

SC-HCQU View



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Staying Young at Heart

By Kathy Jaczynski

February is known as "Heart Month". Staying in good cardiac shape and sending romantic messages are two things that come to mind during February. However, for many people the winter blahs set in and they find themselves feeling like life is a downer. Here are some pointers that may help you and the people surrounding you at the office or home experience a lighter perspective.

1. Contact only cheerful friends.
2. Throw out nonessential numbers like age, weight and height.
3. Laugh often, long and LOUD!
4. Tears happen. Cry, moan, grieve, and endure. Then move on!
5. Enjoy the simple things around you. Smells, sights, sounds.
6. Keep learning. An idle brain is the devil's workshop....the devil may be Alzheimer's!
7. Surround yourself with things you love...family, friends, pets, hobbies, keepsakes. Make your home your refuge.
8. Cherish your health. If it is good, preserve it. If not, resolve to improve it.
9. Don't go on guilt trips. Only go to places that improve your well being.
10. Tell people you love that you love them. It makes the heart lighter and produces an incredible feeling of well-being.



*Life is measured not
by the number of
breaths we take...
but by the moments
that take our breath away !*

Mitral Valve Prolapse and Bacterial Endocarditis

By Wanda Nikolaus, RN

Many of our consumers, as well as people in the general public, have a condition known as mitral valve prolapse. You may see physicians write this diagnosis as MVP. The mitral valve is located between the heart's upper left atrium and the lower left ventricle. The valve has two flaps, also referred to as cusps. With mitral valve prolapse one or both flaps are enlarged. When the heart contracts the valves don't close smoothly or evenly and part of the flaps may collapse backward into the left atrium. Sometimes a small amount of blood leaks backward through the valve, causing a heart murmur. Occasionally the individual may notice this as a "flutter" in the chest.

Generally people with mitral valve prolapse have no symptoms and don't require treatment. However, in order to prevent the valve from becoming infected, those who have "leaky" valves require antibiotics prior to invasive procedures such as dental work, endoscopy, colonoscopy, or surgery. The American Heart Association provides recommended guidelines for the proper dose of antibiotics. Procedures won't be performed if the person has not been pre-medicated.

Mitral valve prolapse places an individual at risk for bacterial endocarditis, an infection of the inner lining of the heart or the heart valves. This occurs if bacteria becomes present in the blood stream and infects the valve. This is an infectious disease that has the ability to damage or destroy heart valves and can lead to death if untreated.

Persons who develop bacterial endocarditis may be acutely ill with a high fever or exhibit flu-like symptoms such as weakness, fatigue, fever, chills, loss of appetite and joint pain. The disease is diagnosed by blood tests and an echocardiogram. Blood cultures are done to determine the specific bacteria and treatment is done with appropriate antibiotics. Sometimes surgery may be necessary to repair damage. Complications include heart failure, damage to the heart muscle and blood clots.

Fortunately, bacterial endocarditis rarely occurs in people with healthy hearts but the seriousness of this disease makes it evident how important it is to pre-medicate prior to dental work and other procedures.

February – National Health Awareness Month

Heart Health Month

inquire@americanheart.org
www.americanheart.org

Congenital Heart Defect Awareness Week (7-14)

mb@tchin.org
www.tchin.org/aware

Wise Health Consumer Month

aipm@healthylife.com
www.healthylife.com

Duchenne MD Awareness Week (13-19)

Kimberly@parentprojectmd.org
www.parentprojectmd.org/ppmd/awarenessweek/index.html

Cardiac Rehabilitation Week (13-19)

aacvpr@sba.com
www.aacvpr.org

National Donor Day (14)

ask@hrsa.gov
www.organdonor.gov

National Porphyrria Week (20-26)

porphyria@aol.com
www.porphyrriafoundation.com

National Children's Dental Health Month

publicinfo@ada.org
www.ada.org

AMD/Low Vision Awareness Month

info@preventblindness.org
www.preventblindness.org

National Burns Awareness Week (6-12)

Lhoelker@shrinenet.org
www.shrinershq.org/shc/cincinnati/index.html

National Child Passenger Safety Awareness Week (13-19)

www.nhtsa.dot.gov

Children of Alcoholics Week (13-19)

nacoa@nacoa.org
www.nacoa.org

National Women's Heart Day

efitz@sistertosister.org
www.womansheartday.org

National Eating Disorders Awareness Week (27-5)

info@nationaleatingdisorders.org
www.nationaleatingdisorders.org

HCQU Food Review

It is February the month of love. It's time to tell your loved ones how much they mean to you, and *nothin' says lovin' like somethin' from the oven!* Your family will go wild for these 'Yummy Cupcakes'. The filling uses Hershey's chocolate chips, so the cupcakes are filled with tiny little kisses for Valentines Day!

Yummy Cupcakes



Batter:

- | | |
|-------------------------------|----------------|
| 3 c. flour | 2 tsp. vanilla |
| 2 c. sugar | 2/3 c. oil |
| 1/2 c. Hershey's cocoa powder | 2 c. water |
| 2 tsp. baking soda | |

Mix the ingredients together for the batter. Pour into paper lined cupcake tins. Fill each cup 1/3 full.

Filling:

- | | |
|------------------------------|---|
| 2 – 8 oz. pkgs. cream cheese | 1 – 12 oz. bag Hershey's Milk Chocolate chips |
| 2/3 c. sugar | |
| 2 eggs | |

Mix the first three ingredients together in mixer, then add chocolate chips. Drop by tablespoon into the middle of batter-filled cups. Bake at 350° for 25 minutes. Makes about 40 cupcakes.

And if you love the 'marriage' of chocolate and peanut butter, try this recipe.

No-Bake Cookies

- | | |
|-----------------------------|-------------------------------|
| 1 c. sugar | 1 <u>small</u> pinch salt |
| 1 T. Hershey's cocoa powder | 1/4 c. peanut butter (chunky) |
| 1/4 c. milk | |
| 4 T. margarine | 1 1/2 c. oatmeal |
| 1/2 tsp vanilla | |

Cook sugar, milk, cocoa and margarine over medium heat until it just starts to boil. Stir constantly. Remove from heat and add vanilla, salt, peanut butter, and oatmeal; stir well. Quickly drop by teaspoonful on waxed paper before mixture cools and becomes crumbly. Chill for 1 hour.



*These recipes are not low-fat, but they are ooh sooo good!!
Courtesy of Melissa Erdman*

Regional Trainings

South Central HCQU

Trainings are free, but registration is required.

- **Diabetes Mellitus** – February 10 – 2:00pm-4:00pm @ Bell Socialization Services, 160 S. George Street, York
- **Dental Awareness** – February 22 – 10:00am-12:00pm @ Typical Life Corp., NE Plaza, Manchester
- **Substitute Health Care Decision Making** – February 24 – 1:00-3:00pm – Lebanon Valley Church of the Nazarene, 900 S. 5th Avenue, Lebanon – (snow date March 1st from 1:00-3:00pm)

*For more information call Cherie Adkins
717-909-3858*

Leave a message re: registration, questions, etc.

In case of inclement weather cancellations will be posted on this phone line by 7:30am the day of the training.

FYI

Teresa Rash, CTRS, Director of Therapeutic Services at the Margaret E. Moul Home in York, will be presenting the following free trainings designed for line staff.

- **Recreation Assessment: Assessing the Client's Leisure Interests** – March 17th – 6:00-8:00pm at Typical Life office – NE Plaza, Manchester
- **Planning and Implementing Recreation and Leisure Services** – April 14th – 6:00-8:00pm at Typical Life office – NE Plaza, Manchester
- **Sensory Stimulation and Therapeutic Activities** – May 19th – 6:00-8:00pm at Typical Life office – NE Plaza, Manchester
- **Group Leadership and Cohesiveness** – June 16th – at Typical Life office – NE Plaza, Manchester

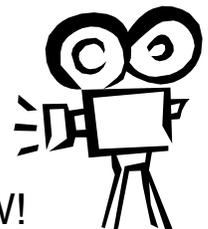
*For more information and/or to register, please call or e-mail Carol Rupp, Training Coordinator at TLC
717-268-8239*

crupptlc@aol.com

Coming Attractions!

A **Consumer Fair** is in the works!

Look for details in future issues of the HCQU VIEW!



CPARC

CPARC (pronounced "see-park") is a private, non-profit agency whose mission it is to promote the general welfare and independence of persons with developmental disabilities. CPARC is comprised of six divisions, with Residential Services being one of the largest. Residential Services strives to promote the increased independence of the individuals served by providing supports and teaching the skills necessary to achieve a meaningful life in the community. Approximately 150 people are supported in a variety of settings including Group homes, several levels of Apartment Living, including Clustered apartments, Life Sharing (Family Living), Respite Care, and Community Support. Community Support offers individualized supports to people who live with their families as well as one-on-one supports to people living in nursing homes.

CPARC also has a vocational/industrial training division (PCIT), whose primary mission is to serve the needs of individuals with vocational challenges. This program includes vocational evaluations, personal work adjustment training, extended work activities, on-site training, and industry-integrated training. In addition to providing a service to individuals with disabilities and other special vocational needs. CIT supports integrated training within community businesses such as Wal-Mart, Messiah College, and Holy Spirit Hospital.

CPARC also offers Advocacy services, Early Education Center of Perry County, and Lifetime Adult Day Care.

For more information about the many programs and services CPARC provides, contact the Administrative Office at (717) 249-2611 or (717) 697-8343, or check online at www.cparc.org



Consumer's Creative Corner

Valentine's Day is upon us and we anticipate an avalanche of entries in our "Love Your Heart" contest. Your entries must be in the mail by January 31st for the drawing on February 14th. We look forward to hearing from you and seeing all the creative ideas you have!

Seasonal Affective Disorder (SAD): More Than Just the “Blues”



Wintertime can be full of excitement and fun. We celebrate several major holidays during the wintertime and for the snow-lover, there is the ever-present anticipation of a good-old nor'easter! But what if this doesn't quite describe your wintertime experience? What if the cold, darker months of winter leave you feeling worn-out and just plain sad? It is possible that your problem may be more than a case of the “blues”...you might have seasonal affective disorder, or SAD.

SAD is a mood disorder also known as “seasonal depression.” There are many SAD symptoms; the following are just a few: literal sadness, increased fatigue, increased sleep, decreased productivity, moodiness, increased appetite (especially for food high in carbohydrates), and avoidance of social situations. While most people with SAD experience symptoms in the wintertime, there are surprisingly, rare cases of those who experience their symptoms during the summer months. There seems to be a connection with onset of symptoms and changes in the amount of daylight as seasons change. The key to diagnosis appears to be the presence of cyclical, recurring symptoms that are associated with season change (versus isolated episodes of depression).

While the cause of SAD is still something of a mystery, there is treatment available that has been helpful for many with SAD. Treatment usually involves specialized and specific light therapy, prescribed and monitored by one's physician. Other treatment modalities include medications and psychotherapy. Some have found prevention strategies helpful, too.

It is important to remember that SAD symptoms can be mild to severe, so much so that some have suicidal ideation and require hospitalization for adequate treatment. So if you suspect that you or someone you support may be suffering from SAD, don't apologize for wondering if it may be worthwhile to seek a professional evaluation to be sure. This is one case when the old adage needs changed to read, “I'd rather NOT be SAD than sorry!”

~Cherie Adkins, RN



(Want more information on SAD? Contact the SC-HCQU to set-up a training seminar.)

A HEALTHIER YOU IN 2005!

“Shape Up Pennsylvania!”

What is Shape Up PA?

In 2004 over 6,000 Pennsylvanians competed in the Shape Up PA program and lost over 6,000 pounds and accumulated over 1,600,000 miles of physical activity. Once again, Pennsylvanians are being encouraged to form teams to motivate one another to enjoy a healthier lifestyle. This team wellness program will run for five months (February 9 through June 29).



For more information check online at www.shapeuppa.org. This website provides weekly tips to inspire you to keep moving and developing healthier eating habits. Everyone benefits. Maybe you'd like to form teams of staff and consumers! Send us your success stories, and we'll share them in the HCQU View.

Several other resources supporting Shape Up PA by promoting health through increased activity and improved nutrition are:

www.panaonline.org - Pennsylvania Advocates for Nutrition and Activity

www.presidentschallenge.org - designed to help Americans build and maintain a physical activity regimen

www.activitylog.com - provides a free fitness log with many options

www.creativewalking.com - has walking programs and resources

www.healthatoz.com - Your Family Health site

www.healthfinder.gov - your guide to reliable health information

Bulletin Board

Take note!

To receive our newsletters just send your e-mail address to mmerdman@geisinger.edu

You will be placed on our e-mail list and automatically receive The HCQU View each month.

Bravo!

We would like to take this opportunity to congratulate our Training Coordinator, Cherie Adkins on her recent graduation from Penn State with a Masters Degree in Nursing. Way to go Cherie!!

Remember –

“Being happy doesn’t mean everything is perfect; it means you have decided to look beyond life’s imperfections.”

-- Author Unknown

Medication In The News

HEART RISKS INCREASED WITH COMMON PAINKILLERS

More evidence has been presented (Reuters/January 17, 2005), indicating COX-2 inhibitors raise the risk of heart disease. *Bextra has been shown to triple the risk of heart attack and stroke in certain patients.*

Popular COX-2 inhibitors, Vioxx and Celebrex were used to treat arthritis pain and similar long-term conditions without the serious stomach side-effects of aspirin, ibuprofen and other anti-inflammatory medications. The FDA has cautioned patients and doctors to limit their use of such drugs until further determinations are made.

The addition of the COX-2 inhibitors into an individual's treatment plan have the potential to cause changes that result in a loss of stability of the plaque within the vessels. These changes make it more likely to rupture and activate clotting, causing heart attack or stroke. Patients being treated with aspirin and COX-2 inhibitors are in a very high cardiovascular risk status. Discuss these risks with your physician, if you are currently being treated with these medications.

AHA Updates Guidelines for Cardiovascular Disease (CVD) Prevention in Women

According to the AHA more than half a million women die from CVD each year, a higher number than that from men. Women also suffer worse outcomes after a myocardial infarction (heart attack) than age-matched men.

Some of the current guidelines to minimize risks for CVD include:

- Quit smoking
- Engage in 30 minutes of exercise daily
- Limit saturated fat, cholesterol, and trans-fatty acids
- Increase omega-3 fatty acid intake
- Maintain a body mass index (BMI) between 18.5 and 24.9 and a waist line of 35 inches or less
- Ideal blood pressure is 120/80 or less
- LDL less than 100mg/dL and HDL greater than 50 mg/dL

CVD is a major public health concern for women, and CVD in women has been related to worse mortality outcomes than in men. Smoking cessation and lifestyle changes are the cornerstones of CVD prevention.

February 20th is National Women's Heart Day. **Take control ladies!** Determine which steps you can take to minimize the risk of CVD. Consult with your physician, and continue to have regular check-ups!