



**Home Health
Services Including:**

- Advanced Wound Care
- Rehabilitation
- Patient Education
- Instant PT/ INR
- Anodyne Therapy
- Wound-Vac
- Pain Management
- Home Health Aides
- Occupational Therapy
- Speech Therapy
- Medical Social Work
- 24-Hour On-Call Service

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Newsletter

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Triglycerides: Know whether your number is high, what to do if it is

Next time your doctor tells you whether your LDL cholesterol is high, ask about your triglycerides.

Though most people know their LDL and HDL cholesterol numbers, they are unaware that their triglyceride level is important too. Some physicians don't mention it.

Triglycerides are the body's main energy-storage molecules and are necessary for life, according to the Centers for Disease Control and Prevention. We get them from foods and store them in fat tissue.

Though triglycerides don't accumulate in the blood as cholesterol does, high levels are associated with an increased risk of having a heart attack for men and

particularly for women.

The National Health and Nutrition Examination Surveys shows that about one-third of individuals studied had triglyceride levels over the recommended 150 mg/dL. The number for a few participants was in the thousands.



About 6 percent of people with high levels were taking niacin or fibrates, which

could lower triglycerides.

What you can do

Lifestyle changes are known to be more effective than medication.

- * Cut calories and lose weight.
- * Limit your consumption of sugar and refined foods.
- * Substitute monounsaturated fats (like olive oil, canola oil and nuts) for saturated fats (such as butter, pastry and fatty meats).
- * Limit or avoid alcohol intake.
- * Get some exercise. Make a point of doing it.

Some medications prescribed for high triglycerides have side effects. Doctors of cardiology at Duke University say lifestyle changes that result in weight loss are more effective.

Exercise Helps Your Heart— Even if you don't lose weight

Maybe you've been exercising some and pretty regularly, but the bathroom scale hasn't budged and your middle is still about the same size.

You have probably made an improvement in your cardiovascular health, and that could be even more important than your pants size.

Researchers at Harvard University and Brigham and Women's Hospital report that moderate amounts of exercise is associated with as much as a 41 percent reduction in cardiovascular risk. While their study was done entirely on women, men can assume they have a similar benefit.

In various study subjects, Body

Mass Index changes accounted for just 10 percent of the reduction. Blood biomarker improvements accounted for about one-third of the risk reduction, and blood pressure changes were accountable for 27 percent of the improvements. Reduced cholesterol accounts for a 20 percent improvement.

The benefits of regular moderate exercise outweigh what the scale will tell you. The researchers found that the more study subjects exercised, the greater their cardiovascular health improved.

The surprise was that cardiovascular risk dropped by 27 percent for those whose activ-

ity burned just 200 to 599 calories per week.

The risk was reduced by 32 percent for those who burned 600 to 1,499 calories per week, and 41 percent for those who worked off 1,500 calories a week.



"...moderate amounts of exercise is associated with as much as a 41 percent reduction in cardiovascular risk."

Paninis Have Come a Long Way!

The panini sandwich has evolved from the simple Italian 'toast' sandwich, filled with meat, usually prosciutto, and cheese.

Like its predecessors, you'll find today's paninis bear the distinctive toast lines of the Italian sandwich press. Similarly, they are concocted with the rich cheeses and meats.

But fillings and flavorings have changed. Local custom and favorites sometimes govern what goes into the panini. In central Italy, for example, the panini boasts succulent roasted pork.

Whether you have a panini press, a sandwich grill or just want to make one in a skillet, here's a recipe for the Hot Sicilian that offers

the tastes of Italy enhanced by spices.



Hot Sicilian Paninis

1 loaf Italian bread cut in eight half-inch slices (OK to trim crusts)

1 half pound of deli shaved ham

1 package each of hard salami and sandwich pepperoni

8 slices provolone cheese

1 medium tomato in thin slices

1 medium red onion in thin slices

Dashes of parmesan cheese, salt, pepper, red wine vinegar, olive oil

Optional: slices of pickled or fresh banana peppers.

Lay the eight slices of bread on toweling. To each bread slice, add one slice of provolone cheese. On four of the half sandwiches add two pieces each of salami, a generous amount of shaved ham, and two pieces of the sandwich pepperoni.

To the other four sandwich halves, add two slices of tomato, two slices of onion and a few pepper rings.

Shake parmesan cheese, oil, vinegar, salt, and pepper sparingly to all eight sandwich halves. Combine the

halves into four sandwiches.

Preheat your press following the manufacturer's instructions. Or in a large skillet lightly coated with butter or canola oil, place the sandwiches two at a time. Apply pressure with the sandwich maker or a spatula.

Open the sandwich maker every two minutes, or turn skillet sandwiches every two minutes until they are golden brown.

A Morning Meal will Make You Stronger All Day

It's a fact: If you skip breakfast, you'll pay for it later. Here's why:

- * Breakfast will help you avoid a mid-morning brain-energy slump. Your brain needs glucose from good carbs in order to work well.

- * Regularly skipping breakfast leads to higher bad cholesterol levels, according to studies by the University of Nottingham in England.

- * Eating breakfast gets your metabolism going. You'll eat less during the day and weigh less in the long run.

- * The same English study showed regular breakfast skippers were more resistant to insulin, which increases diabetes risk.

Emergency breakfasts:

- Grab a slice of whole wheat bread and some cheese when you leave home.

- Take a meal replacement drink (like Slim-Fast) along. Drink with a straw.

- Keep some hard-boiled eggs in the fridge. Eat an egg and a fruit on the way to work.

- Mix up a bag of cold cereal, almonds and raisins and keep it handy.

- Have some whole-grain crackers (like Triscuits) and a piece of fruit.

How to Control Aging By Starting Now

If you think you can wait until later to prevent premature aging, you will miss some of the most important times of your life to do it.

Most people's muscle mass declines with age, and the rate of loss accelerates after age 45.

The amount of muscle you retain, or build, is determined partly by how much muscles are used. Use them frequently and you maintain their strength. Push them to the limits of their capacity by exercise, and you increase strength no matter how old you are.

Doctors at Tufts University say most middle-aged people's weight problem is excess body fat coupled with too little muscle.

As you age, you can lose whole sets of muscles and nerves that work together to make your body go. Between ages 30 and 70, it is estimated that people experience

a 20 percent decrease in the strength of the thigh. Landmark studies at Tufts, however, show that muscles do get bigger from strength training such as weight lifting. You can



regain muscle mass and strength no matter what shape you're in when you begin.

How much oxygen your body can process in a given time is an important biomarker called your aerobic capacity. By age 65, it is typically 30 percent to 40 percent less than in young adults. People at any age can reverse the trend with

aerobic exercise, the kind that makes you huff and puff. And when you build muscle with strength training, you also increase aerobic capacity.

Other methods to slow aging include controlling sugar, cholesterol, blood pressure, bone density, and hydration. The older you are, the more fluids you should drink.

Calcium Reduces Cancer Risk

A report recently published in the Archives of Internal Medicine shows that men who consumed at least 1,500 mg of dietary calcium daily were 26 percent less likely to get colon or other digestive cancers than those who consumed 500 mg or less.

Women who consumed 1300 mg a day were less likely to get any type of cancer.

Featured Physician—Dr. Manmohan Khurana



A widely renowned and highly accomplished pulmonologist, Dr. Manmohan Khurana has been practicing medicine for more than forty years.

Spotlight Employee—Luz Saldana

Recently, a glowing commendation letter was received regarding Greater South Bay Home Health nurse of two years, Luz Saldana, from one of the patients under her care. The patient has since recuperated, but cited Lucy’s kindness, consideration, and extensive knowledge as large factors in her recovery, mentioning that , “... it’s obvious that she truly enjoys helping others.”

Lucy started out as an LVN working part-time with the company, while studying on her own to become an RN. In December of 2008, she obtained her RN and became a full-time nurse with Greater South Bay the following January.

Greater South Bay Home Health Compare Facts

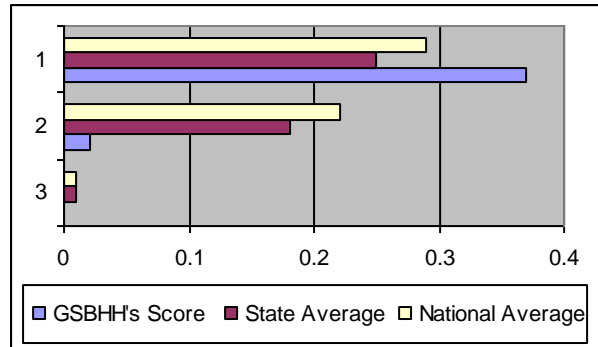
Some emergency care may be avoided if the home health staff is doing a good job at checking your health condition to detect problems early. They also need to check how well you are eating, drinking, and taking your medicines, and how safe your home is. Home health staff must coordinate your care. This involves communicating regularly with you, your informal caregivers, your doctor, and anyone else who provides care for you.

Normal wound healing after an operation is an important marker of good care. Patients whose wounds heal normally generally feel better and can get back to their daily activities sooner than those whose wounds don't heal normally. After an operation, patients often go home to recover and their doctor may refer them for home health care. One way to measure the quality of care that home health agencies give is to look at how well their patients' wounds heal after an operation.

All patient episodes of care avoided:

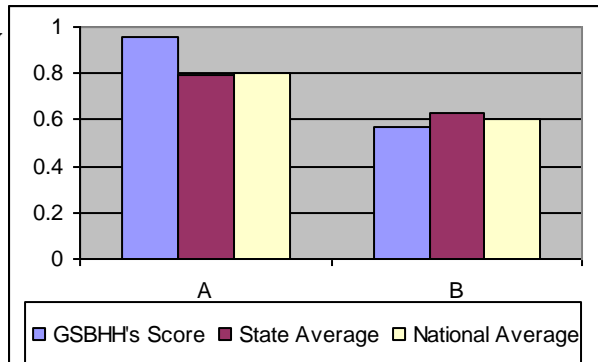
***Lower percentage is better**

Category:	GSBHH's Score	State Average	National Average
1. Re-Admission to Hospitals	37%	25%	29%
2. Emergent Care	2%	18%	22%
3. Unexpected admission to	0%	1%	1%



Among patients that fully completed their POC, this agency IMPROVED or CONTROLLED: *Higher percentage is better

Category:	GSBHH's	State	National
A. Surgical Wounds	96%	79%	80%
B. Shortness of Breath	57%	63%	60%



"Home Health Compare." Medicare Home Health Compare. Medicare, June-July 2009. Web. 4 Sept. 2009. <<http://www.medicare.gov/HHCompare/search/results.asp?dest=NAV|Results&pagelist=Home|Results>>.

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Pain Management Guidelines

Seniors quality of life is lowered because of pain. Chronic pain is horrible since medications will only temporarily take pain away. But when the drugs wear off the pain starts all over again.

You have a right to have pain treated. Untreated pain can limit eating, sleeping and activity. Pain can be brought about by the current disease you have; infections or even injuries from 10 years ago. Pain affect lives tremendously and often exasperate by insufficient information to help us get back on track. Pain is a major symptom of almost all illnesses common to seniors such as cancers and fractures. Reasons why some people prefer not to treat their pain:

- Not properly informed by health care provider
- Concern not expected early on for some reason
- Senior not prescribed anything for pain
- Those living with pain too long think that it is a way of life

Those with high tolerance for pain see no reason why they need to seek help nor communicate their pain tolerance

If chronic pain is left untreated, it could lead to complications—mostly emotional such as depression, anger, and even suicidal tendencies. Pain triggers higher pulse rate, panic, anxiety and sweating. Usually prescription drugs are advised to alleviate pain but there are other treatments that can also deliver same results such as polities, acupunctue, and, massage. If for some reason you have doubt about a certain drug prescribed please inform your doctor at once. Be sure to mention if pain increases or changes. A pain scale helps you rate pain intensity. On the scale 0 means no pain and 10 is the worst pain (scales may go to up to 5 or up to 10).

About GSB Home Health

This September is an exciting month at Greater South Bay!

Celebrating birthdays this month:

- 8 ~ Fe Mendez
- 21 ~ Erwin Dizon
- 22 ~ Mia Hernandez
- 23 ~ Gerry Runes
- 24 ~ FredoCris Ramos
- 25 ~ Baseemah Shaheed
- 29 ~ Michael Rice

Celebrating Anniversaries this month:

- 10 ~ Fely Resurrection (2 yrs)
- 15 – Jennifer Ebilane (1 yr)

This past month, we were fortunate to take part in the Grand Opening of **Dr. Batongmalaque's Senior Assessment Center** in August. It was a wonderful event attended by more than 200 people, including **Mayor Jim Dear** of Carson. During the events Health and Wellness Expo, our very own Director of Nursing, **John Mabasa, RN**



GSBHH Staff members (left to right): Luisa Palac, Joseph Sevilla, Roselyn Sacay, Lino Narvaez, Jerry Runes, Gilbert Lazaro, John Mabasa

served the community hamburgers and hot dogs, while **Gilbert Lazaro, Joseph Sevilla** and **Roselyn Sacay** assisted in the coordination of the event along with other volunteers. Our Director of Nursing for our Monterey Park Branch, **Donnabelle Salonga, RN** volunteered to educate family caregivers on necessary treatment skills, in the "Ease the Burden" series at the Center.

thanks to all of our staff who assisted in the coordination of this event, and helped make it



Administrator Lilia Ramos with Dr. Jenny Batongmalaque