

LivingWell

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Steer Clear of These Migraine Triggers

Is there a banging, clanging gong between your ears? It could be a migraine. For a lot of people, these nasty headaches don't pop up on their own. Often, certain triggers are to blame.

When Food Gets You in a Pickle

That's right. Pickles can set off migraines. In fact, there are a lot of foods that people can be sensitive to. These include:

- nuts
- dairy products
- processed meats
- monosodium glutamate (MSG), a food additive
- beverages containing alcohol or caffeine.

Skipping meals also can trigger migraines.

Shedding Light on Other Triggers

Bright or flickering lights can spark these headaches. Other "environmental" triggers include weather changes and loud noises.

It may be no shock that stress often leads to migraines. But so can the "letdown" after a period of stress, such as the weekend following a hard week of work. Learning relaxation or stress management techniques may help.

Being tired or changing sleep patterns are other potential triggers. Keeping a set sleep schedule might prevent migraines.

If you suffer from migraines, talk to your doctor. You may be advised to keep a daily diary if you're not sure what's causing the headaches. This involves writing down what you eat and do and how your head feels throughout the day. Once you know what things set off your migraines, you can avoid these culprits. Your doctor also can recommend nonprescription or prescription pain relievers. ■

Fighting migraines or headaches? Avera St. Luke's Pain Management Center may be able to help. See page 4.

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What to Expect from a Mammogram

Never had a mammogram? (Above) Avera St. Luke's mammography technologists Launa Feickert (left) and Darlene Johnson demonstrate what happens when a woman gets a mammogram done. Each breast is X-rayed from the side and from above.

Research shows that women ages 50 to 64 who get mammograms, or breast X-rays, at least every two years are 30 to 40% less likely to die from breast cancer than those who don't get screened as often.

The American Cancer Society recommends yearly mammograms for women age 40 and older. The National Cancer Institute's guidelines call for screening every one to two years for women in this age group. However, women who face an increased breast cancer risk—those with a personal or family history of this cancer—may need earlier or more frequent screening. That's something a woman should discuss with her doctor.

"At Avera St. Luke's, we offer both screening and diagnostic mammography services," says **Lee Ann Tople**, Director of Diagnostic and

Therapeutic Services. "We do more than 10,000 mammograms each year, and we are fully accredited by the American College of Radiology." Exams also are done at 14 outreach sites with mobile mammography services.

If you've never had a mammogram and don't know what to expect, here's what will happen. You will be given a gown and will need to undress above the waist for the screening. During the procedure, a special X-ray machine will push each breast between two panels before taking a picture. You will feel some pressure and maybe discomfort. However, this only lasts a few seconds. Usually, technologists take two pictures of each breast.

Take these steps before your mammogram:

- Don't wear lotion, powder, perfume, or deodorant under your arms or on your breasts the day of the exam. These products can cause shadows on the X-rays.
- If you're still menstruating, have your mammogram the week after your period. Breasts are less likely to be tender during this time.
- Bring a list of places and dates of mammograms, biopsies, or other breast-related procedures you've had done.
- Tell your doctor and mammogram technologist if you are or might be pregnant. ■

Call Avera St. Luke's Centralized Scheduling at 605-622-5556 for mammogram appointments. Avera St. Luke's does require a physician's order so follow-up care is available if needed.

Six Skin Shaving Tips

Shaving sometimes is a hairy job. It can cause a host of annoying problems, such as nicks and cuts, dry skin, bumps, and redness. Flat warts and painful ingrown hairs also are fairly common. But shaving can lead to even more serious troubles. Folliculitis, an inflammation of the hair follicle, is one such problem. It looks like acne or crusty, non-healing sores. It often results in a staphylococcal infection that needs to be treated by a doctor.

You can dodge folliculitis and most other shaving hazards with a few simple steps:

- 1 Go slowly.
- 2 Shave in a warm shower to soften your skin.
- 3 Use only sharp, flexible blades, and change them often.
- 4 Shave only in the direction the hair grows.
- 5 If you prefer an electric razor, avoid the closest setting.
- 6 Shave each area only once or twice.



When Sharing Is Not a Good Idea

Studies have shown that staphylococcal infections can be passed on to others through the sharing of razors. So, keep your razors to yourself.



Drug Interactions You May Not Know About

Nearly half of all Americans take at least one prescription drug, and one in six takes three or more, according to a recently released report from the U.S. Department of Health and Human Services. In addition, current surveys reveal that a growing number of individuals regularly take over-the-counter (OTC) medications and herbal products. “What results is the potential for unintended side effects or undesirable interactions,” says **Alvin Haugen, Director of Pharmacy** at Avera St. Luke’s Hospital. “It’s important that people know over-the-counter meds can change the way their prescribed medicines work, and they should let their pharmacist know about them.”

Here are some examples of adverse interactions:

■ **Decongestants:** Commonly found in OTC cold and allergy medications, decongestants can increase blood pressure in people who take medicine to lower their blood pressure. Decongestants also can cause blood



Alvin Haugen,
PharmD

pressure to rise in those who are taking antidepressants called MAO inhibitors.

■ **St. John’s wort:** This popular herb is used to combat depression. But new studies show that St. John’s wort can interact harmfully with many different OTC and prescription medicines.

These include tranquilizers, sleeping pills, antidepressants, the asthma drug theophylline, and popular cholesterol-lowering drugs called statins. It can be harmful if taken with alcohol, too.

■ **Blood thinners:** Drugs such as warfarin help prevent blood clots in people who are at risk for a stroke or heart attack. Combining prescription blood thinners with aspirin, acetaminophen, or naproxen could cause excessive bleeding.

Many herbal supplements also interact with warfarin. One new study in the *Annals of Internal Medicine*, for example, reports that ginseng can hamper warfarin’s blood-thinning effect. Some other herbal products, such as dong quai and ginkgo biloba, may increase bleeding if taken at the same time as warfarin.



To protect yourself from dangerous drug interactions, make sure your doctor and pharmacist know about all the supplements and prescription and nonprescription medications you currently are taking. Using the same pharmacy for all of your prescriptions may be a good idea, too. ■

RECIPE FOR HEALTH

Cranberry-Filled Squash A Quick, Microwaved Side Dish for Fall Menus

- 2 acorn squash, 1 pound each
- 3/4 C fresh or frozen cranberries
- 3 T orange juice or orange marmalade
- 3 T brown sugar
- 2 T butter
- 1 t lemon juice

- 1 With a fork, pierce the whole squash on each side. Place on a paper towel in the microwave oven. Microwave 12 to 15 minutes or until fork-tender, turning over after 5 minutes. Let stand 5 to 10 minutes.
- 2 Meanwhile, in a 1-quart casserole, combine the remaining ingre-

dients. Cover with waxed paper and microwave for 2 minutes. Stir and then microwave for another 1 to 3 minutes, or until berries have popped.

- 3 Cut the squash in half. Remove seeds. Slightly trim ends so squash can be placed cut-side up on a microwave-proof platter. Spoon cranberry mixture into the hollowed-out squash. Cover with waxed paper and microwave for 1 to 3 minutes to heat through. (For a different finish, you could bake in a 350-degree oven for 15 to 20 minutes).

Yield: 4 servings

How Many Calories Does Your Workout Burn?

When you’re trying to lose weight, knowing how many calories you need each day is important. To lose 1 pound a week, you have to cut your daily calories by about 500. You can do this by eating less or exercising more—or better yet, both. For example, if you burn 300 calories golfing, you only have to cut the number of calories you eat by 200 that day.

First, find out how many calories you need each day to maintain your current weight. Then use exercise as part of your plan to take in 500 fewer.

Some examples of how exercise can pay off:

Walking (3.5 m.p.h.)	280 calories/hour
Bicycling (<10 m.p.h.)	290
Light gardening	330
Jogging	590
Aerobics	480

(Approximate calories burned per hour are based on a 154-pound person.)



Managing Your Migraine Pain

If you have a history of chronic migraine headaches, all you can think about is relieving the pain. Avera St. Luke's Pain Management Center may be able to reduce that pain, or help you learn to prevent a migraine even before it begins.

Migraines, which are usually an inherited condition, affect 28 million Americans. The pain can linger for a few hours or several days. At Avera St. Luke's Pain Management Center, dedicated staff members led by **Heloise Westbrook, MD**, a board-eligible anesthesiologist and pain management specialist, work specifically at evaluating and treating your pain. There are two levels in migraine treatment:

- Using preventive therapies to reduce attack, frequency, severity, and impact of migraines
 - Stopping the pain once it has started
- "Prevention is important," says Dr. Westbrook, "and is the first line of defense." Ways to help stop that pain before it starts are using preventive health strategies and avoiding triggers, such as those listed on page 1, and prescribing and tracking preventive medication.

Staff at the Pain Management Center begin their work with patients by educating them about their condition and treatment, establishing realistic expectations, and encouraging them to participate in their own management of pain. Pain may be managed with prescription medications. A class of drugs called triptans includes zolmitriptan (brand name Zolmig), sumatriptan (Imitrex), and eletriptan (Relpax). Other prescription medications, such as ergots, or anticonvulsants, antidepressants, and cardiovascular drugs, also may provide help. ■

Avera St. Luke's Pain Management Center is located on the second floor of Avera Dakota Medical Square at 815 First Ave. S.E., Aberdeen, South Dakota. Hours are 7 a.m. to 3:30 p.m., Monday through Thursday, with outreach clinics on Friday; call 605-622-5123 or 1-800-225-8537, ext. 5123. No referral is needed. Check out www.averastlukes.org for more information on pain management.

LETTER FROM THE CEO



Ron L. Jacobson
President and CEO

Rising to the Challenge in Times of Crisis

The fall season is a great time of year. It's a time to reflect on the "harvest" of our time, talents, and resources—and to be thankful.

Unfortunately, it's been a year with catastrophic natural disasters. I'm very proud of our employees for their heartfelt response to the tragedies of the tsunami and Hurricane Katrina. Our employees also shared their "harvest" with the children of Iraq, and closer to home, with the people of the Salvation Army and the food banks in Aberdeen and Eureka, South Dakota. Rising to the needs of others is just the type of character trait that we seek from those who work with the people we serve in our hospital, our clinics, and our long term care facilities. Whether it's across the ocean, or at the bedside, we appreciate our many employees who extend a helping hand to those in need.

Visit our website at www.averastlukes.org.

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Living Well

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