

SPECIAL POINTS OF INTEREST:

- Hospital Items
- Tips
- Shrimp Scampi
- Did you Know?

INSIDE THIS ISSUE:

- Front Story 1
- Tip of the Month 1
- Recipe 2
- Quote of the Month 2
- Did you know? 2
- Front Story 3 cont.....

What do I Bring to the Hospital?

What do I Bring to the Hospital? Going to the hospital can be a stressful time. Sometimes it is planned and sometimes it is not. It could be a rotator cuff surgery or a heart attack. Either way, there are some key items that are very important bring to the hospital if possible.



1. Medications: No matter what is happening, the doctors and nurses that are taking care of you in the hospital must know what medications you are currently taking. If there is an accurate and updated list that you have on you, just bring it. If not, quickly put all the pill bottles in a bag and bring them in. Then there will be no question.

2. Photo ID and Insurance Cards: We all know how important these are. If you have them everything will just go a little smoother and the information will be more accurate. Most people carry these on them anyway so it is usually not something we have to think about too much. But if it is in the middle of the night, you might not be thinking about grabbing your wallet or purse.

3. Medical Items: These are items that you need and use on a regular basis due to an underlying medical problem. This includes glasses, hearing aids, a CPAP or BIPAP machine for sleep apnea, a cane, a walker, and dentures to name a few. Even if you are just going in for a procedure, if you are going to be sedated or have to lie flat, having your CPAP or BIPAP available for the procedure can help prevent a breathing issue during the procedure. Certainly this can be discussed prior to the procedure with your physician if it is a planned event.

4. Phone\Phone Numbers: There is nothing worse than needing to call someone especially during a stressful time and not having the phone number. (2,3).

Tip of the Month

Medication Safety:

1. Once a year, go thru your pill bottles and make sure nothing is expired. If it is, dispose of it.
2. Know the correct time of day to take your medications. Ask your healthcare provider who prescribed the medication or the pharmacist.
3. Know which medications should be taken with and without food..
4. Never start an over the counter medication without first informing your healthcare providers and making sure it is okay.
5. Always keep an **UPDATED** list of the medications that you are **TAKING** with you at all times as well as a list of any known allergies.
6. Know why you are taking each medication. If you don't, then ask.



Shrimp Scampi



Recipe from the book
Breaking the Salt Habit by
Erik Williams. (1).

Ingredients:

20-25 Large Fresh Shrimp,
cooked
1 1/2 cups Fresh Spinach
2 tsp. Extra Virgin Olive Oil
2 Cloves Garlic, minced
1 tsp. Fresh Basil
1/4 tsp. Black Pepper

Directions:

1. Combine all ingredients in a large skillet over medium heat.
2. Mix well.

Suggestion: Serve over rice.

Health Information

Serving size: 10-12 shrimp
Servings 2
Calories 118
Total fat 6g
Saturated fat <1g
Cholesterol 134 mg
Sodium 172 mg
Total fiber <1g
Protein 15g
Carbohydrates 2g
Potassium 268 mg
Sugar <1g

This information does not include rice.

Quote of the Month: “We can’t help everyone, but everyone can help someone.” Ronald Reagan

Did you Know?



Did you know the highest rate of heart attacks and heart related deaths happen around Christmas? A study published in 2004 examined cardiac and non cardiac deaths during the holiday period during 1973 and 2001. Cardiac deaths were the highest on December 25th, with December 26th coming in at a close 2nd and January 1st coming in at third place. Non cardiac deaths were highest on December 26, with December 25th being second and January 1st being third. Wow. What are the reasons behind this phenomenon? It is thought many people delay medical attention because of the holidays. Other contributing factors include increased stress, changes in diet (alcohol, increased salt and fat intake),

cold weather, and respiratory illness. A change in healthcare staff and a lower number of healthcare staff may also contribute. So how can death be prevented during this time of year? Do not delay seeking medical treatment. Symptoms of heart trouble can be shortness of breath, chest discomfort, palpitations, exertional fatigue, lightheadedness, and passing out. Also, seek medical treatment for other illness so it doesn't get worse and cause stress on the heart. Avoid overindulging in alcohol, salt, and fatty foods during the holidays. Get a flu shot if it has been recommended. Avoid extreme cold temperatures and also try to avoid inhaling smoke from wood burning fireplaces. Don't forget to take prescribed medicine! (4,5).

Having a list of emergency contacts in your phone or in a notepad can also be helpful for your healthcare providers if you become unable to answer questions.

5. List of Past Medical History and Doctors: This certainly is not a necessity but if you have it, it will save you from answering many questions over and over again. It is a good idea if you have a significant past medical history of keep a laminated card or a written log of the medical diagnoses, any prior procedures or surgeries, and the names and phone numbers of the doctors/providers involved in your care. It doesn't have to be fancy. It could look like

this: *High Blood pressure*
High cholesterol
Kidney stones
Back Surgery 2004
Kidney Stone Surgery 2011
Colonoscopy 2016
Dr. Smith– Family MD (888) 555-5555

6. Clothes: Clothes are not a necessity but can make you more comfortable during a stressful time. The clothes still need to allow the body to be easily accessible for IV's, physical exam, heart monitors etc. so a button down shirt and loose pants or shorts are generally the way to go. Hospitals generally are kept at a colder temperature so a robe can be useful. Flip flops come in handy because they are easy to get on and off and are good to get a shower with. They are usually cheap too so you will not feel too guilty when you throw them away due the amount of germs they will collect by being in the hospital.

7. Toiletries: The hospital will provide the main items such as soap, shampoo, toothpaste, toothbrush, but sometimes it is just nice to have your own items. Travel sizes are nice if you are able to get them in advance. For females, makeup and feminine products may be added to the list as well.

8. Note Pad and Pen: Just trust me on this one.

9. Extras: Some other items that can make your stay more enjoyable include a pillow, headphones or earplugs, chapstick, a book, and some form of a computer to watch a movie or play games on. A small amount of cash can be useful if you need or want to get something from a vending machine but really should not be necessary. If you have a living will, a copy of it should be packed as well. Extras not to bring are things you do not want to lose such as a lot of cash, debit\credit cards, checkbook, and jewelry. (2,3).