

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

ISSUE 1



SPRING 2018

# QUARTERLY

HEALTH TIPS  
for women at  
any age

MAY IS  
Stroke Awareness  
Month

Meet the nurse practitioners at  
**AIKEN PROFESSIONAL ASSOCIATION!**

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

  
*we*  
*Women Enlightened*  
FOR BETTER HEALTH



# welcome

*Women Enlightened*  
FOR BETTER HEALTH

“At the end of  
the day, we can  
endure much  
more than we  
think we can.”

— FRIDA KAHLO,  
20<sup>TH</sup> CENTURY ARTIST

Hello, *we* Ladies!

It's springtime, and there is no better time to think about what areas of your life could use a little spring-cleaning. Maybe during the holiday season you became lax about healthy eating, or perhaps you have been so busy that you haven't scheduled your well-woman visit yet. Take this opportunity to consider what you can do to put your health and wellbeing first.

During this season we recognize National Women's Health Week and National Nurses Week. In honor of these occasions, we've highlighted health tips for women of all ages on page 4 accompanied by an introduction to our nurse practitioners at Aiken Professional Association who have dedicated their lives to caring for patients.

In May we turn our attention to stroke awareness. Do you know the signs of a stroke? On page 6 you will learn how to recognize a possible stroke and why it's crucial to call 9-1-1. Every second of a stroke puts brain tissue at risk for damage, so knowing the symptoms could be a lifesaving skill.

Finally, I want to highlight the upcoming meet and greet with the Aiken Regional OB/GYNs, as well as a *we* Orientation for new members to learn about the wellness program featured on the next page. To learn more about what it means to be a *we* member, be sure to visit us online at [aikenregional.com/womenenlightened](http://aikenregional.com/womenenlightened).

Remember, we are stronger as women when we support each other in the pursuit of mindful, healthful living!

Yours in sisterhood,

**TAMALYN TEEMS**  
DIRECTOR OF MARKETING, AIKEN REGIONAL

# we CALENDAR OF EVENTS

## MEET & GREET WITH AIKEN REGIONAL OB/GYN DOCTORS

Come out for a fun evening to meet our hospital and OB/GYN staff while shopping and enjoying light refreshments.

**Date:** Thursday, May 3

**Time:** 4:30 p.m. – 6:30 p.m.

**Location:** Floyd & Green Jewelers  
515 Silver Bluff Rd, Aiken, SC 29803

## NEW we MEMBER ORIENTATION

We want to make sure you understand all the benefits of the *we* program. That's why we strongly encourage you to attend a New Member Orientation. If you are new to *we* and have not attended orientation, mark your calendar to attend an upcoming session.

Enjoy lunch and a tour.

**Date:** Thursday, May 10

**Time:** 11:00 a.m. – 1:00 p.m.

**Location:** Classrooms A & B, 6th Floor at ARMC

**Call 803-641-5886 to register.**

## we EVENTS RECAP



A special "thank you" to all those who joined us on National Wear Red Day at The Fountain on Newberry.

## NATIONAL WEAR RED DAY for heart health awareness

People joined us and wore red on Friday, February 2, 2018 in honor of National Wear Red Day® to support Go Red for Women, promoting heart health in women and raising awareness about heart disease.



Caption: Pictured L to R: Sherry Walters, Board Member for the Western Carolina State Fair; Tony Rickard, President of the Western Carolina State Fair Foundation; Linda Lucas, Board Member for the Western Carolina State Fair; Nancy Fish, Board Member of CanHope; Brent Slack, Director of Cancer Care Institute at ARMC, Board Chair of CanHope; Barbara Magrath, Board Member of CanHope.

## Paint the Fair Pink FUNDRAISER

This year's Paint the Fair Pink event raised \$7,500 to benefit CanHope, a local non-profit organization that provides financial, educational and emotional support for local patients. The event was held on Thursday, October 26 at the Western Carolina State Fair.



## **HEALTH TIPS** *for women at any age*

Women's health week takes place in May to remind women to make their health and wellbeing a priority, not an afterthought. Women often find themselves in caregiver roles, yet many find it challenging to care for themselves with the same devotion. Here you'll find tips to stay healthy at any age! ►

### Schedule a well-woman visit

If you have insurance, your preventive care well-woman visit will be covered! Take the opportunity to talk to your provider about your overall health and fitness level, diet, mental health and recommendations for possible lifestyle changes or health screenings you may need.

### Make time for self-care

Set aside time for self-care each week. That could mean meditating for 10 minutes in the morning to find peace before a busy day or booking a massage to unwind on a Sunday afternoon. Your mental and emotional wellbeing affects every aspect of your life, so do what you need to care for yourself.

### Eat fresh fruits and veggies

Focus on adding more fresh fruits and veggies to meals that can add important nutrients and vitamins to your diet while helping you feel full without packing on calories. Fruits and vegetables can also add to your fiber intake, which is important for digestive health.

### Maintain a healthy weight

Strive to reach or maintain a healthy weight. If you aren't sure what a healthy weight is for your body type, talk with your primary care provider. Being overweight or underweight can increase your risk of possible health issues. Staying active and eating nutritious meals can help you achieve your optimal weight.

**Learn about women's healthcare services offered at Aiken Regional by visiting [aikenregional.com/womenservices](http://aikenregional.com/womenservices).**

### Work activity into your day\*

No matter how busy you are, work activity into your day. If you are able, take the stairs, opt to walk when possible or join your kids running around at the playground. Be creative and get moving when the opportunity arises.

### Don't skip the weights\*

Many women focus on cardio to maintain or lose weight, but adding strength or weight-bearing exercise is crucial for strong bones, muscles, joints and a healthy heart! Weight lifting or resistance training can also build muscle, boost your self-confidence and promote a more positive body image.

### Strive for more sleep

Getting enough sleep can improve your overall physical, emotional and mental health! Observe what helps or harms your quality of sleep and see what changes you can make to get a good night's rest.

### Stop smoking and limit alcohol consumption

If you smoke, find support to help you quit. If you regularly drink alcoholic beverages, limit consumption. According to the National Institute on Alcohol Abuse and Alcoholism, both nicotine and alcohol consumption can put you at increased risk of health complications including heart disease and cancer.

*\*Always consult your physician before beginning any exercise program.*

## IN MAY WE HONOR OUR NURSING STAFF

Below meet our nurse practitioners at Aiken Professional Association



**Candace Waters, FNP**, graduated from the University of South Carolina and has worked in primary care settings

in Aiken and Allendale counties. Waters is a certified diabetes educator and is nurse practitioner for Aiken Professional Association's Family Medicine at 124 Bettis Academy Road, Graniteville, SC. (803) 392-3724



**Jessica Luke, DNP**, graduated from Georgia Regents University and is board certified in adult gerontology

acute care medicine. Luke is a nurse practitioner for Aiken Professional Association Urology located at 770 Medical Park Drive, Aiken, SC. (803) 716-8712



**Kristy Haddock, FNP**, received her Master of Science in Health Nursing at the University of South Carolina.

Haddock takes a holistic approach to patient care, focusing on prevention and health promotion. She is nurse practitioner at Aiken Medical, PC located at 420 Society Hill Drive, Suite 100, Aiken, SC. (803) 648-7774

 **Aiken Professional Association, LLC**

# May is **STROKE AWARENESS MONTH**



**A**ccording to the National Stroke Association, stroke is the third leading cause of death for women, but many people don't know what a stroke looks or feels like and could lose precious time driving to a hospital rather than calling 9-1-1. Emergency responders can assess symptoms and provide immediate care while the medical team at the hospital prepares for the patient's arrival. When someone is having a stroke, every second counts.

## What is a stroke?

A stroke happens when an artery that carries blood to the brain is blocked or a blood vessel ruptures, causing brain tissue to die as it is deprived of vital blood supply.

- Transient ischemic attack (TIA) – when the blood supply to the brain is temporarily blocked.
- Ischemic strokes – when an artery in the brain is blocked and forms a blood clot.
- Hemorrhagic stroke – when a blood vessel ruptures in the brain and leaks blood into or around brain tissue.

## Unique symptoms of possible stroke in women\*:

- Loss of consciousness or fainting
- General weakness
- Hallucination
- Nausea or vomiting
- Pain
- Seizures
- Hiccups
- Difficulty or shortness of breath
- Confusion, unresponsiveness or disorientation
- Agitation or sudden change in behavior

## General risk factors\*:

- Family history of stroke
- High blood pressure
- High cholesterol
- Diabetes
- Smoking
- Lack of exercise
- Being overweight/obese

## Unique risk factors for women\*:

- Taking birth control pills
- Being pregnant
- Using Hormone Replacement Therapy (HRT)
- Suffering from migraine headaches

\*stroke.org

## REMEMBER, IN THE CASE OF A POSSIBLE STROKE, **B.E. F.A.S.T.\***



**BALANCE:** Does the person have a sudden loss of balance or coordination?



**EYES:** Has the person lost vision in one or both eyes or have they had sudden double vision?



**FACE:** Ask the person to smile. Does one side of the face droop?



**ARMS:** Ask the person to raise both arms. Does one arm drift downward?



**SPEECH:** Ask the person to repeat a simple phrase. Is it slurred or strange?



**TIME:** is critical! If you see any of these signs, call 9-1-1 immediately.

\*American Stroke Association

**For more information on strokes and lifesaving care at Aiken Regional visit [aikenregional.com/stroke](http://aikenregional.com/stroke).**



# Pearl

## HEALTH INCENTIVE PROGRAM



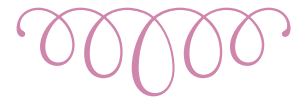
The Pearl Health Incentive Program promotes empowerment and personal responsibility. This program is available to *we* members who complete the attached registration form and make an annual donation of \$20 to CanHope.

The Health Services Guide in your *we* new member packet provides an extensive list of available services at Aiken Regional Medical Centers and a complete physicians' listing by specialty. When you become a member of the Pearl Program, you will be given a Pearl Health Incentive Program screening booklet for you to keep track of your health goals. Pearl members will have the opportunity to complete five health services within a year of enrolling in our program.

After completing five of the screenings, tests, physician visits, etc., that are suggested for each health service, document your actions in your screening booklet. Then call the nurse navigator and schedule an appointment to see her with your completed screening booklet. The nurse navigator will give you a certificate of completion, which you may redeem for a genuine pearl.



### PEARL PROGRAM REGISTRATION



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



# *Here's to your* GOOD HEALTH!



There are many components that play a part in getting and staying healthy. The new **“Living My Health”** page on our website features tips on:

- ★ **EAT WELL** - making better food choices, getting kids involved with nutrition
- ★ **GET FIT** - fitness tips for the whole family, proper stretching, improving balance
- ★ **FEEL GOOD** - health screenings, well visits, safety tips, managing pain

Download free recipes for gluten-free, heart healthy or diabetic diets. Information is updated monthly, so bookmark this page and visit it again for the latest healthy news.

**Learn more at [aikenregional.com/healthyliving](http://aikenregional.com/healthyliving).**