

GO with your GUT

The following is an excerpt of a feature story written by Laura Quaglio for REAL WOMAN magazine's spring 2016 issue. If you're interested in reading more, visit realwomanonline.com where you can find digital editions or sign up for a free print subscription.

In a recent survey by the American Gastroenterological Association, patients with IBS (irritable bowel syndrome) revealed that they'd trade a month's worth of cell phone usage, caffeine, Internet access, or even sex for a 30-day reprieve from their symptoms. That's no surprise to those who have IBS or IBD (inflammatory bowel disease), both of which cause severe abdominal pain and changes in bowel habits that can disrupt both personal and professional lives. What might surprise you is that these conditions are frequently confused, but one of them can lead to life-threatening complications if left unchecked.

WHAT IS IBS?

IBS is second only to the common cold in causing missed workdays. And, like the common cold, there is no cure for it. IBS is a "functional" gastrointestinal disorder, meaning it involves a disruption in the way the bowel functions. Though the cause of IBS is unknown, experts believe it involves a breakdown in communication between the nerves and muscles in the digestive system.

"Symptoms of IBS include abdominal pain, discomfort, and cramping combined with diarrhea and constipation," says Dr. Anil Balani, an IBD specialist at Capital Health's Center for Digestive Health. Sometimes IBS also results in gas, bloating, and nausea or discomfort after eating. Additionally, women with IBS may suffer from related complaints such as painful intercourse, depression, joint pain, headaches, and increased pain during menstrual periods.

Because symptoms vary in frequency, severity, and duration, diagnosing IBS can be a challenge. To further complicate matters, IBS doesn't cause physical damage to the digestive system, so no test can be done to definitively diagnose it. Instead, doctors perform tests to rule out other conditions, such as IBD, colon cancer, and celiac disease.



Are You Suffering From IBD?

Help is closer than you think. Call Dr. Anil Balani to make an appointment at 609.537.5000 or visit capitalhealthgi.org to learn more about our Center for Digestive Health.

Symptoms of IBS can be eased through dietary changes, medication, and stress relief. "The key thing is that there's not a risk of IBS leading to something more serious," says Dr. Balani. "It's all about managing symptoms and discomfort."

WHAT IS IBD?

IBD is another story. Though it shares the symptoms of IBS, inflammatory bowel disease does, in fact, cause physical damage. "In IBD, the immune system attacks the bowel over time," says Dr. Balani. This leads to chronic inflammation and ulcers in the digestive system, which can be identified through lab tests and endoscopic studies such as colonoscopies. "It's important to diagnose IBD early," says Dr. Balani. Left unchecked, IBD can limit the body's absorption of key nutrients, leading to anemia and early-onset osteoporosis. Sustained tissue damage due to ulcers and inflammation can raise the risk of cancer and the need for surgery.

Because IBS and IBD present similar symptoms, it's important to see your doctor if you're experiencing digestive complaints including abdominal pain, constipation, and diarrhea. Additional symptoms that are unique to IBD and are more suggestive of the condition include fever, fatigue, weight loss, rectal bleeding, blood in the stool, and diarrhea that disrupts nighttime sleep.

The two most common forms of IBD are Crohn's disease (CD) and ulcerative colitis (UC). The key difference here: UC affects only the innermost lining of the large intestine and the rectum, while CD can cause deep-tissue damage throughout the entire digestive system.

While inflammatory bowel disease is not curable, it is treatable through the use of medications and sometimes surgery. "The goal of IBD treatment is to help people stay in control of the disease and heal GI tract inflammation," says Dr. Balani, "so they can continue to pursue their daily activities."



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American Heart Association
American Stroke Association
CERTIFICATION
Meets standards for
Comprehensive Stroke Center



May is National Stroke Awareness Month

Control Your Cholesterol = Reduce Your Stroke Risk

On average, a stroke occurs every 40 seconds in the United States. Every four minutes, someone dies of stroke.

These are sobering statistics from the American Heart Association/American Stroke Association but there are things you can do to lower your risk. One way is to control your cholesterol.

“Ischemic stroke is caused by a blocked blood vessel in the brain, which causes that part of the brain to die,” said Dr. Chirag Shukla, board certified neurologist and director of Capital Health’s Outpatient Stroke Program, part of the Capital Institute for Neurosciences. “There are a few ways that blood vessels become blocked. One way is from the build-up of plaque inside the blood vessel. The plaque is made of cholesterol and other lipids that build up over time and eventually block blood from flowing through the blood vessel.”

When the blood flow is blocked, oxygen and nutrients no longer flow to the brain. Without the oxygen and important nutrients carried by blood, that part of the brain begins to die, causing serious disabilities and possibly death.

“Put simply, when you’re bad cholesterol levels get high, there’s greater risk for your blood vessels to be blocked and you’re at higher risk for stroke,” he said.

DO I HAVE A CHOLESTEROL PROBLEM?

You can answer this by visiting your primary care doctor and asking him or her to order a blood test called a lipoprotein profile, which measures the cholesterol level in your blood. Too much LDL (bad cholesterol) and triglycerides (a type of fat that is used in your body for energy) may mean you’re at an increased risk for stroke. According to the National Institutes of Health, you want your total cholesterol level to be less than 200 mg/dL.



Want to Learn More About How to Prevent a Stroke?

Join Dr. Shukla on WEDNESDAY, MAY 25 at CAPITAL HEALTH – HAMILTON to learn more about how stroke can be prevented through early recognition and treatment. A registered nurse will also be on-hand to provide free blood pressure screenings. For more information or to register, visit capitalhealth.org/events or call 609.394.4153.

HOW DO I LOWER MY HIGH CHOLESTEROL?

Discuss with your doctor if there are possible risk factors beyond your control, such as age, gender and family history. If these are not an issue for you, here are some controllable risk factors to consider lowering your cholesterol, according to Dr. Shukla.

- ... If you smoke, quit.
- ... Aim to be physically active for more than 30 minutes a day.
- ... Include some of the following fruits in your diet to reduce cholesterol:

- | | | |
|-----------------|---------------|-----------|
| • White grapes | • Kiwis | • Bananas |
| • Purple grapes | • Cranberries | • Pears |
| • Acai berries | • Apricots | • Lychee |
| • Pomegranate | • Prunes | |
| • Bilberries | • Nashi | |
| • Passion Fruit | • Aronia | |
| • Wolfberries | • Camu Camu | |
| • Blueberries | • Acerola | |



ARE THERE OTHER CAUSES OF STROKE?

In addition to high cholesterol, here are other risk factors for stroke.

You CAN'T Change:

- | | |
|------------------|----------------------------------------|
| • Age | • Race |
| • Family History | • Previous stroke, TIA or heart attack |
| • Gender | |

You CAN Change/Treat/Control:

- | | |
|-----------------------------------------|-----------------------|
| • Heart/Blood Vessel Disease | • Cigarette Smoking |
| • High Blood Pressure | • Diabetes |
| • High Cholesterol | • Atrial Fibrillation |
| • Physical Inactivity/Obesity/Poor Diet | • Sickle Cell Disease |



IF YOU SUSPECT A STROKE ACT F - A - S - T

F — Face Drooping

Does one side of the face droop or is it numb? Ask the person to smile. Is the person’s smile uneven?

A — Arm Weakness

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S — Speech Difficulty

Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like “The sky is blue.” Is the sentence repeated correctly?

T — Time to call 9-1-1

If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you’ll know when the first symptoms appeared.

STROKE MONTH SCREENING

Friday, May 20, 2016 | 1 – 3 p.m.
Capital Health Regional Medical Center
750 Brunswick Avenue, Trenton, NJ 08638
Grand Lobby

As part of National Stroke Awareness Month, get screened and receive information on things you can do to help lower your stroke risk. Registered nurses will also conduct a stroke risk assessment and provide counseling.

Comprehensive Stroke Screenings include:

Free – Blood Pressure, Pulse, Carotid, Body Mass Index.
Cholesterol Screening (including HDL and Blood Sugar) will be provided for only \$10.

For more information or to register, visit capitalhealth.org/events or call 609.394.4153.



AMERICAN COLLEGE OF SURGEONS
Verified Trauma Center



HAVE YOU HEARD ABOUT... MAMMOGRAPHY

In upcoming issues of *Health Headlines*, we'll attempt to clear up medical myths you may have found online or heard through the grapevine. This month, we went to **KYMBERLY MACARON**, manager of Radiology at the Women's Imaging Center at Capital Health Medical Center – Hopewell, to answer a few frequently asked questions about mammography. In addition to her role as manager, Kymberly is also a certified radiology technologist for radiography, mammography, and computerized tomography (CT).

Q »»» WHAT DOES THE DOCTOR MEAN WHEN SHE SAYS I HAVE DENSE BREASTS AND WHY IS THAT IMPORTANT? The breast is made up of fatty tissue (which appears grey on a mammogram) and fibrous, glandular tissue (which appears white on a mammogram and can make a mass or tumor difficult to find). A dense breast means that your breast contains more fibroglandular tissue than fatty tissue. This does not mean that your breasts are abnormal, but it does make it more difficult to detect a mass or tumor because they can be hidden by the dense tissue.

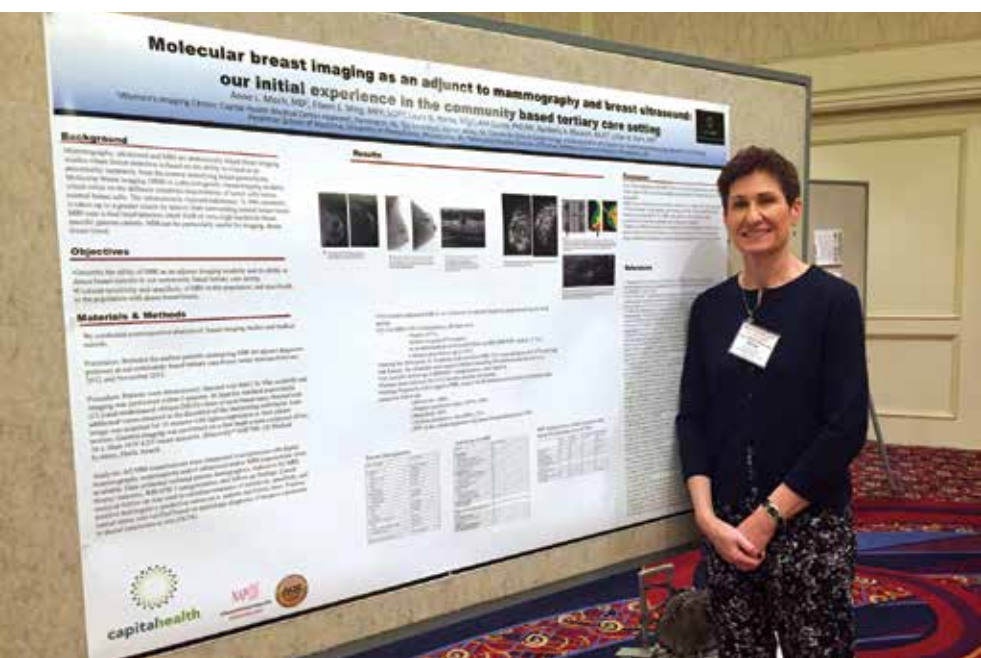
Q »»» WHAT OTHER IMAGING SHOULD I HAVE IN ADDITION TO SCREENING MAMMOGRAPHY IF I HAVE DENSE BREASTS? In addition to your screening mammogram, you can have either a 3D mammogram or a whole breast 3D screening ultrasound. Where your screening mammogram takes one image of your breast, a 3D mammogram (also called breast tomosynthesis) takes multiple images to give doctors a clearer, three-dimensional image of the breast tissue. Whole breast 3D screening ultrasound uses sound waves instead of x-ray technology to produce images of the breast tissue.

Q »»» WHY DO I STILL NEED A MAMMOGRAM IF I HAVE DENSE BREASTS? Since widespread screening mammography began about 30 years ago, 30 percent less women die from breast cancer. Mammography is the only imaging study proven to decrease death from breast cancer. All of the other breast imaging modalities we offer at Capital Health — including 3D mammography, whole breast 3D screening ultrasound, MRI, and molecular breast imaging — are used in conjunction with mammography but not in place of mammography.



Is it Time for Your Mammogram?

Visit capitalbreast.org/schedulemammo to select a time that works for you. If you want to schedule your mammogram at our Women's Imaging Center, book your appointment at **CAPITAL HEALTH MEDICAL CENTER – HOPEWELL**.



Award-Winning Research in Breast Imaging

DR. ANNE MOCH, a board certified, fellowship trained radiologist and breast imaging specialist at our Women's Imaging Center, recently presented research on molecular breast imaging at the *Academy of Women's Health 24th Annual Congress on Women's Health* in Washington, DC. Dr. Moch's abstract/poster, titled "Molecular Breast Imaging as an Adjunct to Mammography and Breast Ultrasound: Our Initial Experience in the Community Based Tertiary Care Setting," **WON FIRST PLACE FOR CLINICAL AND TRANSLATIONAL RESEARCH.**

"Being able to present to my colleagues and be honored at the same national conference where the initial data on molecular breast imaging was presented in 2011 speaks to how ahead of the curve we are at Capital Health when it comes to breast imaging experience and technology," said Dr. Moch. "Needless to say, I am thrilled to receive national validation and recognition for our work in the Women's Imaging Center and the Capital Health Center for Comprehensive Breast Care."

SUNSHINE JOINS

DR. ABRAHAM GEORGE MEMORIAL Golf Tournament

Wednesday, June 8, 2016

Shotgun Start: 1 PM

MERCER OAKS GOLF COURSE • WEST WINDSOR, NJ

Sign up today or donate online if you are unable to attend.

Proceeds benefit Capital Health's Center for Oncology. **JOIN US IN THE FIGHT AGAINST CANCER!**

Call **609.303.4346** or visit capitalhealth.org/development.



UPCOMING HEALTH PROGRAMS

Unless otherwise noted, call 609.394.4153 or visit capitalhealth.org/events to sign up for the following programs.



capitahealth

Minds Advancing Medicine

UNDERSTANDING AUTISM

Monday, May 23, 2016 | 6 p.m.

Capital Health Medical Center – Hopewell

Join DR. OLGA GOLDFARB, director of the Autism Program at Capital Health, part of the Capital Institute for Neurosciences, for this informative program about autism, the fastest-growing serious developmental disability in the U.S. A pediatric nurse will also talk about our autism-friendly pediatric ER.

FAMILY & FRIENDS CPR TRAINING

Tuesday, June 7, 2016 | 5 – 7 p.m.

Capital Health Medical Center – Hopewell

Sign up for this free class offered by Capital Health Community Health Education and Emergency Medical Services (EMS) departments. Participants will be taught how to perform CPR on adults, children, and infants, and how to help people that are choking.

This course is designed for family members, friends and members of the general community who want to learn CPR but do not need a completion card.

GENTLE YOGA CLASS AT OASIS SPA AT HOPEWELL

Tuesdays, June 14 – August 2

Capital Health Medical Center – Hopewell

8-Week Sessions | FEE: \$80; \$15 drop-in rate

This alignment-based class is tailored to the individual needs of each student. Detailed instructions and modifications will be provided to allow for greater accessibility in the poses. Whether you are new to yoga or further along in your practice, this deep-stretching, muscle-engaging class will be appropriately paced for your unique needs. Call 609.537.6544 to register.

FREE MEDICARE UPDATE & INFORMATION SESSION

Friday, June 24, 2016 | 1:30 p.m.

Capital Health – Hamilton

Learn what you need to know about your Medicare benefits for 2016 and how to compare health and drug plans to find the best coverage. Speaker is MARY MCGEARY, coordinator of the State Health Insurance Assistance Program (SHIP) at the New Jersey Division of Aging Services. Light refreshments provided. Call 609.588.2337 to register.

YOGA BLEND CLASS AT OASIS SPA AT HOPEWELL

Fridays, July 1 – August 19 | 4:30 p.m. to 5:30 p.m.

Capital Health Medical Center – Hopewell

NJ PURE Conference Center — Rooms A,B&C

Class time is 4:30 p.m. to 5:30 p.m.

Learn to lengthen and strengthen the muscles and move through each pose with ease and grace. This slow flow class is for yogis with various experience levels or who may be ready for a bit more of a challenge. Familiarity with Sun Salutation is suggested for this class, however modifications will be shown. Call 609.537.6544 to register.

PRENATAL YOGA CLASSES

July 16 – September 10, 2016

(no class September 3)

Saturdays | 10:30 a.m. to 11:30 a.m.

Capital Health Medical Center – Hopewell

8-Week Sessions | FEE: \$90

Learn beneficial yoga positions for the pregnant woman, with emphasis on adapting your yoga practice throughout pregnancy. This practice will help prepare you for childbirth and after.

BRING YOUR YOGA MAT. You will be asked to complete a release form at your first class.

Call 609.303.4139 for more information and register by visiting capitalhealth.org/childbirth.

FREE Diabetes Education Series at the Novo Nordisk Family Resource Room at Capital Health Medical Center – Hopewell

Call 609.537.7081 or visit capitalhealth.org/events to register for these events.

Speak to the CDE

Monday, June 13 | 1:30 p.m.

Are you newly diagnosed with diabetes? Have you had diabetes for years but still feel out of control? Spend an hour with LAURA MORAN, our registered nurse and certified diabetes educator (CDE), to answer any questions or concerns related to your diabetes care.

Speak to the Dietitian

Thursday, June 16 | 3 p.m.

Do you have diabetes or pre-diabetes and are unsure about what to eat? MINDY KOMOSINSKY, our registered dietitian/certified diabetes educator, will discuss meal planning strategies such as the plate method, carbohydrate consistency, meal timing, portion sizes, and snacks. Bring your questions and learn ways to help manage your diabetes.

Preventing Diabetes Complications

Monday, July 11 | 1 p.m.

Are you concerned about developing complications caused by diabetes? Discuss ways to prevent these complications with LAURA MORAN, our registered nurse and certified diabetes educator.

Capital Health Medical Center – Hopewell

One Capital Way, Pennington, NJ 08534

Capital Health – Hamilton

1445 Whitehorse-Mercerville Road, Hamilton, NJ 08619



SPRING ANTIQUE APPRAISAL LUNCHEON

Sponsored by the

Capital Health Auxiliary's Children's-House Committee

Friday, June 3, 2016 | 11:30 a.m. | \$20

Capital Health Medical Center – Hopewell

NJ PURE Conference Room

One Capital Way, Pennington, NJ 08534

Bring ONE antique item to be appraised —

June Crowther, Appraiser

Owner of June's Antiques, 36 Coryell Street, Lambertville, NJ

For more information, please e-mail auxiliary@capitalhealth.org.