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Winter 2011

# Simply *health* MAGAZINE

Enriching lives for a healthier community

## DROP IT!

Join our healthy living challenge  
where losing can make you a winner



Health Fair attendees join in a BodyVive class demonstration.



Becky Bohler, RN, administers a free bone density screening to an attendee.

Fitness Instructor Evelyn Martinez leads a Zumba demonstration.

### BE A CHALLENGER!

You can lose the weight  
you've wanted to, and you  
don't have to do it alone.

Page 4

### LOSING TO WIN

Joseph Smith and Vince  
Willging are richer for  
getting smaller.

Pages 6 and 7



# Eat well and be merry

**THE HOLIDAYS** are a high-risk season for those of us who need to watch what we eat. Temptation is everywhere, from the overloaded buffet table at your neighbor's annual party to the candy bowl on your co-worker's desk.

So how do you cope if you have a chronic medical condition, such as diabetes or heart disease, that

**Learn more about how to avoid putting on pounds this holiday season. Go to [www.culpeperhealth.org](http://www.culpeperhealth.org) and select "Holiday health" under "Search our health library."**

necessitates eating well or you simply want to avoid packing on pounds?

"Remind yourself that the holidays are not just about food. What they're really about is the joy of spending time with family and friends," says Angela Ginn, RD, a certified diabetes educator and spokesperson for the American

Dietetic Association (ADA).

This doesn't mean that your favorite holiday foods need to be off-limits. Any food (even creamy eggnog or sugary pecan pie) can be a part of healthy eating. The secret to surviving the holidays without derailing your diet is moderation and balance—not deprivation.

To find that balance, try the following tips from Ginn, the ADA and the American Diabetes Association:

**Be fussy.** Save high-calorie, fatty or sugary splurges for foods that you generally only eat during the holidays. Translation: Say no to potato chips and yes to a small slice of pumpkin pie. Portion

control is key when you indulge in desserts and similar goodies. Rather than overeating, sample.

**Eat before you eat.** It may seem like a good idea to skip meals earlier in the day so that you can eat more later at a party.

"But going hungry to any event where food is served almost always backfires," Ginn cautions. "You set

yourself up for overeating."

Skipping meals can also make your blood sugar hard to control if you have diabetes. A better strategy: Take the edge off your hunger before parties with a small, healthy snack.

**Take control.** Meet and greet at holiday parties before rushing to the food; conversation is calorie-free. And instead of worrying about what will be served, arrive with a dish that you can enjoy guilt-free, such as a low-fat or low-calorie version of traditional holiday fare.

**Don't let a busy holiday schedule crowd out exercise.** Being active can help you work off those extra calories many of us consume between Thanksgiving and New Year's. You might exercise shortly after you wake up, before your holiday to-do list sidetracks you.

Most important, get back on track if you eat more than you intended. Instead of telling yourself you've blown it and helping yourself to even more cookies, cake or candy, treat your slipup as a cue to put the brakes on overindulging.

## inside this issue



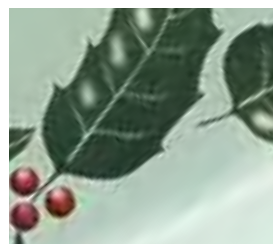
- Please join us in welcoming our new chief operating officer, Greg Napps, to Culpeper.

### Feature stories

8} **Why does it hurt?**  
Daniel Halpert, DO, our new pain-management physician, helps solve the mysteries behind chronic pain.

12} **Is it a cold or the flu?**  
It's important to know the difference between the two viruses and how they affect you. Here's why.

13} **Give thanks by giving back.** How the CRH Foundation supports the hospital's services to the community and how you can help.



## Simply health

Enriching lives for a healthier community

M A G A Z I N E

### WINTER 2011

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### Keeping informed

**Weighty issues for teens.** Concerned about your child's weight? Here are ways to help your child avoid becoming overweight or obese, starting with being a good role model. **page 10**

**Navigating diabetes.** You wouldn't choose to get type 1 diabetes. But you can choose how to manage it and the choices you make can let you keep control of your life. **page 14**

**Happier holidays.** Learn how to reduce stress and bring peace and joy to your holiday season. **page 16**





At the Health Fair Kickoff, attendees can take part in multiple class demonstrations throughout the day, including Zumba.

# Drop

## The fun way to Drop It!

Get into the spirit of healthy living without skimping on fun and join us for our 12-week challenge.

The program features:  
✓ Free group exercise and nutrition classes at the Daniel Technology Center.

✓ Prizes, including cash awards of \$1,000, \$500 and \$250 for the three adults with the greatest percentage of body weight lost and gift cards for youth challenge winners.

✓ Donations of \$30 to \$50 to nursing education and allied health programs by CRHS and Joe and Linda Daniel for each pound lost by challenge participants.

# It! The 2012 Healthy Living Challenge

Improving the health of our community

**IF YOU'VE WANTED** to get healthy and fit for years, but haven't found the motivation to start, the third annual Drop It! Challenge may be the answer for you.

The 12-week healthy living program, sponsored by Culpeper Regional Health System (CRHS) and Germanna Community College, is open to all ages and features prizes, health screenings, nutrition classes, fitness demonstrations, group exercise classes and motivational support.

"The hardest part of any weight-loss program is maintaining the initial enthusiasm you had going into the program," says Sandy Boone, director of the Powell Wellness Center and coordinator of the Drop It! Challenge. "Our weekly exercise classes, nutrition

programs and optional weigh-ins provide the support to help maintain that enthusiasm."

### Added activities

Even though this is just the third year for the Drop It! Challenge, the program keeps getting better. Last year, more health screenings and fitness demonstrations were added, as well as school involvement and a civic organization component. This year, more group exercise classes will be added, because those events tend to attract the most participation.

"Zumba is all the rage right now, not only here but all across the country," Boone says. "So we plan to offer Zumba and other high-energy classes every Monday night during the challenge."

This year, the goal for total weight lost has also changed. During the first two years of the challenge, participants combined to lose approximately 3,200 and 4,000 pounds, respectively.

"We are going to need a lot of participation to reach our new community goal of 5,000 pounds," Boone says.

The prizes for this year's challenge are similar to the first two challenges, including a \$1,000 cash prize for the adult who loses the greatest percentage of body weight.

"Having a cash prize at the end motivates some people to get involved," says Boone. "But many people enter because they like the idea of losing weight and/or pledging to lead a healthier lifestyle during the 12-week challenge."

### Meeting the need

The need for local families to live healthier lifestyles prompted Boone and local philanthropists Joe and Linda Daniel to create the Drop It! Challenge.

According to the most recent community health needs assessment, among the estimated 77,304 adults living in the Culpeper/Madison/Orange region, an estimated 45,200 (58 percent) are overweight or obese, 23,900 (31 percent) have unhealthy cholesterol levels, and 22,300 (29 percent) have high blood pressure. Among the estimated 9,989 children, about 2,000

(20 percent) are at risk of being overweight or obese, and a larger number could be at risk of an unhealthy diet and insufficient physical activity.

"Obesity is a real problem in our area, and the nice thing about this challenge is that the whole family can participate together," Boone says.

For example, the Broyles family participated together last year, and each member was successful. The mother lost 19 percent of her body weight and placed third overall, the father lost 40 pounds and finished in the top 20, and their daughter lost 8 percent of her body weight and placed second in one of the youth categories.

### Make it easy on yourself

For those planning to enter this year's challenge, Boone has several tips. First, partner with a buddy for additional motivation and support. Second, participate in the optional Monday night weigh-ins at Germanna, if possible, because they will help keep you accountable. And third, complete the program.

"Regardless of whether or not you lose weight, it's still important to weigh in at the end of the challenge to be eligible for the drawing for a free, one-year Powell Wellness Center membership," Boone says.

Completing the program is also important because for each pound lost, between \$30 and \$50 will be donated by CRHS and the Daniels

to benefit allied nursing and health programs in the local area.

"This money helps us continue to have the capacity to treat people in our community," Boone says. "It ensures we will not be short on nursing staff and helps us continue to educate our nurses, which allows us to provide the best possible care—the kind of care our community deserves."

*How losing made big winners of two men in CRHS's Drop It! program. See pages 6 and 7.*

## Drop It! scholarships

So far, the Drop It! Challenge has funded:

- ✓ UVA master's degree nursing courses for a nurse practitioner working at our free clinic.
- ✓ Germanna nursing courses for three Eastern View High School dual-enrollment nursing students.
- ✓ Germanna nursing courses for two nursing students.
- ✓ Bachelor's and master's degree nursing courses for seven staff nurses.
- ✓ Master of Business Administration courses for the director of the CRH emergency department.
- ✓ Master's degree nursing courses for CRH's vice president of nursing.
- ✓ CNOR (perioperative) certification for a staff nurse.
- ✓ Nursing uniforms for five Germanna nursing students.

## Health Fair Kickoff Event Saturday, January 28

Join us for free health screenings, interactive fitness demonstrations and booths on nutrition, health and fitness.

Register and weigh in at the health fair on Jan. 28 or at the Powell Wellness Center, 1005 Golf Drive, Culpeper, starting Monday, Jan. 16. Participants must register by 4 p.m., Jan. 28.

For more information, call 540-829-4754 or go to [www.culpeperhealth.org](http://www.culpeperhealth.org).



• Deidre West, director of CRH's medical/surgical unit, administers a free A1C test to an attendee of the 2011 Drop It! Health Fair.



● 2010 Drop It! winner Joseph Smith shows the old scrubs he wore at the start of the 12-week challenge.

# Losing made him a big winner

**FOR JOSEPH SMITH**, a registered nurse in the ICU at CRH, participating in the Drop It! Challenge for the past two years was a smart decision. Not only did he win the \$1,000 cash prize by losing the highest percentage of body weight in the 2010 challenge, he also won a free one-year Powell Wellness Center membership in the 2011 challenge.

"It was very exciting to win the first challenge," Smith says. "I'm a very competitive guy, having played sports all my life, and I'm the type of person who likes to see things through. And even though I didn't lose the most weight during the second challenge, I was really pleased to win the Powell Wellness Center membership. Of course, any time you improve your health, the money and prizes are secondary. The fact that I got healthier and did something for myself and my family, that was the real prize."

## Extra incentive

During the first challenge, Smith lost 23 percent of his body weight. During the second challenge, he

lost 16 percent, earning him sixth place.

"I have always struggled with my weight, and when I learned about the Drop It! Challenge, I jumped at the chance to participate," Smith says. "Looking at shows like *The Biggest Loser*, I always said I would do really well in that type of atmosphere, and the Drop It! Challenge gave me the motivation I needed to push through."

Being a nurse himself, the added bonus of the \$50 per-pound-lost donation going to allied nursing and health programs sweetened the deal even more.

"I felt really proud to be able to give back in that fashion," Smith says. "That's one reason I did it again the second year. And I'll continue to do it each year they offer it, because even if I lose just one pound, that's \$50 for nursing. That's what I tell people who are considering not weighing in at the end. Even if you lose just a few pounds, no one else will know, and the community will still benefit from your participation."

## Looking to lose more

Smith, who suffers from arthritis and joint problems, plans to focus more on muscle building and strength training during the 2012 challenge, but says he wouldn't mind losing another 40 pounds. Having lost more than 100 pounds over the last two years, he was able to go off his blood pressure and arthritis medications, and his mobility has improved considerably.

"Everything is easier for me now," he says. "Work, play, everything is better."

For those planning to participate in the next challenge, Smith suggests finding a strong support system.

"My wife was tremendous," he says. "She fixed a separate meal for me each night and put up with me going to the gym, sometimes twice a day. She also participated in the challenge with me."

For his wife, the group classes—such as the cardio, Zumba and aqua-aerobics—provided the extra motivation she needed. But for Smith, a strict diet and working out on the elliptical machines at the Powell Wellness Center were the keys to success.

"I like the family atmosphere at the Powell Wellness Center," Smith says. "The staff is friendly and helpful, and having child care services on site helps me get to the gym on a more consistent basis."

## Motivated by kids

Having young children around actually helped push Smith on the days he didn't feel like working out. He's getting healthier because he wants to be able to do things with his children as they grow up.

"I have more energy now and I'm able to do more than I was two years ago," Smith says. "I was pretty much a couch potato before. And in the past, my weight went back and forth, so I'm trying to make this 'the' time, as opposed to 'a' time. But I'm pretty confident this will be 'the' time because it's the continuance of a healthy lifestyle change."



# Meet the defending champ

**FOR VINCE WILLGING**, a CT and MRI technologist at CRH and the winner of the 2011 Drop It! Challenge, the primary motivation for entering was the health benefits.

"I went to the doctor for the first time in years because I wasn't feeling well, and he told me I needed to lose weight," Willging says. "My blood pressure was high, my cholesterol was through the roof and I was prediabetic."

Following his doctor's recommendation, Willging started a healthy diet. Two weeks later, he read about the Drop It! Challenge.

"I knew the challenge would be a great incentive to help me lose weight, so I decided to go for it," he says.

## Weight lost is cash gained

During the challenge, Willging lost 22 percent of his body weight, earning him the \$1,000 cash prize, plus an extra \$500 from the CRHS employee prize category. But more importantly, his health improved.

"I was able to get off my cholesterol and blood pressure medications," Willging says. "And I was able to get off the gastric reflux medication—another condition that I attributed to being overweight."

For Willging, the secret to his weight-loss success was a strong support system. Even though his family did not need to lose weight, after he told his wife about the diet, she decided she was not going to cook different meals—they would all eat the same way.

"At first, it was hard for my kids because they could afford to eat pasta and bread," Willging says. "But we decided as a family to cut those things out, and everyone was very supportive."

## Making it fun

Another support for Willging was CRH co-worker Glenn Johnson, who placed fifth in the 2011 Drop It! Challenge.

"We work pretty closely together, so we were always watching out for each other," Willging says.

"Sometimes we would jokingly tempt each other, but neither of us would back down, so that made it fun."

Besides adopting a healthier diet, Willging added cardiovascular exercise, including elliptical training, biking, walking and running. And even though Willging has kept off all of the weight he lost during the 2011 challenge, he plans to enter the 2012 challenge.

"My focus for this challenge will be on the physical fitness aspect, not so much the weight-loss part," Willging says. "I'd really like to tone up and get my body into better shape."

## What it takes

According to Willging, anyone can win the Drop It! Challenge. All that's needed is to stay motivated, take advantage of the classes offered, enlist family support, and learn as much as you can during the process.

"My biggest advice is that it can be done," he says. "I know it's easy to get discouraged, so you really have to put your mind to it. And it's not something you can do with a fad diet. If you want to lose weight and you want to keep it off, it has to be a lifestyle change."

Willging says he never completely understood the effect fast food had on his body. He knew it was bad for him, but he didn't really know the impact it had on his blood sugar and cholesterol levels.

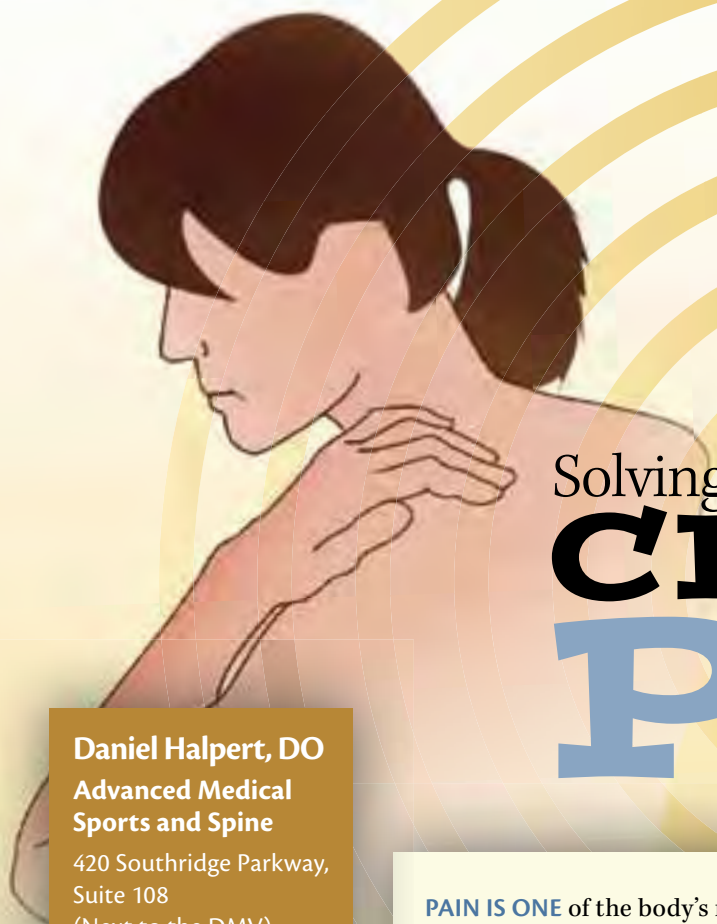
"I understand that relationship now," he says. "And I understand the good effects healthy foods can have on your body."

If nothing else, Willging hopes his story will motivate others to at least try the challenge.

"I'm inspired by the incentive the health system and the Daniels have created here," Willging says. "Not only is the challenge a great incentive for everyone to be able to help out the community by raising money for nursing, it's a great incentive to get people started on a healthy weight-loss and exercise program. Once you experience the health benefits, and you start feeling good about yourself, that's really the most important reward from the challenge."



• At the 2011 Drop It! press conference, Vince Willging (center) is congratulated on his success by (from left) Joe and Linda Daniel, Lee Kirk and Joseph Smith.



## Solving the mysteries of **CHRONIC** **PAIN**

**Daniel Halpert, DO**  
**Advanced Medical**  
**Sports and Spine**

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**Residency:** Johns  
Hopkins University  
School of Medicine

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Medical School



● Daniel Halpert, DO

**PAIN IS ONE** of the body's most protective mechanisms. It's also one of the most common reasons people visit the doctor's office. Acute pain that appears as a symptom related to illness or injury is relatively straightforward to treat. But when pain lingers after an injury has healed or an illness has run its course—or when the pain has no identifiable cause—it can be one of the most complex conditions for physicians to diagnose and treat.

Pain management is a rapidly growing medical specialty that takes a multi-disciplinary approach to treating acute and chronic pain. Doctors who specialize in pain management recognize the complex nature of pain and approach the problem from all directions. Just like other physicians, pain management specialists are board-certified and extensively trained. But, in addition, they must become expert detectives in order to successfully treat the patients who come to them for relief.

"Pain is very complicated to diagnose," says Daniel Halpert, DO, the new pain management physician who recently opened Advanced Medical Sports and

Spine in Culpeper. "Quite frequently, in spite of a thorough patient history and findings on physical examination and imaging studies, it is very difficult to identify the actual generator of chronic pain."

### **The mystery surrounding pain**

Dr. Halpert says chronic pain is hard to pinpoint for several reasons. First, there are no objective tests for measuring pain.

"The tool we use to measure the level of pain is very subjective—it is a self-reported pain score ranging from zero to 10," Dr. Halpert explains. "We have blood tests for measuring sugar levels in diabetic patients, and we have equipment for measuring blood pressure, but nothing as objective for measuring pain."

Second, pain radiates. For example, when a patient experiences a heart attack, even though the heart is located in the chest, the patient may feel pain in the neck, back, arm or hand.

"That's why it's important for pain management physicians to learn how to diagnose properly," Dr. Halpert says. "Even if pain is occurring in the small toe, that does not necessarily mean the origin



of the pain is the small toe. It may well be, but it is really important to tease out the cause of the pain so treatment can be directed toward the correct location.”

Third, there may be psycho-social factors that come into play. For example, in some cases, the pain may be worsened by depression. And depression, in turn, may be worsened by pain.

“If the main issue is psycho-social in nature, that does not mean the pain is not present,” Dr. Halpert says. “Pain is real, regardless of whether or not we can find the etiology. If we determine that depression is significantly contributing to pain, we need to figure out what is causing the depression and then work on correcting that.”

To complicate the process even more, Dr. Halpert says, depression, cigarette smoking, anxiety, insomnia and chronic pain are all very closely related. In this type of situation, the main task is to figure out how much the psycho-social issues are contributing to the pain, and how much of it is related to anatomical issues.

“It’s like a puzzle,” he says. “We can’t just treat one part. We have to look at the whole picture to figure out what is actually going on.”

## What to expect

When a patient visits Advanced Medical Sports and Spine for the first time, Dr. Halpert conducts a full history and a complete physical exam, then orders and reviews the appropriate imaging studies.

“I look at the imaging studies to see if they validate what I’m thinking based on patient history and physical exam findings,” he says. “Sometimes they corroborate my thoughts and sometimes they do not, but I have to take everything into account when I’m trying to pinpoint the exact source of the patient’s pain.”

After Dr. Halpert properly diagnoses the origin of the pain, he

starts with the most conservative treatment measures first.

“If a patient is suffering from tendon, muscle or nerve pain, there may be an exercise or stretch I can train the patient to do,” he says. “The next step may be physical therapy and, after that, we may try medication. If none of these work, we may try injections or radiofrequency treatments to heat the nerve that is transmitting the pain sensations. After that, we may decide to try a spinal cord stimulator, but only if the patient passes the trial.”

Spinal cord stimulators work by masking the pain signals between the brain and the spinal cord. In this minimally invasive procedure, a small rechargeable battery device is implanted under the skin to deliver tiny doses of electricity that change the pain signal into something the brain interprets as a more pleasant sensation, such as gentle tingling or massage. The procedure is helpful for some patients who suffer from chronic arm, back or leg pain.

“My main goal is to help people avoid surgery, and help prevent them from having to take long-term pain medication,” Dr. Halpert says. “A lot of patients will become dependent on and tolerant to pain medication. They then require higher doses as the medication becomes less effective and the cycle continues. One of the biggest ironies of certain pain medications is that they can often be a cause of pain themselves at higher doses.”

One of the reasons Dr. Halpert chose the Culpeper area is because many of our primary care physicians are not comfortable prescribing escalating doses of medications.

“This area had a high demand for a pain physician,” Dr. Halpert says. “There is no other provider in the county that specifically manages pain. But, in addition, Culpeper is a great little town. I like the people, the health system, the weather, and the fact that there is no traffic

## Types of pain

The etiologies of pain are limitless, and Dr. Halpert is trained to focus on all types. Some examples of the most common conditions he treats are:

- ✓ Muscle strain
- ✓ Degenerative disk disease and spinal stenosis
- ✓ Radiculopathy, or pinched nerve
- ✓ Neuropathic types of pain, such as from diabetes
- ✓ Tendonitis
- ✓ Rotator cuff tears and shoulder pain
- ✓ Knee pain
- ✓ Back pain
- ✓ Neck pain
- ✓ Bursitis
- ✓ Any other type of pain coming from inflammation or nerve damage
- ✓ Overuse syndromes
- ✓ Headache or migraine

congestion. My fiancé also lives nearby, so after putting all of that together, Culpeper seemed like the perfect fit for me.”

## Getting back into life

Despite the fact that Dr. Halpert has been practicing in Culpeper for only a few months, he has already seen a dramatic improvement in his patients.

“Many of my patients have been able to discontinue their medications completely, many are experiencing improved function and many have gone back to work,” he says. “Those are the important things I look for, because I judge my success by how much I can improve the quality of life for my patients and by the number of enjoyable activities my patients are able to resume as a result of the improved pain control.”

# Helping children have a healthy

**COMPARE** a typical school class photo from today with one taken 30 years ago. Besides clothing and hairstyles, what other difference stands out?

More times than not, a current photo will show far more youngsters to be overweight, or even obese, than kids three decades ago. In fact, a third of all children and adolescents in this country are currently overweight or obese, according to the American Heart Association.

"It's an increasing problem," says Anne Francis, MD, a member of the American Academy of Pediatrics' Obesity Leadership Workgroup. "There are, unfortunately, a large number of children who have trouble with obesity."

## Significant risks

Overweight and obese children and adolescents are at risk for a number

of physical, social and emotional problems.

Immediate physical problems may include joint pain, asthma, sleep apnea and skin infections.

Social and emotional problems may include being teased and having low self-esteem, depression and a poor body image. Obesity also has been linked to poor school performance and risky behaviors, like alcohol and tobacco use.

**Need a doctor for your child? Go to [www.culpeperhealth.org](http://www.culpeperhealth.org) and click on "Find a Doctor."**

But as significant as these immediate problems can be, an overweight or obese child is also likely to face some serious health

issues in the future.

For example, being overweight raises risks associated with cardiovascular disease, such as high blood pressure, unhealthy cholesterol levels, glucose intolerance and type 2 diabetes. Today's obese child is also at long-term risk for stroke and cancers of the breast, colon and kidney.

How can you tell if your child is overweight or obese?

According to the Centers for Disease Control and Prevention, the most widely accepted measure is body mass index (BMI), which is based on weight in relation to height.

A child between the ages of 2 and 19 is considered overweight if his or her BMI is at or above the 85th percentile compared to other children of the same age and sex. Obesity is defined as a BMI at or above the 95th percentile.

## Five-Two-One-Zero weight-control goals

There are a number of ways to help an overweight child. Perhaps the most important is to be a good role model. "The whole family has to be on board," says Anne Francis, MD, a member of the American Academy of Pediatrics' Obesity Leadership Workgroup. "Adults have to model the healthy lifestyle."

She often recommends that families aim for the following Five-Two-One-Zero weight-control goals:

- 5** servings of fruits or vegetables each day.
- 2** hours or less of screen time each day, which includes TV, computer and video game time.
- 1** hour of moderate physical activity each day.
- 0** sugared drinks.

"It puts everything together in a nutshell," she says. "Very small changes, incremental changes, even single changes can make a big difference."

What doesn't work is for the overweight or obese child to be singled out at home, Dr. Francis adds.



# weight

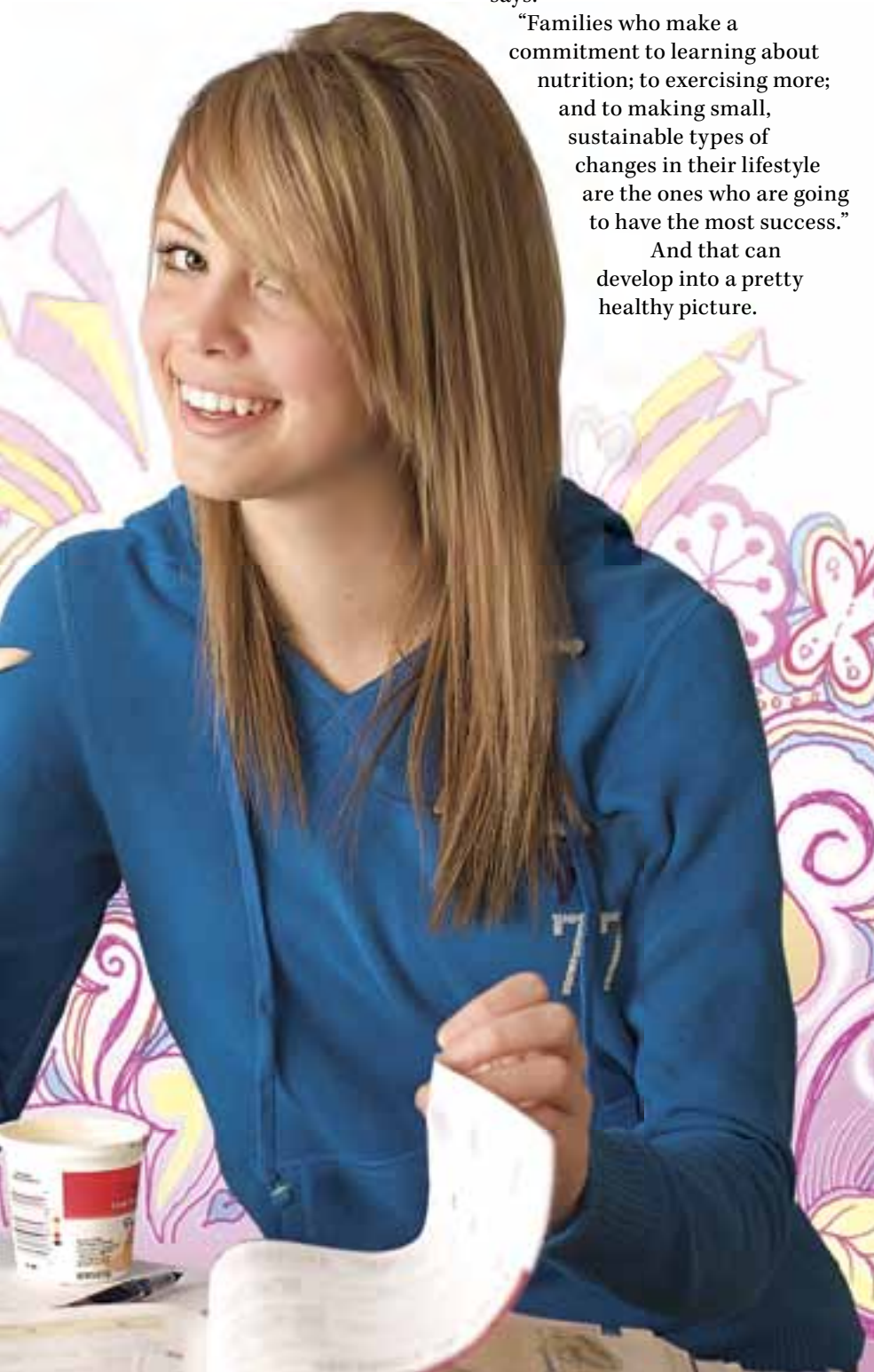
Your child's doctor can help determine your child's BMI and which percentile it falls in.

## How you can help

"The important thing is for the family as a whole to try to make some adjustments," Dr. Francis says.

"Families who make a commitment to learning about nutrition; to exercising more; and to making small, sustainable types of changes in their lifestyle are the ones who are going to have the most success."

And that can develop into a pretty healthy picture.



## The care and feeding of teenagers

As kids morph into teens, their world becomes focused on friends, activities, social pressures and high-school-size homework. Ten extra minutes in bed and pizza with pals may trump breakfast and family dinners.

But they need healthy food—and plenty of it—during these growth-spurt years. Luckily for them, they have you to help them out.

### HURDLES TO HEALTHY EATING

The American Academy of Pediatrics cautions against some typical teen traps and offers tips to help kids maneuver around them.

**Skiping meals.** Many teens skip breakfast altogether and settle for a soda and candy bar for lunch. To encourage better choices, keep healthy grab-and-go items on hand, such as: ✓ Yogurt. ✓ Fruit. ✓ Ingredients for easy-to-fix smoothies. ✓ Peanut butter and whole-grain bread. ✓ Breakfast bars. ✓ Nuts and raisins. ✓ Hard-boiled eggs.

**All-day snacking.** Three well-balanced meals and two hearty snacks a day can actually help teens get the nutrients they need without overeating. Keep the pantry stocked with low-fat, low-salt, low-sugar choices, such as: ✓ Graham crackers. ✓ Baked potato chips. ✓ Low-salt or no-salt pretzels. ✓ No-butter microwave popcorn. ✓ Applesauce. ✓ Frozen yogurt.

**Fast food.** If you can't break your teen's fast-food habit, support healthy choices by: ✓ Suggesting alternatives. Point out the better selections, such as grilled chicken sandwiches, burgers without cheese or small orders of fries.

✓ Encouraging balance. Pizza and burgers are OK, but suggest adding a salad or fresh fruit.

### SERVE IT, AND THEY WILL COME

At this busy time in their lives, teens will gobble up a platter of veggies and low-fat dip—even if they won't take time to peel an orange themselves.

And keep the focus on health, not weight. Teens should never be put on a weight-loss program without consulting a doctor first.



# Is it a cold or the flu?

## It's important to know the difference

**YOU'RE SNEEZING**, your nose is stuffed up and you're tired. In other words, you're feeling lousy.

You're considering going to the drugstore to pick up some over-the-counter medicines to help relieve your symptoms. But before you do, you might want to ask yourself, "Do I have a cold or the flu?"

The answer to that question is important because you may want to see your doctor for a prescription medicine if you think you have the flu.

Prescription flu drugs (called antivirals) can reduce the amount of time that you're sick. They may also reduce your risk for potentially dangerous complications from the flu, such as pneumonia. The catch is that these medications work best when taken within the first 48 hours after developing flu symptoms.

Use this chart to help figure out what's ailing you.

Symptom	Cold	Flu
Fever	Rare	Usual, 100-102 degrees—may be higher, especially in young children; lasts 3-4 days
Headache	Rare	Common
General aches, pains	Slight	Usual, often severe
Fatigue, weakness	Sometimes	Usual, lasts up to 3 weeks
Exhaustion	Never	Usual, at the beginning of the illness
Stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Chest discomfort	Mild to moderate	Common
Cough	Common, hacking	Common, can become severe

American Lung Association; Centers for Disease Control and Prevention; U.S. Department of Health and Human Services

CRH wants you to know the facts about the flu. To learn more, go to [www.culpeperhealth.org](http://www.culpeperhealth.org), and select "flu" from the "Search our health library" pulldown menu.

## Feel better

To treat a cold or the flu:

- ✓ Get plenty of rest, especially when you have a fever. Rest helps your body fight infection.
- ✓ Consume lots of fluids, such as water and clear soups, but avoid alcohol. Fluids help loosen mucus and help prevent dehydration.
- ✓ Gargle with warm salt water to ease a sore throat. Throat sprays and lozenges may also help relieve the pain.
- ✓ Use saline nose drops to help loosen mucus and moisten the tender skin in your nose.
- ✓ Take an analgesic—such as aspirin, acetaminophen or ibuprofen—to help relieve aches and pains and to reduce fever. Never give aspirin to children or teenagers.

American Academy of Family Physicians



# Give thanks by giving back

**THE HOLIDAYS ARE** a time to express appreciation for life's blessings. And one way to do that is to make a donation to the hospital's foundation, which helps make our community a better place to live.

## **ABOUT THE FOUNDATION**

Our foundation is a nonprofit organization that exists to support the hospital's activities. It helps the hospital identify needs within the community. Then it raises funds to help support those projects.

For example, our foundation may sponsor:

- Educational programs within the hospital, such as nurse training or staff education.
- The purchase of medical equipment, such as magnetic resonance imaging (MRI) and digital mammography.
- Community classes, such as CPR training, or community health events, such as vaccination clinics.
- Charity care for people who cannot afford their medical bills.
- New construction or renovation to existing buildings.

Our foundation is led by a board of directors, which has ethical and fiduciary responsibilities toward those who donate. This board is composed of volunteers who are leaders in our community. They work to raise money and invest that money responsibly until it is time to give the funds to the hospital.

## **Here when you need us**

Most of us don't think about the hospital every day—we turn to it only when we are in need of health care services or have a medical emergency. But the hospital and its staff are here day in and day out, helping those who need it the most.

Our foundation strives to ensure that our community has the health care we deserve. Consider making a donation as a way to say "Thank you."

The CRH Foundation accepts debit and credit donations online. Go to [www.culpeperhealth.org](http://www.culpeperhealth.org) and click on "Donate Online." Or mail a check to 501 Sunset Lane, Culpeper, VA 22701. To learn more, call 540-829-8806.



SEAN BUSBY

# Navigating diabetes' SLIPPERY

**YOU DON'T CHOOSE** to get type 1 diabetes. But you can choose how to react to your diagnosis, says professional snowboarder Sean Busby.

"I try to think of my diabetes as a best friend," Busby says. "Sure, we may have occasional arguments, but if I choose to be friendly, then we will get along much better, and I will be able to do all of the things I want to do."

For Busby, this means putting effort into managing his disease. As for the things he wants to do, snowboarding tops the list.

## His story

There was a time when Busby considered giving up snowboarding. It was June 2004.

At 19, he was an emerging star on the professional snowboarding circuit and was busy collecting titles and sponsorships.

Suddenly, serious health problems, including excessive vomiting, fatigue and weight loss, took him off course. After many months and several misdiagnoses, a

health care practitioner finally concluded that Busby had type 1 diabetes.

As he adjusted to his condition, Busby thought about giving up the sport he loved. Then he attended an event where he met young children who had been managing type 1 diabetes all their lives.

Inspired, Busby decided to get back on his board. He began testing the boundaries of what he could do with his body while staying in control of his disease.

## Inspiring others

Once he found his balance, Busby wanted to share with others what he had learned about staying active and healthy. He especially wanted to help those children who had encouraged him to keep going.

So he created Riding on Insulin, a series of snowboarding camps designed for kids with type 1 diabetes. At the camps, they learn how to manage their disease while safely participating in winter sports.

During the sessions, Busby, now 26,



## Take Control: Diabetes Education and Support

CRH offers a three-class course on diabetes to help individuals understand diabetes and the skills needed to manage the disease.

This course is designed to improve the quality of life for people with diabetes. Individual appointments are also offered.

Our diabetes support group meets the first Tuesday of each month from 7 to 8 p.m. at CRH. This group is open to the public.

For more information on our Diabetes Education course and the Diabetes Support Group, please call 540-829-8867.



# SLOPE

shares tips he's gathered during his own snowboarding experiences. Some lessons he's learned:

***Always be prepared for an emergency.***

Carry extra batteries for your pump, syringes for your shots and plenty of insulin.

***Be smart about how the weather affects you and your supplies.*** You need to understand how cold and altitude can change glucose readings.

***Keep in mind that with diabetes, you're prone to circulation issues.*** Wear proper equipment, such as correctly fitting boots, socks and gloves.

## Busby's philosophy

"It all comes down to really incorporating your diabetes into who you are and not seeing it as something separate," Busby says.

"I've found that life with diabetes isn't really that different than life without diabetes," he adds. "You can still do the things you want to do and accomplish the goals you want to accomplish."

Juvenile Diabetes Research Foundation

"I've found that life with diabetes isn't really that different than life without diabetes."

—Sean Busby



Sean Busby stands in the backcountry of the Ben Ohau Range, New Zealand, during a guiding trip for his business, Powder Lines.

# Stress less this holiday season

Less stressful  
holidays are good  
for everyone.  
For more tips  
on managing  
stress, go to [www.  
culpeperhealth.  
org](http://www.culpeperhealth.org), and select  
“Holiday  
health” from  
the “Search our  
health library”  
pulldown menu.

**YOU'RE IN** holiday overdrive, baking cookies, running to the mall, then rushing back home in hopes that you'll arrive before your out-of-town guests.

Is the gift you want most for yourself a nap?

Go ahead and treat yourself. After all, this is supposed to be a season of peace, not pressure. Carving out some downtime—whether it's to recharge with a nap, take a walk or even play a game with your family—can make your holidays less stressful. And by slowing down, you might have more energy to enjoy those guests.

What else can you do to feel less tense this holiday season? Try these tips:

**Prune your to-do list.** You don't need to accept every invitation that comes your way or try to squeeze every holiday tradition into one or two days. Too many tasks or commitments can make the holidays seem like a marathon. Reserve time for what matters most, and don't feel obliged to bake cookies if baking just isn't your thing.

**Lower your expectations a bit.** Say the word *holiday* and a lot of us imagine picture-perfect celebrations. That's a fantasy—and one that is almost certain to stress you out if you buy into it. It's really OK if this year's tree is a little lopsided or the brisket burns. Focus on what truly



gives the holidays their meaning: time spent with loved ones.

**Don't expect family tensions to magically disappear.** Be realistic about any strained relationship you might have with a family member. If the two of you haven't gotten along for the rest of the year, chances are you won't click now just because the holidays are here. One way to cope may be to limit the time you're together.

**Finally, don't feel like Scrooge if you can't afford pricey presents.** You're still a good—and caring—parent if you tell your child that a toy is too expensive. Give your son or daughter an affordable present and the gift of your company.

American Psychological Association; Mental Health America