

A *free* AIKEN REGIONAL MEDICAL CENTERS  
WOMEN'S HEALTH INITIATIVE

ISSUE 3



WINTER 2020

# QUARTERLY

**HEALTHIER  
HOLIDAY SEASON**

Helpful tips  
and advice

**GESTATIONAL  
DIABETES**

What You Need  
to Know

Get the support you need  
**CERTIFIED DIABETES EDUCATOR**

Don't miss out! Join *we* today.

  
**we**  
*Women Enlightened*  
FOR BETTER HEALTH

Ashlee Brewer



# welcome

*Women Enlightened*  
FOR BETTER HEALTH

*“A friend  
is a gift  
you give  
yourself.”*

— ROBERT LOUIS  
STEVENSON

Dear *we* community,

I hope you and your family enjoyed a fun and healthy 2019! Now that the weather is getting cooler and the days are getting shorter, I can't believe the holidays are already here and we'll soon welcome 2020.

Part of the focus of WE is living a healthy, happy life all year long. While the holidays can be a stressful time, we're providing tips you can actually use to help make this holiday season the best yet.

Remember, the WE community is here for you, year-round and during all life stages, to cheer you on as you improve your health and wellness; even during pregnancy. That's why we're talking about gestational diabetes and how to avoid it.

I wish you and your family a fun-filled holiday season. There's so much to look forward to — quality time with family and friends, tons of get-togethers, fantastic food and giving thanks.

Yours in sisterhood,

**ASHLEE BREWER**  
DIRECTOR OF MARKETING, AIKEN REGIONAL



# we CALENDAR OF EVENTS



## FEBRUARY SENIOR WELLNESS BREAKFAST

Get your day off to a healthy start with breakfast and an engaging discussion.

*Topic:* A Heart to Heart About Heart Failure

*Speaker:* Ashley Blalock DNP, NP-C, CHFNP

*Date:* Friday, February 14

*Time:* 9 a.m.

*Location:* USC Aiken

Business and Education Building, Room 122  
471 University Parkway, Aiken, SC 29801

Register at [aikenregional.com/seniorwellness](http://aikenregional.com/seniorwellness)

## ALL THINGS KIDS: BUMP, BABY AND BEYOND EXHIBITION

Join us for this fun and informative event designed for the whole family!

*Date:* Saturday, March 28

*Time:* 10 a.m. to 1 p.m.

*Location:* Aiken County  
Family YMCA

621 Trolley Line Road  
Graniteville, SC 29829



- Health screenings
- Information booths
- Safety demonstrations
- Face painting
- Fun activities
- Door prizes
- Kid-friendly snacks
- And more

Presented to you by your Caring for Carolina & Children's First Partners



## we RECAP

### DID YOU NOTICE AIKEN REGIONAL'S NEW LOOK?

You'll still receive the quality care you've come to expect, but Aiken Regional Medical Centers recently underwent a facelift — of our brand. You may have already seen our brand-new logo on this newsletter. The revitalization of the logo places emphasis on Aiken and the hospital's connection to the local community.

"Our new brand better reflects the patients we serve, the Aiken community," said Jim O'Loughlin, Chief Executive Officer at Aiken Regional Medical Centers. "Providing quality care to our patients is the center of all of our efforts. We can only be successful with the continued support of our local community."

### BREAST CANCER AWARENESS

Did you Know:

- 1 in 8 women will develop breast cancer in her lifetime.
- Breast cancer is the second leading cause of death in American women.
- When localized breast cancer is caught early, the five-year survival rate is 99%.\*
- 3D mammography may increase breast cancer detection rates by about 40%.

**Choose the Women's Breast Health and Imaging Center at Aiken Regional, where we offer all 3D mammography for clearer, more accurate early breast cancer detection.**

\*Centers for Disease Control and Prevention, JAMA Oncology

# *Your Guide to a* **HEALTHIER HOLIDAY SEASON**

**B**efore you even think about New Year's resolutions, you have some celebrating to do! It's easy to lose focus on a healthy lifestyle with so many fun — and delicious — distractions during the holidays. That's why we've compiled some ways to make this time happy and healthy for you and your family. ►





### **Manage your stress**

Holiday to-do lists can seem endless. Use these tips so that you enjoy the festivities, too (and perhaps even some downtime):

- Don't sacrifice sleep. Resist the temptation to let changes in routine rearrange your schedule.
- Avoid overcommitting. Consult with your family about the events that are most important to them rather than overscheduling to fit in everything.

Connect with others for support. More than anything, this time is about family and friends. Find comfort in them.

"Remind yourself, you're human, you've done your best for one day. Overeating won't help," says Jackie Enlund, MPH, RD, LD, a registered dietitian with the Diabetes and Nutrition Teaching Center at Aiken Regional. "Take five minutes to shut the door, de-stress and get your thoughts together. For some, a 10-minute bout of jumping jacks, sit-ups or a quick walk up the block can reframe your mind."

### **Stay active, not just busy**

The walking you do while shopping counts. In fact, many people turn to indoor walking during the colder months to help keep fit.

"Take daily family walks," Enlund says. "Be intentional about limiting screen time and get everybody involved with holiday tasks to maximize family time."

Also consider:

- Fire up a YouTube® fitness video online. It's easy to find workouts specific to your personal goals.
- Warm-ups are crucial. Take the time to stretch and get your blood flowing.
- Make it fun for the whole family! Dancing is a great form of exercise. Gather the kids, put on some music and enjoy!

### **Healthy holiday eating – yes, it's possible!**

You and your family can have [some of] your cake and eat it, too. Just keep the following tips in mind:

- Limit your portion sizes. You don't have to miss out — just don't "pig out."
- If you're at a party with your kids, make their dinner plate. Piling on veggies and lean meats will leave less room for sweet treats.
- Focus on friends and fun, not food. Catch up with friends and family. Soak up the love.

"Use the plate method: Fill half your plate with fruits and vegetables, another quarter with starch and the last quarter with protein," says Enlund. "Savor each bite and don't go back for seconds."

### **DRINK WISELY**

Each year, an average of 300 people die in drunk-driving crashes between the Christmas and New Year's holidays. If you partake in libations, remember:

- You should never drink and drive — or ride with anyone who has been drinking.
- It's important to remember to drink in moderation. A maximum of one drink per day is recommended for women.

***Aiken Regional Medical Centers wishes you and your family happy, healthy holidays. We look forward to another year with you!***

Centers for Disease Control and Prevention (CDC), US Department of Agriculture, National Highway Traffic Safety Administration

# Gestational Diabetes: *What you need to know*



About 14 percent of expectant mothers cannot produce the extra insulin needed during pregnancy, causing gestational diabetes. This occurs in pregnant women with or without a prior history of diabetes, usually in the middle of the gestation period.

## How it affects mom and baby

A woman with gestational diabetes may deliver a baby with increased birth weight due to high blood sugar. Increased birthweight can make natural delivery difficult and require a cesarean section (C-section). Recovery from a C-section generally takes longer than with natural birth.

Gestational diabetes can increase risk of preeclampsia (high blood pressure), which can increase risk of premature delivery, or cause the mother to have a seizure or stroke during labor and delivery. Newborns may develop hypoglycemia, or low blood sugar.

## Your risk factors

You could be at higher risk of developing gestational diabetes if you:

- Have a family history of diabetes
- Have prediabetes
  - Gain excessive weight during pregnancy
  - Are overweight or obese when you become pregnant
  - Previously had gestational diabetes
    - Are African American, American Indian, Asian American, Hispanic/Latina or Pacific Islander American



Centers for Disease Control  
and Prevention

## Possible prevention measures

There is no sure way to avoid gestational diabetes, but being healthy prior to pregnancy may help lower your risk. Consult with your doctor to plan and set goals.

"The hand that holds the fork holds the future," OB/GYN Judith Hoover, MD advises. "The food industry makes unhealthy food look so inviting. A lot of things that look nutritious are really not. Read the labels." She recommends attaining a BMI of 25 before becoming pregnant.

## The Diabetes and Nutrition Teaching Center can help

Women with gestational diabetes can turn to Aiken Regional for help in managing the condition. The center offers peace of mind by helping women understand the condition and how it affects them and their unborn baby.

"We let women know they have support they need," says Certified Diabetes Educator Nancy Goslen, RN, BSN. "We can help expecting mothers review what is best to eat, plan meals, know how to eat out and understand elevated glucose readings."

Located at 440 Society Hill Drive, Suite 204, in Aiken, the Diabetes and Nutrition Teaching Center was the first diabetes education program in the Central Savannah River Area to receive recognition by the American Diabetes Association®.

**To make an appointment, call  
803-293-0021 or 800-245-3679.**

# Jean's Banana Pudding Parfait

Try a healthier, low-fat version of down-home banana pudding! Makes 10 servings.

## Ingredients

- 8 ginger snap cookies (crushed)
- 7 medium ripe bananas (sliced thin)
- 1 cup nonfat milk
- 1 1-oz box instant sugar-free, fat-free vanilla pudding
- 1 1/4 cup low-fat vanilla yogurt
- 1 tbsp vanilla extract
- 1 cup fat-free frozen whipped topping (thawed)
- 10 8-oz parfait cups or drinking glasses
- 1/4 tsp cinnamon for garnish (optional)

## Nutrition Facts

**Serving size:** 1 glass

**Calories:** 170

**Total Fat:** 2 g

**Saturated Fat:** 1 g

**Cholesterol:** 3 mg

**Sodium:** 219 mg

**Carbohydrate:** 36 g

**Dietary Fiber:** 2 g

**Total Sugars:** 19 g

**Added Sugars:** 5 g

**Protein:** 4 g

**Vitamin D:** 0 mcg

**Calcium:** 106 mg

**Iron:** 1 mg

**Potassium:** 444 mg

## Directions

1. In a large bowl, whisk together the milk and pudding mix; blend well (about 2 minutes).
2. Add yogurt and vanilla extract; blend until smooth.
3. Stir the thawed whipped topping into the mixture.
4. Line the bottom of the parfait cups with a teaspoon of crumbled ginger snaps.
5. Layer 6 banana slices on top of the cookies; then 2 tbsp of the yogurt mixture on top. Repeat with another layer of the ginger snaps, bananas and yogurt mixture.
6. Top with cinnamon or crushed cookie for garnish.
7. Cover and chill in refrigerator.



Center for Nutrition  
Policy and Promotion (US  
Department of Agriculture)

# Pearl

## HEALTH INCENTIVE PROGRAM

The Pearl Health Incentive Program promotes empowerment and personal responsibility. It is available to *we* members who complete the attached registration form and make an annual donation of \$20 to CanHope.

The Health Services Guide in your *we* new member packet provides an extensive list of available services at Aiken Regional Medical Centers. When you become a member of the Pearl Program, you will be given a screening booklet to track your health goals.

You will have the opportunity to complete five health services within a year of enrollment. After completing and documenting five services in your book, such as screenings, tests or physician visits, you will receive a certificate of completion, which you may redeem for a genuine pearl.

NAME

EMAIL ADDRESS

MAILING ADDRESS

PHONE NUMBER

Be sure to include a check or money order for your \$20 donation payable to: **CanHope**

**Mail to:**

*we* - WOMEN ENLIGHTENED  
FOR BETTER HEALTH

Aiken Regional Medical Centers  
302 University Parkway  
Aiken, SC 29801





# Your home. Your healthcare.

## Your heart matters

It's the little things in life that lead to the big things. At the Cardiovascular Institute of Carolina at Aiken Regional Medical Centers, we want to be a part of the choices you make about your heart health.



[aikenregional.com](http://aikenregional.com)



ROSE HILL