

# *inspire*

YOUR HEALTH, YOUR LIFE

WELCOME  
WELLNESS

## Tips for Your Home

**OPEN. SAFE. READY.**  
COMMUNITY & CARE

**INCREASING STRENGTH  
AND ENDURANCE**



**DEKALB REGIONAL**  
MEDICAL CENTER

# Community & Care

## IN THE TIME OF COVID-19

In this issue of our community magazine, I'd like to emphasize the word **community**. These are unprecedented times, and although we may be in uncharted waters, I'm inspired by the sense of community this experience has fostered in us all.

### HEALTHCARE HEROES

First, I'd like to express my sincere pride in our employees and medical staff for their efforts in recent months. These medical professionals have truly answered the call to care for the sick and comfort alarmed families as the pandemic has evolved. They are true heroes, who stepped up to serve on the front lines of the COVID-19 response. I applaud and thank them for their dedication.

### OUR AWESOME COMMUNITY

I would also like to recognize our community. The outpouring of support that is being shown is overwhelming. Whether providing comforting meals for staff, making masks, sending cards and prayers to team members, or just staying home to protect our community — we are so grateful for everyone doing their part and pulling together during this crisis.

### RESTRUCTURED FOR THE FUTURE

As you've heard by now, our parent organization also did its part to help ensure we could continue providing services for you and your family by restructuring its debt. This was good news for our hospital and our employees. It allows us to continue providing patient care. As a current or former patient,

you may have received a legal notice by mail. We regret any confusion that this required notification may have caused. The restructuring is concluded, and we are ready to serve you now and into the future.

### A NEW WORLD FOR CARE

Rest assured, our Emergency Room is open, safe and ready to provide care for emergencies like heart attacks, strokes and broken bones. We always urge you to dial 911 in an emergency situation and don't delay going to the ER. We've established safety measures, such as separate care areas, new cleaning procedures and protective equipment guidelines to align with guidance from the Centers for Disease Control and Prevention.

And finally, we remind you that in-person appointments are available again at physician offices. You can rest easy knowing these physician offices have adopted additional precautions to help keep you safe when you come in for your appointment. Of course, virtual visits are still available via our telehealth options. Just call your physician's office or visit [DeKalbAnytime.com](https://www.dekalbanytime.com) to book an appointment.

Thank you for caring for us, as much as we care for you. It is our privilege to serve you.

Sincerely,

**Patrick Trammell**

Chief Executive Officer  
DeKalb Regional Medical Center

# What New Moms Really Need

Before you register for your baby shower, find out which items will be most helpful for you and your little one.

If you are a first-time mom, you are learning how overwhelming putting together a baby shower registry can be. It begins from the moment you open your first online registry and continues with furor as your inbox swells with suggestions for must-have items. Urgent announcements broadcast your need for blankets, bunnies, sleepers, swings and that expensive bassinet that imitates your womb. But is it all really necessary for the comfort, happiness and safety of baby?

## GIFT BUYERS' BEST PRACTICES

Keeping the following guidelines in mind will help your friends and loved ones choose gifts that will be most helpful to you and your baby.



**Breastfeeding is wonderful, but it can be a little uncomfortable.** Cooling gel pads can help soothe sore nipples. And for the mom who needs to use a pump to express extra milk, a hands-free pumping bra can offer a little extra freedom.



**Car seat/stroller combos are perfect for the mom-on-the-go.** Choose an option that is not too heavy and folds up easily. When you do get your car seat, visit the nearest child safety seat inspection station to make sure it is installed properly.



**Diapers are always in style.** They are also expensive. Buying boxes of diapers in a variety of sizes is a great way for your friends to pamper you.



**Less is more when it comes to your crib.** The most current safe sleep guidelines advise against having blankets, bumpers, pillows or stuffed animals in your baby's crib. Instead, invest in a comfy but firm mattress and tight-fitting sheet.



**Organization is the name of the game.** Having a diaper bag or toiletry kit with designated pockets and pouches for your changing pads, creams and diapers makes life much easier for sleep-deprived parents.



Whether you're a first-time mom-to-be, or a been-there-done-that mom, a little friendly advice, encouragement and information is always welcome, right? That's why we created our new eNewsletter, Nursery Notes! Sign up at [DeKalbRegional.NurseryNotes.com](http://DeKalbRegional.NurseryNotes.com).



## SAFE SLEEP 101

Before you can teach your newborn to sleep through the night, you want to ensure she is sleeping safely. That can be as simple as ABC. Baby should sleep:

- Alone
- on her Back
- in a Crib

Additionally, to reduce the risk for Sudden Infant Death Syndrome (SIDS), the According to the American Academy of Pediatrics, recommends that babies sleep only on firm surfaces that meet the safety standards set forth by the Consumer Product Safety Commission.

Also, consider sharing a room with your baby by bringing her portable bassinet or crib into your room for the first six to 12 months of her life. Sharing a room with you may reduce your baby's risk of SIDS by roughly 50%.





MAKE YOUR HOME A

# Wellness Retreat

In times of crisis or this new normal, having a home that makes you feel calm and inspired is critical to mental and physical well-being. Take time to turn your living space into a retreat by transforming ordinary rooms into functional areas where wellness will thrive.

## COOK UP A HEALTHY KITCHEN

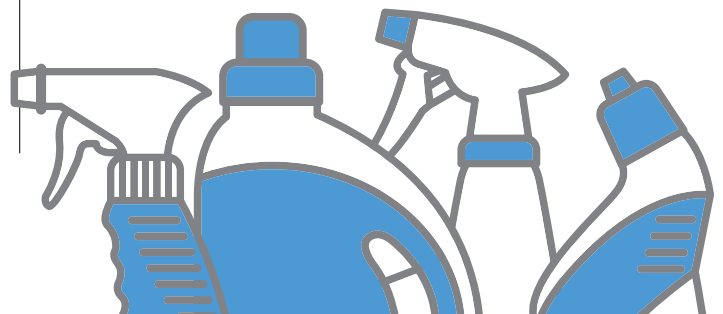
When you are preparing delicious and healthy meals, you want the preparation and final products to be as safe as possible. Your kitchen is a routine stop on that path to wellness, so keep the following tips in mind as you outfit the room where your family meals are made and enjoyed.

### **FILTER YOUR WATER.**

Keeping water that tastes crisp and clean is a refreshing way to encourage yourself to stay hydrated. Further purifying your water may be beneficial if you have a weakened immune system or another health condition, according to the Environmental Protection Agency. To ensure that your water is as pure as possible, invest in a water filtration system designed to remove contaminants.

### **CONSIDER YOUR CLEANING SUPPLIES.**

EPA-approved disinfectants are effective choices to clean household surfaces and prevent the spread of germs and viruses, such as the flu or COVID-19, according to the Centers for Disease Control and Prevention. Wear disposable gloves while cleaning. Focus on high-touch areas, including tables, doorknobs, light switches, handles, keyboards, remotes and touch screens. For the list, visit [epa.gov](https://www.epa.gov), search for SARS-CoV-2 and choose "List N."



### SET THE STAGE FOR LUXURIOUS REST

Your bedroom can make or break your ability to rest. Everything from lighting to temperature to the thread count of your sheets plays a critical role. As you design your dream space, the National Sleep Foundation recommends you:



**CHOOSE DIMMABLE LAMPS.** Lowering the lights before bed will signal to your brain that it is time to rest. Covering your windows with blackout curtains or shades can also block out early morning light or the glow of street lamps.



**INDULGE YOUR SENSE OF SMELL.** An essential oil diffuser or eye pillow filled with lavender may help you relax. This scent may also enhance mood and reduce blood pressure and heart rate.



**PAMPER YOURSELF WITH COZY BEDDING.** Take time to try out different blankets, mattresses and pillows to find the right fit.

### MAKE ROOM FOR MEDITATION AND MOTION

Taking care of your body and mind through stress-reducing activities is essential to heart health, according to the American Heart Association (AHA). Practicing meditation may reduce blood pressure and the risk of heart disease, while exercise may help you manage everything from blood sugar to cholesterol to weight. Encourage your family to spend time on practices by dedicating a corner or a whole room. Keep things simple, outfitting the area with a few key items:

**Exercise ball** — Develop your core and your balance with an oversized ball. Simply sitting on the ball helps develop your proprioception, or the awareness of where your body is in space and time, while also strengthening your abdomen, back and pelvis. Additionally, the ball is a great tool to strengthen your arms and legs.

**Yoga mat** — Available in a wide price range, a mat is the perfect place to practice poses that will enhance your strength, balance and flexibility while also boosting your concentration and focus. Your mat can double as a spot to sit on for your morning meditation routines, which may include deep breathing exercises, gratitude affirmations and mindfulness practices.

**Resistance bands** — Get your two days per week of strength training recommended by the AHA without touching heavy weights or machinery. Resistance bands are easy to store and offer a variety of options to tone your muscles and improve your metabolic rate.



**GO FOR GLASS.** Clear, sturdy mason jars are a chic alternative to plastic that can make a healthy statement in your kitchen. These storage containers may be used to display fresh flowers on your table, serve fresh orange juice in the morning or store guacamole and colorful fruit salad.



A primary care provider can help develop a wellness plan for a healthier life. To find a primary care provider in your area, visit [DeKalbAnytime.com](http://DeKalbAnytime.com).

## Where the Germs Are

Your home is your sanctuary — but it may not always be the cleanest place to be. For example, surfaces in your bathroom and kitchen that are frequently damp and/or warm may also be home to bacteria, such as salmonella and E.coli, which may indicate the presence of fecal contamination, according to NSF International. Other common areas where this type of bacteria may be found include:

- bathroom faucet handles
- kitchen sinks
- counter tops
- toothbrush holders
- cutting boards

To clean these surfaces effectively, begin with soap and water to wipe down and remove grime from surfaces. Follow up with a sanitizing spray or cloths to kill lingering germs.

Choose sanitizers that are not in concentrated form and never spray them near children. If you elect to use a cleaner containing bleach, make sure the cleaner is not concentrated and never mix it with ammonia — a blend that can create a poisonous gas, according to the American Academy of Pediatrics (AAP). Further, the AAP recommends storing all cleaners, sanitizers and disinfectants in containers with clear labeling in a secure place to protect children and pets.



## AN EQUAL OPPORTUNITY EMERGENCY

Otherwise known as a “brain attack,” a stroke can affect men and women of any age.

When the word stroke comes to mind, you may think of a medical emergency that occurs later in life. However, this cerebrovascular event, which occurs when the flow of blood to the brain is blocked, can happen to seemingly healthy individuals in the prime of life. The consequence can be brain damage, long-term disability or even death, as we witnessed when a relatively young Hollywood actor succumbed to a stroke during the last year.

### TAKING ACTION

The first step to protect yourself from the consequences of stroke is to understand the risk factors. These include diabetes, family history, heart disease, high blood pressure, obesity and smoking. African Americans are also at greater risk for stroke. If you have any of these risk factors, take extra care to reduce your likelihood for experiencing a stroke. Specifically, try to:

- choose foods that are low in saturated fat and sugar

- exercise regularly
- keep blood pressure and cholesterol under control
- maintain a healthy weight
- manage stress
- stop smoking

You may also speak with your healthcare provider about whether medications may be needed to manage your risk factors.

### RECOGNIZING STROKE

Even if you and your loved ones are following guidelines for a healthy lifestyle, you are still at risk for stroke. If you suspect that a stroke is occurring, think through the FAST checklist. Stroke may cause:

- Face drooping
- Arm weakness
- Slurred speech

If you notice any of these symptoms:

- Time to call 911

The faster a medical professional treats stroke, the more positive the outcomes will be.

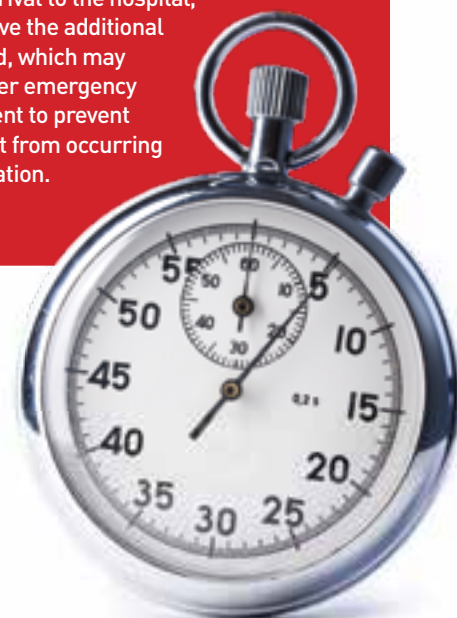
### TIME IS PRECIOUS WHEN STROKES STRIKE

The delivery of critical nutrients and oxygen to your brain is interrupted during a stroke. As a result, the tissue begins to die, and irreversible damage can happen quickly. In fact, according to the American Heart Association, stroke claims the lives of about 140,000 individuals in the United States every year.

This is why calling 911 for immediate care from emergency medical services (EMS) is essential. Once the ambulance arrives, the EMS team can get to work quickly, administering life-saving treatments while you are transported to the nearest hospital.

By administering a clot-busting medication called tPA, the EMS team can work to restore the flow of blood to the brain, preserving the maximum amount of tissue, increasing the chances of survival and lowering the likelihood of disability.

Upon your arrival to the hospital, you will receive the additional help you need, which may include further emergency care, treatment to prevent another event from occurring and rehabilitation.



DeKalb Regional Medical Center was awarded the Gold Seal of Approval for stroke care by The Joint Commission. The advanced certification as a Primary Stroke Center from The Joint Commission recognizes the hospital's commitment to the highest standards in the country for stroke care.

DeKalb Neurology & Sleep Center can help answer any question you might have about your risk of stroke. Call (256) 845-0345 to schedule an appointment.

*We work diligently to have you initially seen by a medical professional within 30 minutes of your arrival in the ER.*



Make small, gradual changes to your endurance and strength routines to improve your health and minimize your risk of injury.

# Take It to the NEXT LEVEL

Perhaps you've reached an exercise plateau or you're preparing for a vacation packed with activities. Regardless of your fitness level or warm-weather plans, exercises built to improve your strength and endurance can help you lead a healthy and independent lifestyle.

The American Heart Association recommends adults get at least 30 minutes of moderate to vigorous aerobic exercise five days out of the week, as well as working out each muscle group at least twice a week. However, you may require more or less time, depending on your health and fitness level. Here's how to amp up your activity level without hurting yourself.



**START BY STRETCHING.** Stretching will give your muscles and joints a more complete range of motion, as well as increasing blood flow to the muscles you'll use during exercise. The Arthritis Foundation recommends stretching after a brief warm-up period so the muscles are warmer and more pliable.



**GO SLOW.** When building up strength and endurance, slow and steady wins the race, especially when exercising with joint pain. Walk an extra five minutes or add an extra three repetitions during your strength training workout.



**RECOVER RIGHT.** Soreness after a workout is a good thing. It means that your muscles are getting stronger and repairing themselves. Stay hydrated, stretch and rest for at least 48 hours before working out the same muscle group. Ice can help reduce inflammation, heat can increase blood flow to your muscles, and over-the-counter pain medication can relieve muscle soreness.

## WHAT ABOUT JOINT REPLACEMENT SURGERY?

If you feel as though you have tried every nonsurgical option available to treat your joint pain, surgery may be the right solution for you. Joint replacement surgery is one of the safest and most reliable surgeries you can undergo, according to the American College of Rheumatology. It's usually recommended to patients who have advanced, end-stage joint disease. Their joint pain affects their ability to function, and lifestyle changes, medication or physical therapy have not provided relief.

Joint replacement surgery can be a safe, effective way to treat pain. Many patients with arthritis in their knee or hip find that total joint replacement offers them lifelong relief, according to the American College of Rheumatology. However, every patient is different. Talk with your primary care provider about your joint pain, and he or she can help determine whether joint replacement surgery is right for you.



Andrew Hester, M.D., Orthopedic Surgeon at DeKalb Orthopedics & Sports Medicine, can help answer your questions about joint pain. Call (256) 979-1550 to schedule an appointment.

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This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

## When should you go to the Emergency Room? *When you have an emergency.*

It's not a trick question. Emergencies don't wait. And you shouldn't wait to seek care if an emergency strikes you or your family.

Chest pain, burns, cuts that won't stop bleeding, potential broken bones, trouble breathing, dizziness or loss of consciousness are all signs that you need help. Immediately. Delaying care in an emergency can lead to worse outcomes and potentially serious complications later. So don't delay seeking help.

By instituting specific protocols that meet or exceed CDC guidelines, we can say that we are open and ready to care for you in an environment specifically designed to keep you safe.



For more information go to [DeKalbRegional.com/ER](https://DeKalbRegional.com/ER)

