

Keep Cuts Clean for Quicker Healing



From minor to deep cuts, it's important to keep wounds bacteria-free. Following a few simple steps can aid the healing process.

Cuts and scrapes can happen anywhere. Carrying a compact first aid kit is a great way to save you from having to deal with pesky infections or scars.

To ensure that your first aid kit is first-rate, it should contain:

- Sterile gauze or a small, clean washcloth.
- A travel-sized bar of soap.
- Alcohol swabs.
- Small tweezers.
- A small tube or packets of antibacterial ointment.
- Plenty of bandages.

Aid the Healing Process

From minor to deep cuts, it's important to keep wounds bacteria-free. Following a few simple steps can aid the healing process:

- 1. Stop bleeding.** Apply pressure with gauze or a clean washcloth for 10 to 20 minutes.
- 2. Thoroughly clean the area.** Use soap and water.
- 3. For small wounds, use sterilized tweezers to remove foreign material.** Seek medical attention for a wound that is more than a quarter inch, has jagged edges, shows muscle or fat beneath it or causes you concern.
- 4. Cover the wound with a bandage.** Antibiotic ointment can also be applied to help prevent infection.

Beyond Bandaging

It is equally important to take proper care of wounds during healing. Make sure to wash the injured area gently with soap, apply antibiotic ointment and cover it with a sterile bandage. Remember, everyday routines can make it difficult to keep bandages clean and dry. Carry extra bandages and apply a fresh wrapping if the area becomes wet or dirty.

Signs of Infection

If a wound begins to seep yellow or green fluid – or if the skin surrounding the wound becomes red, warm, swollen and/or painful – it may be infected. Any sign of red streaking around the wound may indicate an infection. Infections can be very serious, especially when accompanied by a fever. If any of these symptoms occur, contact a physician immediately.

Not Healing Properly?

Wounds that don't seem to be healing need to be checked by a doctor and may be a sign of an underlying health issue, such as diabetes. If you have diabetes or a suppressed immune system, you may need help to properly care for your injuries. Culbertson Memorial Hospital's Wound Care Clinic is here to help patients with wounds that are not healing properly. To learn more about scheduling an appointment at our Wound Care Clinic, please call (217) 322-4321, ext. 271.



Nurse practitioner
Nancy Chatham,
Wound Care
Clinic Director

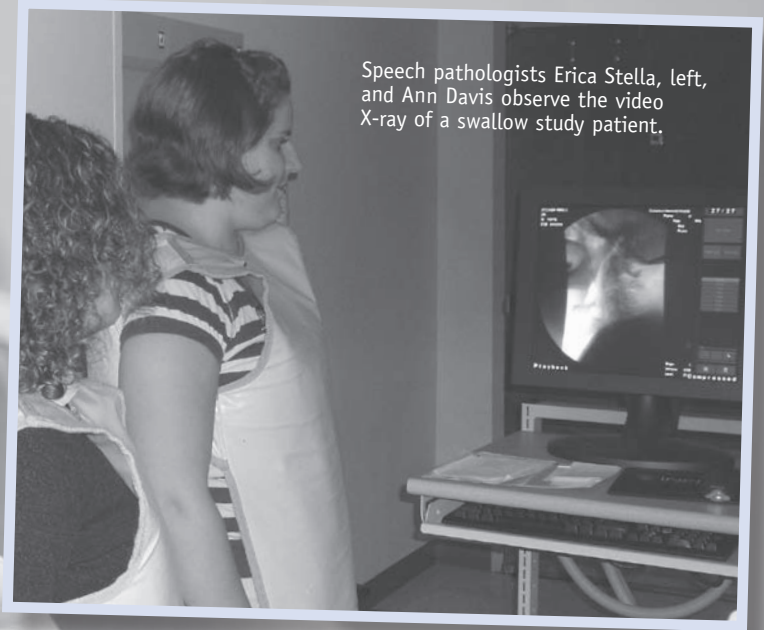
WOUND CARE CLINIC

Culbertson Memorial Hospital and Passavant Area Hospital's Advanced Wound Healing Hyperbaric Medicine in Jacksonville are joining forces to offer wound care services at CMH

starting Nov. 10. Nancy Chatham, a nurse practitioner, will direct the clinic, which will be available Tuesdays from 8 a.m. to noon in the CMH Outpatient Clinic. She will be assisted by a trained wound care nurse.

The Wound Care Clinic is for patients with chronic wounds related to diabetes, venous stasis, arterial disease, pressure ulcers, trauma, non-healing surgical sites, insect bites and other wound etiologies. The wound care team uses standard wound care guidelines to provide a comprehensive approach to wound care.

Patients may make appointments (with a physician's referral) by calling the CMH Registration Department at (217) 322-4321, ext. 271.



Swallow Studies Added to Growing List of Services

Doctors generally order swallow studies for patients with a history of upper respiratory infections, aspiration pneumonia or difficulty in swallowing liquid, food or medication. Area residents can now undergo swallow studies right here at CMH. The test takes about 20 minutes, is not painful and requires no special preparation. Local physicians can refer patients to CMH for video fluoroscopic swallow studies, which are performed by a speech pathologist and a radiologist.

During the test, the patient is given a variety of liquids and foods mixed with barium, while the radiologist takes video X-rays of the mouth and throat. The images show how food passes from the mouth into the esophagus. They may also show whether foreign matter, like food or liquid, enters the lungs – called aspiration – putting the patient at risk for lung infections.

From Mouth to Esophagus

Speech pathologists Erica Stella and Ann Davis share swallow study duties at CMH. Before the patient arrives in the radiology department, they gather an assortment of food and liquids, ranging from water and juice, to puree and fruit cocktail. They mix each item with barium to make it easy to watch on the video screen as the patient swallows the food.

“We watch the entire swallowing process,” Ann Davis says, “but we are particularly watching to see if any aspiration is taking place.

The barium allows us to actually see food or liquid enter the windpipe and the lungs. Depending on why the aspiration is happening, we may be able to recommend a change in diet that would make the patient less likely to choke or aspirate. Certain conditions may mean that the patient has to use a straw to drink instead of drinking directly from a glass. Or we may recommend changing the consistency of certain foods by using a blender or a thickening agent to make it easier to swallow. There are many things patients can try that can be helpful.”

Know the Signs and Symptoms

Erica Stella recommends that people become more aware of the signs and symptoms of aspiration so they can report the symptoms to their doctors. “If a person is experiencing coughing or choking, particularly during or after a meal, it may mean they are aspirating. Suddenly speaking in a wet, gurgled voice is another important symptom that should be reported to a physician. Remember, today we have the training and the technology to help us see where a problem exists, and we have the tools to make it better in many cases.”

Swallow studies are scheduled at CMH each Wednesday and must be ordered by a physician. Anyone with questions about the swallow studies may contact the CMH Radiology Department at (217) 322-4321, ext. 279.

Quiz: Will Osteoporosis Affect You?

Osteoporosis is a disease that affects millions of Americans. According to the National Osteoporosis Foundation, an estimated 10 million Americans currently have the condition and another 34 million have low bone mass, which puts them at a higher risk of developing the disease.

What Is Osteoporosis?

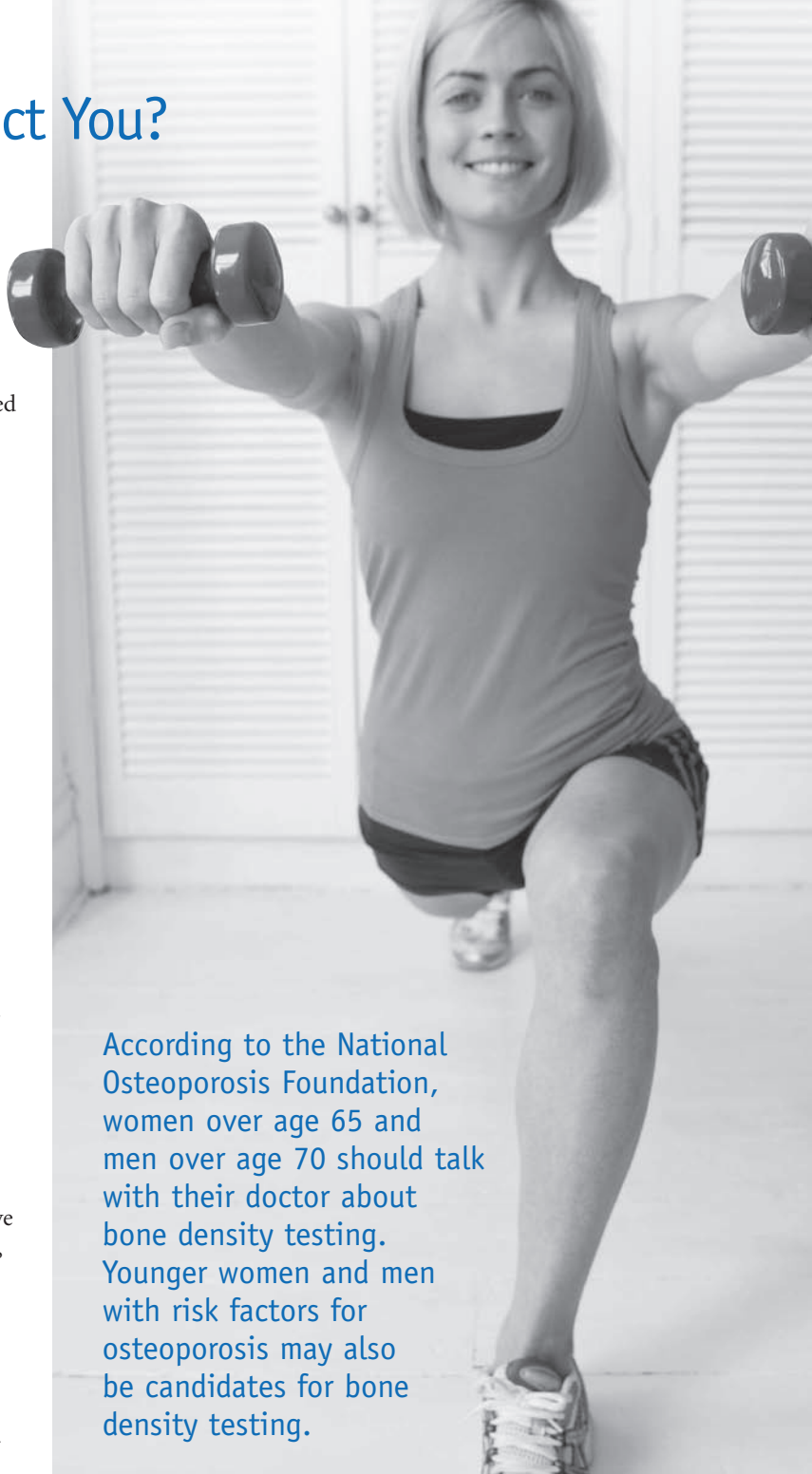
Osteoporosis, sometimes called porous bone, is a disease characterized by low bone mass that can lead to weak bones. These weakened bones can often fracture from a small fall or even a cough. Fortunately there are ways to predict if you are more prone to the disease, as well as actions to take to prevent it. Take this true/false quiz to learn more.

Questions

1. Osteoporosis affects men and women across all races and ethnicities equally.
True False
2. An individual with a small, thin body frame has a higher risk of osteoporosis.
True False
3. Taking calcium supplements is the best way to prevent osteoporosis.
True False
4. Avoiding physical activity helps to preserve the bone strength you already have.
True False
5. Checking family history is the best way to diagnose osteoporosis.
True False
6. An individual with osteoporosis may not have any symptoms of the disease.
True False

Answers

1. **False.** Caucasian women who have gone through menopause have the highest risk for osteoporosis. Women of other ages and races, as well as men and children can also be affected.
2. **True.** Thin or small-framed men and women have less bone mass – and less protection from osteoporosis as they age.
3. **False.** Obtaining the calcium you need is best accomplished by eating foods rich in calcium as well as vitamin D. These include fruits, milk, vegetables and cheese. Ask your doctor if you should also take a calcium supplement for bone health.
4. **False.** Incorporating weight-bearing exercise is a way to help prevent osteoporosis while strengthening your bones.
5. **False.** In addition to asking about your family history of osteoporosis, a physician will conduct a physical examination and take a complete medical history. A bone density test may be done to measure bone density of the hip, wrist or spine.
6. **True.** Those affected by osteoporosis may not develop any noticeable symptoms. It's important to talk to your doctor about osteoporosis. You can request a bone density test and discuss your risk factors for the disease.



According to the National Osteoporosis Foundation, women over age 65 and men over age 70 should talk with their doctor about bone density testing. Younger women and men with risk factors for osteoporosis may also be candidates for bone density testing.

Looking Forward

By making a few small changes to your daily routine, you may help prevent osteoporosis. Eat a diet rich in calcium and vitamin D, avoid smoking and excessive alcohol, and add regular weight-bearing and strengthening exercise to your workouts. Remember, your doctor can schedule a bone density test at Culbertson Memorial Hospital by calling the radiology department at (217) 322-4321, ext. 279. To learn more about preventing and treating osteoporosis, contact a physician at Culbertson Memorial Hospital.



From Tim Ward, Culbertson Memorial Foundation Director



A Thanksgiving Wish

Thanksgiving is such a uniquely American holiday that few would think that one of its most common symbols – the

cornucopia – comes from folklore. But it does. Although the turkey, cornstalks and the images of pilgrims and their native hosts can trace their origins to the colonization of the United States, the cornucopia is rooted in folklore.

The enduring image of the cornucopia or horn of plenty and its wicker-like basket overflowing with fruits, vegetables, grains and flowers is everywhere this time of year. It is printed on paper plates, paper napkins and is available in an array of 3-D models for Thanksgiving centerpieces.

Symbol of Plenty

The horn of plenty symbolizes abundance and was originally a goat's horn, not the straw creation we see today. According to

legend it overflowed with fruit and grain, but could be filled with whatever its owner desired. It came to represent inexhaustible riches. Perhaps that is why early colonists chose it to symbolize their prosperity (or survival) in the New World.

Regardless of its heritage, it has a more practical meaning today. It symbolizes gratitude. Without support from people like you, we would not be here. We are grateful and thankful to you. Just as early pilgrims celebrated Thanksgiving together, we are always mindful that all our successes come from the support of people like you.

The horn of plenty is an interesting symbol. At one end is abundance. Fruit, grains and flowers fill a large opening that tapers into almost nothingness. The greatness at the end traces its beginnings to very small, very humble origins. That is not unlike the mission and successes of Culbertson Hospital. We, too, can ultimately trace our origins to very humble beginnings.

Small Beginnings

Often people believe their resources may be too small to make a difference, that only large gifts and huge talents can propel a mission. However, the horn of plenty does not start large. It starts with only a small point. Each of us can be that small point if we choose to be.

As regularly as Thanksgiving arrives in November each year, our experience has taught us that more than large gifts sustain a hospital. Like the cornucopia, it is the small gifts that combine, emerge and grow together to form the abundance we know today.

As we celebrate this Thanksgiving, we salute all those who have donated to our cause this year or have named us as a beneficiary of a living trust or their wills. Your gift in any form, no matter how large or small, is like the cornucopia.

Thank you for all that you have done, and thank you for all that we can do together. Wishing you and yours a happy Thanksgiving.



Culbertson Memorial Hospital Foundation wishes to thank the following donors for their generous support of the following memorial funds and equipment projects.

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