

Healthy Connections

MEMORIAL'S GUIDE TO HEALING AND WELLNESS • SPRING 2017

Awaiting a new arrival?

Excited. Anxious. Happy.

YOU'VE PROBABLY experienced all of these feelings and more during your pregnancy. Maybe you've alternated among a few of them in the last 10 minutes alone.

That's normal. Your months of waiting to meet your baby are nearly over. And whether you're a first-time mom or an experienced parent, you know there are challenges ahead.

We're here to help you meet them throughout this special time—from birth to baby and beyond.

Preparing for the big day

One way to ease anxiety about child-birth is to learn more about it. Every birth is unique, of course. But child-birth education classes can teach you the basics of labor and delivery, as well as introduce you to other parents-to-be.

We also want you to know that your comfort—and confidence in our care—is important to us. That's why we invite expectant parents to tour our birthing facilities. During your tour, feel free to ask the staff any

questions you have about what you can expect during labor, delivery and afterward. We're here to help.

Before 'labor day' arrives

Ask your doctor how you'll know when it's time to go to the hospital.

Signs of labor can vary, but the Office on Women's Health lists the following signs that it has begun:

- Strong, regular contractions
- Back pain
- An increase in vaginal discharge
- A trickling or gush of fluid (your water breaking)

Welcoming your baby

When you're ready to deliver at Manchester Memorial Hospital, our staff will make you as comfortable as possible and assist you and your family in any way we can.

Having a baby is one of life's most rewarding experiences. We're honored to share it with you, and we're ready to help you welcome your baby into the world.



Expecting?

For more information about our OB unit, please go to manchestermemorial.org or call (606) 598-5104, ext. 3358.



Save the Date:

Friday, May 12

Join us for our annual

Spring Fiesta

a women-only event!

Please call (606) 598-1095

for more information or like us on Facebook
([facebook.com/manchestermemorial](https://www.facebook.com/manchestermemorial))

And baby makes 4

Tips for the new big brother or sister



IT'S WONDERFUL to welcome a new baby.

But if you're expecting your second child, you might wonder how hospitable your firstborn is going to feel.

It's perfectly natural for children to have a range of feelings about a new baby—from joy to worry, from curiosity to jealousy.

Here are some tips from the American Academy of Pediatrics you can start using now to help ease your eldest into becoming a big brother or sister:

Try show-and-tell. Do what you can to help make the baby seem more real by sharing ultrasound images and by reading books about new babies together.

Show your child pictures of when he or she was a newborn.

Play house. Include your child in fixing up the baby's room or picking out newborn necessities.

Lay it out there. Talk openly and honestly about what a new baby can bring—cute smiles and cuddly moments, but also cries and bids for your attention.

Show the love. Reassure your child that you'll love him or her just as much after the baby arrives as you do now. Set aside special times with your child to read books, play games, or just sit and talk.

These pointers, like high-quality hand-me-downs, can work with each child who joins your family.

Food safety musts for moms-to-be

AS A MOM-TO-BE, you know a healthy diet is a must for both you and your growing baby. But an extra-safe diet is also essential—one that protects the two of you from food poisoning.

Food poisoning is never a good thing. But it's especially risky now that you're expecting. Pregnancy alters your immune system, making it harder to fight off harmful bacteria and other microorganisms that can multiply in food and make you seriously ill.

What's more, even if you have no outward symptoms after eating contaminated food, your unborn child can still be harmed. Among other things, foodborne illnesses can cause a miscarriage, early labor or stillbirth.

So take extra care to keep you and your baby safe. Here's how:

Wash those hands. With proper handwashing, nearly half of all cases of foodborne illnesses might be eliminated, according to the Academy of Nutrition and Dietetics. What's a proper cleaning? Scrub your hands regularly with warm, soapy water for at least 20 seconds.

Separate. Bacteria from raw meat, poultry or seafood can contaminate ready-to-eat food. So keep these foods apart. That means using one cutting board for raw foods and another for foods such as fruit, vegetables and bread.

Toss it. Perishable foods that have been left out at room temperature for more than two hours aren't safe to eat.

Avoid it. Certain foods are off-limits during pregnancy. On the list: raw or undercooked meat and poultry (such as rare hamburgers); fish with high levels of mercury (such as swordfish); foods with raw or under-cooked eggs (such as runny eggs); and unpasteurized dairy products (such as raw milk or cheese).

Additional source: U.S. Food and Drug Administration

Off to a great start

We're a designated **BABY-FRIENDLY HOSPITAL**. That means we meet the highest standards for maternity care and infant feeding.

Skin-to-skin time

If possible, you'll spend your baby's first hour after birth cuddled up together skin to skin. This helps regulate baby's heart rate, body temperature and breathing.

Breastfeeding support

Since your baby will be close, you'll be able to breastfeed as soon as you're ready. And our trained staff will be there to help if you need it.

Home sweet home. If feeding problems come up after you go home, our staff can help too.

Rooming in

Your baby stays in your room day and night, as long as you're both healthy. That's the best way to bond from the start.

The Baby-Friendly Hospital Initiative is a global program launched by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF).

You said

"My daughter had a baby there, and everyone in OB was awesome, especially Dr. Dawson. Then my mom had to have emergency surgery the next day. The ER staff, PCU staff, OR staff and ICU have been wonderful."
—A.G.

Memorial Hospital is an equal opportunity employer and provider.

Birthing Classes 2017

Class Dates
 Each of the months below begins a new 4-week series held on Manchester Memorial Hospital's campus from 5:30 - 7:00 p.m.
January - 2, 9, 16, 23
April - 3, 10, 17, 24
July - 3, 10, 17, 24
October - 2, 9, 16, 23

Our childbirth classes are designed with the needs of you and your family in mind. These classes are designed for first-time parents or for those who just need a refresher. By attending 4 sessions and delivering at Manchester Memorial Hospital, you become a member of The Baby Club, and would be entitled to:

- Infant Car Seat
- Keepsake Plate
- Complimentary Meal for Dad
- 25% Discount at the Gift Gallery



To sign up, please call (606) 598-5104 ext. 3361



How to choose an OB-GYN

IF YOU'RE A WOMAN, seeing an obstetrician-gynecologist (OB-GYN) regularly makes good sense, no matter what your stage of life.

OB-GYNs are doctors who specialize in the healthcare needs of women. They focus on reproductive health, pregnancy and childbirth.

But OB-GYNs may also do breast exams; diagnose and treat disorders of the genital, urinary and rectal organs; and provide general health counseling. In short, they play an important role in keeping women of all ages healthy.

The American College of Obstetricians and Gynecologists (ACOG) recommends that girls have their first gynecologic visit between ages 13 and 15. If you're looking for an OB-GYN for your daughter or yourself, ACOG and other groups offer these tips:

Ask for suggestions. See whether friends or family members can recommend an OB-GYN.

Check with your insurance plan. Plans often maintain a list of approved providers.

Consider the doctors' training and background. You can find this information through your insurance plan.

Schedule visits with doctors you're interested in. These appointments will allow you to get a feel for the doctor, as well as:

- Learn which hospital the doctor uses
- Discover how the office operates
- Get the doctor's philosophy on labor and delivery if you're considering pregnancy

Finding a doctor takes time, but it's time well-spent. A good relationship with an OB-GYN can benefit your health for years to come.



New doctor

James Dawson, OB-GYN, is now a part of the Willowbrook Women's Center team.



Baked French toast fritters with apples and bananas

Makes 4 servings.

Ingredients

For sandwiches:

- 8 slices whole-wheat bread
- ¼ cup creamy peanut butter (or other nut butter)
- 1 apple, rinsed, peeled, cored and sliced into 8 rings
- 2 bananas, peeled and cut into about 12 thin slices each

For batter:

- 3 tablespoons egg substitute (or substitute 1 egg white)
- ¼ teaspoon ground cinnamon
- 1 tablespoon brown sugar
- ¼ cup fat-free evaporated milk
- Nonstick cooking spray

Directions

Preheat oven to 400 degrees. Place a large baking sheet in the oven to preheat for about 10 minutes.

Assemble fritter as a sandwich, with ½ tablespoon of peanut butter on the inner side of each slice of bread and two apple slices and six banana slices in the middle of each sandwich.

Combine ingredients for the batter, and mix well. Spray a nonstick baking sheet with cooking spray. Dip both sides of each fritter in the batter, and place fritters on preheated baking sheet. Bake for 10 minutes on each side, or until both sides are browned. Serve immediately.

Nutrition information

Serving size: 1 fritter. Amount per serving: 332 calories, 10g total fat (2g saturated fat), 50g carbohydrates, 14g protein, 7g total fiber, 374mg sodium.

Source: National Heart, Lung, and Blood Institute

Make The Decision To Quit Smoking TODAY!



Call our Community Outreach Coordinator at (606) 598-1095 for more information on how you can achieve **FREEDOM from Smoking®!**

Upcoming Course Dates

February 23 - April 6
June 1 - July 13
August 3 - September 14
October 12 - November 23

Thursdays in the Creekview Boardroom



Manchester Memorial Hospital

210 Marie Langdon Drive
Manchester, KY 40962
(606) 598-5104

Getting social!

Interested in hearing daily health tips, seeing hospital event photos, reading about important health issues and getting the latest hospital news quickly? You can follow us on Twitter or like us on Facebook. Or just visit our website for details.

	Website	manchestermemorial.org
	Facebook	facebook.com/manchestermemorial
	Twitter	twitter.com/ManMemorial



How are we doing?

We constantly strive to offer the very best care and customer service and appreciate your feedback. We welcome a letter

or email detailing your patient care experience. Excellent, good, bad, indifferent—let us know how we are doing!

Contact us Please write to:

Patient Satisfaction
Manchester Memorial Hospital
210 Marie Langdon Drive
Manchester, KY 40962

Or send an email via manchestermemorial.org

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BENEFITS OF QUITTING

When you give up smoking

after **20 min.**
BLOOD PRESSURE & HEART RATE **DROP.**

after **12 hours**
The **balance** of carbon monoxide and oxygen in the bloodstream has returned to normal.

O₂
CO

after **2-3 weeks-months**

- The risk of heart attack decreases.
- Lungs are working better.

after **1-9 months**

Respiratory problems have started to **decrease.**

1 year **50%**

Excess risk of heart disease decreases to **half** that of a current smoker.

after **2 years**
Risk of stroke goes down.

after **5 years**

Nonsmoker **5 years without smoking**

Risk of stroke can fall to about the same level as a **nonsmoker.**

after **10 years**

The risk of dying from lung cancer declines to about **50%** of that of a current smoker.

after **15 years**

The risk of heart disease is similar to that of a **nonsmoker.**

Sources: American Cancer Society; American Lung Association; Centers for Disease Control and Prevention