep your movements as smooth and fluid as possible.
- Don't lift heavy objects over your head—for example, when placing hanging baskets. Use a step stool or have someone give you a hand.

WHEN TO SEE THE DOCTOR

Make an appointment with your doctor if any of these conditions develop:

- Pain radiates down an arm or leg.
- Your arms or legs feel numb, tingly, or weak.
- You have difficulty with bladder or bowel movements.
- A backache doesn't improve despite your best self-care efforts.



To view our online Joint Pain Seminar, go to www.crh.org/joint or click on the QR Code with your smart phone.

Could **Fish** Reduce Your Breast Cancer Risk?

Eating about 8 ounces of seafood a week—that’s two servings—can reduce the risk for heart disease in both men and women. Now, a new study in *BMJ* suggests women may also reap breast cancer-fighting benefits.

Chinese researchers combined data from 21 previous studies. In total, almost 900,000 women were tracked for up to 20 years. Those who ate the most omega-3 polyunsaturated fatty acids from fish had a 14 percent lower risk of developing breast cancer.

In fact, for each extra tenth of a gram of fatty acids from fish they consumed daily, women’s risk for breast cancer dropped 5 percent. One 3-ounce serving of salmon contains 1 to 2 grams.

HOW FISH REELS IN HEALTH PERKS

The study authors suspect fish oil may cause changes in your genes, stopping cancer cells from growing. That’s on top of all the ways omega-3 fatty acids help your heart. For one thing, they can decrease your risk for irregular heartbeats. Plus, they reduce levels of harmful blood fats called triglycerides.

KEEP YOUR DAILY CATCH HEALTHY AND FLAVORFUL

Firm fish with darker flesh tend to contain more omega-3 fatty acids. The richest sources include salmon, king mackerel, herring, trout, sardines and tuna. Shellfish such as oysters, mussels and clams contain smaller amounts.

Prepare fresh or frozen fish by baking, broiling or grilling. Season it with spices, herbs and lemon juice. Skip fried or breaded seafood and dishes with creamy sauces. This way, you’ll avoid adding extra sodium or unhealthy fats.

Download more tips on healthy seafood consumption from the U.S. Department of Agriculture at www.choosemyplate.gov/healthy-eating-tips/ten-tips.html.

All women 40 and older should have an annual mammogram. Call **812-376-5064** to schedule your appointment today!



Recipe for Health: Spanish Baked Fish

Here’s a savory and nutritious meal that’s sure to put smiles on the faces of you and your entire family.

1 lb perch fillets, fresh or frozen
1 C tomato sauce
½ C sliced onions
½ t garlic powder
2 t chili powder
1 t dried oregano flakes
½ t ground cumin

1. Thaw frozen fish as specified on package directions.
2. Preheat oven to 350 degrees. Lightly grease a baking dish.
3. Divide fish into four pieces. Arrange them in baking dish.
4. Mix together the other ingredients and pour over fish.
5. Bake until fish can flake easily with a fork, about 10 to 20 minutes.

Yield: 4 servings
Serving size: 3 ounces

Each serving provides:
Calories: 135
Total fat: 1 g
Saturated fat: only a trace amount
Cholesterol: 104 mg
Sodium: 448 mg

Source: United States Department of Agriculture; Center for Nutrition Policy and Promotion

To get more healthy recipes and other wellness tips, follow us on Pinterest at www.pinterest.com/crhpinterest.

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Keeping Fit Can Keep Your Colon Healthy

Losing weight can make us feel good and look even better. But when you shed pounds, there's another benefit you may not notice—that you're lowering your risk for colon cancer.

New research shows that being overweight raises your chances of getting colon cancer. That may be especially true if you carry excess weight around your middle.

CHECK YOUR WAIST, NOT JUST YOUR WEIGHT

Last year, researchers analyzed the results of 32 studies that looked at whether overall obesity or abdominal obesity is linked to cancer of the colon or rectum. The results showed connections. People with a higher body mass index (BMI) are more likely to develop colon cancer, the researchers concluded. BMI is one way to measure overall obesity.

The study also showed that people with a larger waist or a higher waist-to-hip ratio (WHR) are more likely to get colon cancer. In fact, the researchers found that in most studies these measures of abdominal fat more strongly predicted colon cancer risk than overall obesity did.

How do you measure up?

You have:

- A **higher** WHR if your waist is about the same size as or larger than your hips.
- A **lower** WHR if your waist is smaller than your hips.

WHAT YOU CAN DO

The message for men and women alike is to keep your weight in a healthy range to lower your colon cancer risk. The American Cancer Society recommends limiting fat in your diet, especially from animal sources, and eating mainly plant-based foods, like fruits, vegetables, grains and beans.

Keep up an active lifestyle, too. A lack of exercise also increases your risk for colon cancer, and working out can help you fight obesity.

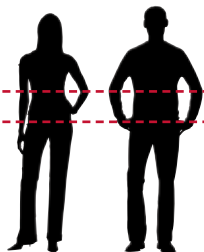
Colon cancer occurs most often in people ages 50 or older. Getting a colonoscopy can greatly reduce your chances of getting colorectal cancer. If you are 50 or older, schedule your screening at our new Endoscopy Center. Visit www.crh.org/colonoscopy.

Calculating Your Waist-to-Hip Ratio

1 **WAIST**
measure at the smallest part,
usually at or just above the navel.

2 **HIP**
measure at the largest point.

3 **MEASUREMENT**
 $\frac{\text{waist}}{\text{hip}} = \text{waist hip ratio}$



To get the latest listing of seminars and classes, go to www.crh.org and click on the "Events" tab or like us on Facebook at www.facebook.com/ColumbusRegionalHealth and we'll keep you in the know.

Tobacco use remains the leading preventable cause of disease, disability and death in Indiana and the U.S. If you need help quitting tobacco for good, call 1-800-QUITNOW or visit www.QuitNowIndiana.com or www.EQuitNow.com. Reach Healthy Communities also offers help. To learn more, visit www.WhatsYourReach.org.



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