Men and Women: How Heart Disease Treats Us Differently

Cancer Rehabilitation Program Comes to Touro

Eating Out? Dine by the Numbers
Giving Back
Ecole Bilingue students crochet handmade gifts for Touro Cancer Program patients

Sixth- and seventh-graders from Ecole Bilingue de la Nouvelle-Orléans visited Touro Infirmary March 8 to deliver hand-crocheted hats and scarves to Touro Cancer Program patients. The students worked for months on special crochet projects and handmade notes of encouragement, learning the importance of giving back to their community.

This project had special meaning for the students—one of their teachers battled lymphoma last year and was treated at Touro. The students presented their beautiful caps and scarves to a group of current and former cancer program patients in the Medical Staff Library. Following the reception, the group toured the infusion and radiation departments where they learned how health care professionals work daily to diagnose and treat cancer.

Check Out More Photos!
Visit Touro’s Facebook page at www.facebook.com/touro for an album of more photos from Ecole Bilingue students’ visit to Touro Infirmary.
The side effects or after effects of cancer treatment can be hard on the mind and body, and their impact often outlasts the cancer itself. Many survivors accept—and learn to live with—symptoms like fatigue, difficulty with memory or concentration, muscle pain, limb swelling, weakness, balance problems and swallowing or speech issues. But cancer rehabilitation can help.

Cancer rehabilitation can improve quality of life—whether you are going through treatment now or have finished recently or long ago. The Survivorship Training and Rehabilitation (STAR) Program® is a nationally recognized cancer survivorship certification that is focused on improving the lives of survivors who suffer from the side effects caused by treatments.

The STAR Program® provides coordinated cancer rehabilitation supported by a team of specially trained STAR Certified™ clinicians and providers. STAR Program® patients receive individualized, comprehensive cancer rehabilitation treatment to improve the symptoms affecting daily functioning, coping strategies and quality of life.

“Survivorship services, including cancer rehabilitation, should be a routine part of cancer care. We want to help all survivors get back to doing the things that they used to be able to do,” says Elesyia Outlaw, M.D., Touro radiation oncologist.

Specialty caregivers from a variety of disciplines—including physicians, physical and occupational therapists, speech pathologists, dietitians, oncologists and others—work together with each patient on a personalized rehabilitation plan to increase strength and energy, alleviate pain and improve daily function and quality of life. These therapies are usually covered by health insurance.

The STAR Program® is just one more way Touro is working to provide you with the highest quality care when you need it: before, during and after cancer treatment.

Get Started with STAR
To make an appointment or to learn more about the STAR Program®, call 504-897-STAR (7827) or visit www.touro.com/star.
Physical Therapy: An Answer for New Moms

Even with all the blessings and joys that a new baby brings, there may be some unwelcome issues that new moms face. Some of these issues are quite personal, and if left untreated, they can affect a new mother’s quality of life.

A Key to Relief
The good news is that new moms are not alone, and not without an answer. Physical therapy can help relieve many of the physical issues that new moms experience. Most people don’t know that there is a field of the physical therapy profession dedicated to the diagnosis, treatment and prevention of women’s health issues.

Therapy Can Ease Low Back Pain and More
New mothers frequently deal with low back pain and sciatica. During pregnancy, specific hormones are produced so that the mother’s joint capsules and ligaments become lax in preparation for delivery. As a result, the pelvis and lumbar spine begin to shift and rotate, causing increased low back instability. Combined with an ever-growing belly, this can be a painful situation. Another troublesome issue most new moms deal with is urinary incontinence. During vaginal delivery, the pelvic floor stretches significantly (often tearing) or is cut by the physician.

The pelvic floor is a skeletal muscle and should be rehabilitated in the same fashion as any other soft tissue ailment—with rest, manual therapy and strength retraining.

A Physical Therapist: Your Biggest Helper
If their symptoms are left untreated, new moms have the potential to have back pain or incontinence for the rest of their lives, but a physical therapist can help. A physical therapist is highly trained in manual therapy techniques (massage, myofascial release, manipulation) that will reverse pain, muscle spasms and pelvic floor scarring.

They also understand how the core muscles—abdominals, diaphragm, paraspinals and pelvic floor—function synergistically to optimize low back health. A physical therapist can guide a new mother through an exercise program targeted at retraining her core as well as her pelvic floor.

Are You Looking for a Physical Therapist?
Call Touro’s Back in Action Center at 504-897-8157 for a referral. Or visit www.touro.com/rehab for more information about Touro’s rehab program and our highly trained and certified therapists.
In April 2013, Touro greeted a special delivery—the newly renovated and expanded Level III Neonatal Intensive Care Unit (NICU). Touro is the third busiest single hospital for deliveries in the state, and in 2012 more than 3,000 babies were delivered here—more than any other single hospital in the area. This new facility will enhance Touro’s ability to care for its tiniest and most fragile patients.

**NICU Adds to Touro’s Family Birthing Center**
The Family Birthing Center at Touro offers a comprehensive, individualized approach to birth preparation, labor, delivery and postpartum care. The center supports expectant parents every step of the way, and the family-centered services make every birthing experience unique.

The new NICU is 11,000 square feet of space for babies, parents and nursing staff located on the second floor of the main hospital in the Family Birthing Center. With five open bays and 15 private and semiprivate rooms, the NICU aids in the progress of babies’ health by eliminating noise stimulation and its negative impact. The private rooms also have a family area so that parents can always be by their baby’s side. These rooms are also used for the parents on the baby’s last day in the hospital to ensure parents are well-equipped to care for their new special bundle of joy.

**Leading-Edge Care and the Latest Equipment**
Touro’s NICU provides infants with the best possible nursing care, including the latest respiratory support equipment and excellent lactation services. Touro also offers a perinatology clinic to treat patients with high-risk pregnancies. Perinatology services include amniocentesis, genetic counseling, 3-D and high-imaging ultrasounds, nonstress testing and in utero blood transfusions.

**Questions?**
To learn more about Touro’s Family Birthing Center, the NICU or perinatology, visit [www.touro.com/fbc](http://www.touro.com/fbc) or call 504-897-7319.
Men and Women: How Heart Disease Treats Us Differently

Ben Springgate, M.D., M.P.H.
Internist, Crescent City Physicians

Heart disease is an equal opportunity killer. It’s one of America’s leading causes of death in both sexes. But it can affect women and men in very different ways.

Age-Old Questions Answered
Men generally develop heart disease at a younger age than women. But women catch up around age 65. After menopause begins, women are more apt to have high triglycerides and low levels of high-density lipoprotein (HDL), or “good” cholesterol. Men, on the other hand, tend to have lower levels of HDL, which may contribute to their earlier heart disease risk.

To help reduce your future heart risks, you should have your cholesterol checked at least every five years beginning at age 20.

A tool available from the National Heart, Lung and Blood Institute calculates your blood pressure, cholesterol and gender to estimate your odds of having a heart attack in the next 10 years. To check it out, visit www.nhlbi.nih.gov and type “10-Year CVD Risk Calculator” into the search bar.

Family Matters
Heart disease in a parent increases risk in both sexes. This is especially true if the father was younger than age 55 or mother younger than age 65 when diagnosed. Fortunately, risk factors we can control—such as diet, smoking and exercise—can be more important in determining heart health than family history, says some research.

“Heart health can be improved with regular exercise and attention to a healthy diet,” says Ben Springgate, M.D., M.P.H., an internist with Crescent City Physicians. “And of course, tobacco cessation can play an extremely important role in improving the health of anyone who smokes.”

Different Tests for Different Genders?
Heart disease in women is harder to diagnose with tests traditionally used to diagnose heart disease in men, such as exercise stress tests and electrocardiograms (ECG). So women may be better served by certain blood tests, stress echocardiograms and other tests. A woman and her doctor can decide which types of screenings are best for her.

Finding a Touro Physician Is Easy!
Are you or a family member in need of a physician? Our Find a Doc hotline is the perfect resource! Visit www.touro.com/findadoc or call 504-897-7777 to find the right doctor for you.
Eating Out? Dine by the Numbers

Americans love to go out to eat. We love it so much, in fact, that meals made in restaurants account for around one-third of our calories and close to half our annual food budget.

The convenience of having someone else cook and clean up is a plus in our time-crunched lives. But consuming too many calories puts us at risk for obesity. One survey of U.S. adults found we tend to underestimate the calories in take-out meals by 650 calories per item.

Does Having Access to Calorie Information Help?
You may have a shot at ordering meals with fewer calories and less fat if you check nutrition information before you get to the restaurant. Visit a chain’s website or use the “Stay in the Know on the Go” phone app that lists more than 60,000 items from 250 restaurants. Once you reach the location, you can investigate the nutritional quality of the food (or lack thereof) by reading menus or brochures.

Healthy Choices
Whether you have nutrition details at your fingertips or not, this advice can help you order better meals:
• Learn how many calories you need each day to stay at a healthy weight or to lose weight. Your doctor, a dietitian or tools on some Internet sites can help you gauge the amount.
  • Change your order to reduce calories. For example, ask for mustard in place of higher-calorie mayonnaise on a sandwich. Choose steamed vegetables instead of fried. Top a baked potato with salsa instead of butter, sour cream or cheese.
  • Check the menu for a section with healthier choices.
  • Learn food-preparation terms. Some usually signal the dish has less fat and fewer calories, such as baked, broiled, braised, grilled, poached, roasted and steamed. Other terms warn of high-fat and high-calorie totals, such as batter-fried, panfried, buttered, creamed, crispy and breaded.

These strategies can help you mind your waistline while you enjoy the convenience of dining out.

Healthful Food Swaps Cut Calories and Fat
Substituting low-fat foods for high-fat ones is the easiest way to cut calories and fat from your diet. The following table offers specific suggestions.

<table>
<thead>
<tr>
<th>Instead of ...</th>
<th>Choose ...</th>
<th>To save...</th>
<th>To save...</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 oz. fried chicken breast</td>
<td>3 oz. grilled skinless chicken breast</td>
<td>120</td>
<td>5</td>
</tr>
<tr>
<td>3 oz. hamburger meat</td>
<td>3 oz. extra-lean ground breast mixture beef and ground turkey</td>
<td>90</td>
<td>7</td>
</tr>
<tr>
<td>½ cup potato salad with mayonnaise</td>
<td>½ cup roasted potatoes</td>
<td>69</td>
<td>10</td>
</tr>
<tr>
<td>2 oz. sour cream</td>
<td>2 oz. nonfat yogurt</td>
<td>90</td>
<td>12</td>
</tr>
<tr>
<td>1 cup premium ice cream</td>
<td>1 cup fat-free frozen yogurt</td>
<td>100</td>
<td>20</td>
</tr>
</tbody>
</table>

Check out our “Eat Well” board on Pinterest! Go to www.pinterest.com/touroinfirmary.
Events Calendar

Cooking Light and Local
Cooking demonstration and seminar in partnership with Ralph Brennan Restaurant Group
- June 19, noon to 1 p.m. (Foucher Room)

Healthy Aging Expo
Health info, screenings and more!
Presented by Touro Infirmary and the Jewish Community Center
- June 23, 11 a.m. to 3 p.m. (The JCC: 5342 St. Charles Avenue)

Fall Prevention and Exercise
Touro Prime Years seminar
- July 16, noon to 1 p.m. (Presidents Room)

Eating Healthy While Traveling and Dining Out
- July 11, 5 to 6 p.m. (Presidents Room)
- July 17, noon to 1 p.m. (Foucher Room)

Reading and Understanding Food Labels
Touro Prime Years seminar
- August 13, noon to 1 p.m. (Presidents Room)

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Follow our boards at www.pinterest.com/touroinfirmary
Check out our videos at www.youtube.com/touroinfirmary

Events are FREE and hosted at Touro Infirmary, 1401 Foucher St., New Orleans. All rooms are located on the second floor of the hospital. To register for any of these events, please call 504-897-8500 or visit www.touro.com/events.