

Health



Health talk

Send your health questions to Health Talk, P.O. Box 918, Wooster OH 44691

Q: My doctor says I have a low vitamin D level and recommended I take supplements. What does this mean?

A: Vitamin D is very important for bone health, as it is essential for promoting calcium absorption in the stomach. Typical diseases caused by vitamin D deficiency are rickets in children and osteomalacia (soft bones) in adults.

Vitamin D deficiency is associated with increased risk for cancer (particularly colon, prostate and breast); hypertension and autoimmune diseases (e.g., multiple sclerosis and type I diabetes). It also is related to depression, fatigue, muscle weakness and chronic pain syndrome. A study in older patients showed that vitamin D3 supplements (700 IU-1000 IU/day) lowered the risk of falls by 19 percent. The protective effect of vitamin D appears to be linear: as vitamin D3 levels increase (within the therapeutic range), there is an associated decrease in morbidity. In other words, Vitamin D enhances overall wellness.

What causes Vitamin D deficiency or insufficiency? Lack of dietary intake, insufficient sunlight (especially since concerns about skin cancer result in avoidance of sun exposure and/or use of sunblock), malabsorption diseases (such as celiac disease and short bowel syndrome), use of some medications and end stage liver disease are all risk factors for vitamin D deficiency or insufficiency.

The simple and effective way to correct vitamin D is oral vitamin D3 supplement. For prevention of vitamin D deficiency, the American Academy of Pediatrics currently recommends 400 IU/day for breast-fed infants; for children and adolescents at risk of vitamin D deficiency (dark skin or inadequate sun exposure), a daily supplement of 400-1000 IU/day of vitamin D3 is recommended; for adults at risk (older than 50, pregnant, or lactating), 800-1000 IU/day is recommended.

Casual sun exposure should meet vitamin D needs. About five to 30 minutes of sun exposure between 10 a.m. and 3 p.m. at least twice a week to the face, arms, legs or back without sunscreen usually leads to sufficient vitamin D synthesis.

Jianming Han, M.D.
Wooster Community Hospital

The information in Health Talk is general in nature and is not intended to be a substitute for the medical advice of your health care provider. For your specific health concerns, you should always consult your practitioner.

Health briefs



Sex, menopause is topic

WOOSTER — Dr. Anne Shriner of Wooster OB/Gyn will present "Sex and Menopause" at Tuesday's Red Hot Mamas menopause management education program sponsored by Wooster Community Hospital. The program will take place at 6:30 p.m. in the Hospital Auditorium.

To register call 330-263-8145, or e-mail wchrhm@wchosp.org.

Hospital forms caregiver support group

WOOSTER — A caregiver support group has formed and will meet the second Wednesday of each month from 2-3:30 p.m. in the Wooster Community Hospital auditorium.

The group will be led by Marsha Potts, LSW, of Wooster Community Hospital Home Health Services.

The first meeting will be held on July 14. The meetings will be open to anyone who is in a caregiver relationship and wants to benefit from meeting other caregivers, sharing concerns, ideas and support for each other. For more information call Potts at 330-263-8651.

Dunlap notes Lamaze class schedule

ORRVILLE — Dunlap Community Hospital is offering Lamaze classes July 31 and Aug. 7, Oct. 9 and 16 and Nov. 20 and Dec. 4.

Classes are held Saturdays from 9 a.m.-4:30 p.m., and both classes must be attended. Expectant mothers must register by their seventh month. The cost is \$50 and includes lunch and refreshments. For more information, call Dee Frank at 330-684-4739.

Summa WRH announces July events

WADSWORTH — Summa Wadsworth-Rittman Hospital announces upcoming July events. Registration is required for most events. Call 330-331-1158 to register unless noted otherwise.

— Gentle Fitness, Wednesdays in July, noon-1 p.m., Summa Wadsworth-Rittman Hospital Therapy Services Department. Cost is \$2 per person per class, payable at each class. For more information or to register, call 330-331-1680.

— New Breath, New Life (Smoking Cessation), July 12, 19, 26, 7-8:30 p.m., Summa Wadsworth-Rittman Hospital Founders Hall Quad A/B. Cost is \$10 per person.

— ARC Bloodmobile, July 15, 10 a.m.-4 p.m., Summa Wadsworth-Rittman Hospital Founders Hall Quad C. Donation times may be scheduled by calling 330-331-1583 or by going online to www.redcross.org. Walk-ins are always welcome.

— BLS for Healthcare Providers, July 20, 4-8 p.m., Summa Wadsworth-Rittman Hospital Founders Hall Quad A/B, \$50.

— BLS Online, July 22, 8-11 a.m., Summa Wadsworth-Rittman Hospital Founders Hall Quad A/B. This class includes an online education program and a skills test. The cost for the online program is \$20; cost for skills test is \$20.

— BLS Healthcare Provider Refresher, July 27, 12:30-3 p.m., Summa Wadsworth-Rittman Hospital Founders Hall Quad A/B. This class includes an online education program and a skills test. Cost for the online program is \$20; cost for the skills test is \$20.

— Diabetes Support Group, July 31, 8-9:30 a.m., Summa Wadsworth-Rittman Hospital cafeteria. There is no charge to attend this monthly support group. For more information or to register, call 330-331-1163.

Talk about beating the odds

Hyperbaric treatment helps man keep hearing, keep eating, keep talking and keep living

By RACHEL JACKSON
Staff Writer

WOOSTER — Phillip Reynolds is a strong proponent of a treatment he's currently undergoing.

The 67-year-old cancer patient has gained back six of the more than 100 pounds he lost during his various treatments, has retained his sight, is regaining his hearing and can eat nearly anything he wants now.

"He's quite the cheerleader for this," LeeAnn O'Brien said of the treatment Reynolds is receiving at Wooster Community Hospital's Wound Healing Center, of which she is director.

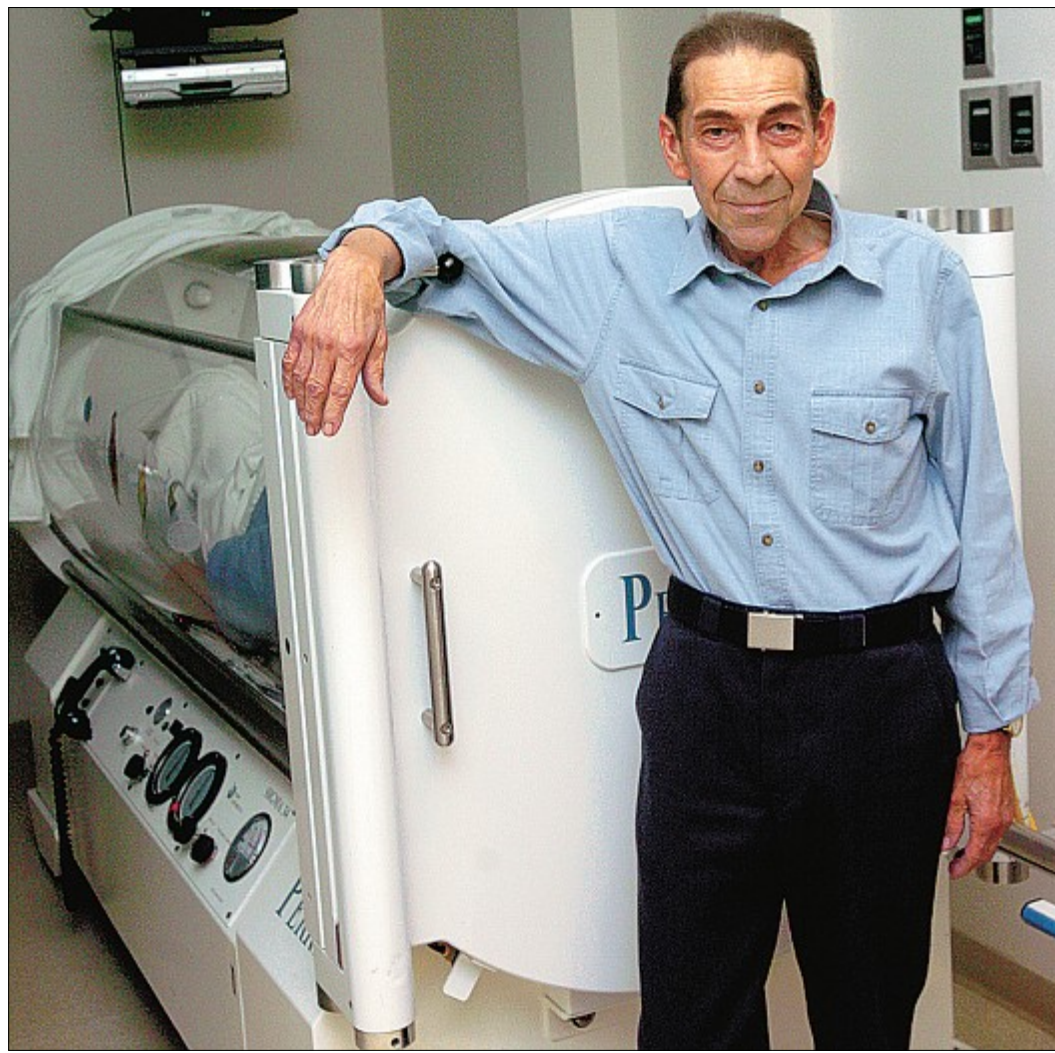
It all started four years ago, when Reynolds, of Medina, was found to have 26 tumors, some of which had eaten a hole through his esophagus, and was diagnosed with cancer of the esophagus.

"I guess what I had was pretty serious and pretty rare," Reynolds said. It would not be the last time he heard the phrase. In fact, he's doing pretty well for a man who, by all normal predictions, should have been dead twice by now.

Rather than an immediate operation, Reynolds was given radiation — the maximum amount possible — and chemotherapy simultaneously.

The catch with radiation treatments, however, is the side effects may include long-term damage to bones. In Reynolds' case, because his head and neck area had been irradiated, he was at risk of losing his teeth and, ultimately, of a crumbling jawbone. Before any oral surgery can be done, however, the patient's jawbone needs to be strong enough that it won't shatter under the stress of surgery or tooth extraction or, for that matter, any other kind of stress.

That's where the Wound Healing Center and its two hyperbaric oxygen chambers comes in. By pressurizing 100 percent oxygen, the chamber is able to increase the amount of oxygen in a patient's capillaries and encourage the growth of new blood vessels, which ultimately



Joel Troyer photo/www.buydrphotos.com

Phillip Reynolds says hyperbaric oxygen therapy, housed at the Wound Healing Center, has significantly improved his quality of life since he underwent cancer treatment.

can help strengthen the bone, O'Brien said.

"It doesn't save the teeth but it does strengthen the jawbone," said Faith Huffman, HBO technician at the Wound Healing Center.

Reynolds is undergoing 30 treatments in the HBO chamber prior to oral surgery, which will ensure his bone is strong enough to tolerate the work, followed by another 10 treatments to ensure his jaw heals, Huffman and O'Brien said.

Following his cancer treatments, Reynolds was told he was unlikely to be able to talk or eat again and likely would end up deaf from the strength of the treatments. But, thanks in part to the hyperbaric oxygen treatments, he can hear, talk and eat, although he has some trouble swallowing and still has some dietary restriction.

Reynolds is playful and optimistic about his progress.

"They said, you will probably never hear again, never talk again — I got a big mouth, don't I?" he said with a laugh.

Later, he plugged one ear and asked O'Brien to say something, which he then repeated back to her to prove he can hear with the ear that isn't supposed to work. And he beamed with pride as he said, "I've lost my hundred pounds, but I'm putting it back on." His goal is to regain maybe 30-40 of those lost pounds. He's also starting to work out again and said his energy levels have increased noticeably.

Before receiving the hyperbaric oxygen treatments, Reynolds couldn't lie down for long because of the pressure it placed on his throat.

"But it's getting better and since I've been down here, it doesn't wake me up at night," Reynolds said. "To me, this is the greatest thing they've ever invented."

The Wound Healing Center has been open for eight years and treats everything from complications of diabetes to severe infections from spider bites. Treatment for radiation injuries has been a focus for just a few of those years but is increasing in usage as favorable outcomes are seen, O'Brien said. Oral surgeons in particular have not had as many resources for cancer patients previously but are discovering the hyperbaric oxygen units "kind of miraculously help their patients," she said.

Patients typically spend a couple hours each day, five days a week, in one of two hyperbaric oxygen chambers, where they can listen to music, watch television or nap as they choose.

Reporter Rachel Jackson can be reached at 330-287-1632 or e-mail rjackson@the-daily-record.com.

Cheap drug could save tens of thousands

By MARIA CHENG
AP Medical Writer

LONDON — A cheap drug that can stop bleeding in recently injured accident patients could potentially save the lives of tens of thousands worldwide, a new study says.

Researchers studied the effects of tranexamic acid, or TXA, in more than 10,000 adult trauma patients in 40 countries who received the drug within eight hours of being injured. They compared those patients' outcomes to more than 10,000 accident victims who got a placebo treatment. The study was published online in the medical journal *Lancet*.

Doctors found that patients who got TXA had a 15 percent lower chance of dying from a hemorrhage than those who didn't get it. They also had a 10 percent lower chance of dying from any other cause, including organ failure and a head injury, vs. patients who didn't receive

TXA. The study was paid for by the British government.

The drug is commonly used in wealthy countries during elective surgeries to stop bleeding, but isn't prescribed for accident victims.

TXA is off-patent and manufactured generically by many companies. It costs about 3 pounds (\$4.50) per gram, and a typical dose is two grams. It is usually given via an injection and would be relatively easy to introduce, even in poor countries, experts said.

"This is one of the cheapest ways ever to save a life," said Ian Roberts, a professor of epidemiology at the London School of Hygiene and Tropical Medicine and one of the study's main investigators.

Previous tests of the drug regarded its use in elective surgeries, such as heart operations, but this was the first study to test the drug on accident victims.

Doctors were worried it might increase side effects such as blood clots in the heart and lungs, strokes, or heart attacks. There was no evidence of that in the *Lancet* study, though the authors said it was possible they might have missed some of these incidents.

For people between 5 and 45, accidents are the second leading cause of death worldwide after AIDS, and about 600,000 injured patients bleed to death every year. Nearly 6 million people die of injuries every year, more than AIDS, malaria and tuberculosis combined.

Roberts and colleagues estimated that if TXA were readily available, between 70,000 and 100,000 lives a year could be saved. Though the drug wasn't tested in children, he said it would almost certainly work in them as well.

Etienne Krug, director of violence and injury prevention and disability at the World Health

Organization, said the drug would likely have the biggest impact in developing countries such as China and India, where 90 percent of injury-related deaths occur.

"People often have a fatalistic attitude about accidents and think nothing can be done to save people," he said. "But this study shows that isn't true."

Experts said rolling out TXA could save as many lives as other measures such as making seatbelts compulsory or strengthening drunk-driving laws.

The drug also could save thousands of people in the West.

"This is not just something for developing countries," said Dr. Karim Brohi, who works at one of London's busiest emergency rooms at Barts and the London School of Medicine and University of London-Queen Mary. "We could probably use tranexamic acid on a daily basis."

JULY 2010

All programs are free and open to the public
All Screenings in Dunlap Patient Resource Center unless noted



832 South Main Street
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Phone: 330.682.3010
www.dunlaphospital.org

4th - Happy 4th of July - Orrville Fireworks

12th - 11:30am SecureCare Health Plan

13th - 9:00-11:00am Blood Glucose

13th - 1:30pm PrimeTime Health Plan

15th - 12:00n "Spiritual Wellness" Mini Education Program

15th - 5:00pm Weight Loss thru Hypnosis by Don Mannarino (\$65 fee—register on-line at donmannarino.com)

15th - 6:00pm Stop Smoking thru Hypnosis by Don Mannarino (\$65 fee—register on-line at donmannarino.com)