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SUMMER 2011

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Back- to-School Basics

An Eye for
Ophthalmology



Northern California
Surgery Center



Say Goodbye to Weekend Warrior Syndrome

WHILE A PICKUP BASKETBALL GAME MAY SEEM LIKE A FUN WAY TO SPEND THE AFTERNOON, YOU MAY REGRET IT LATER—COMPLETE WITH ACHES AND PAINS—IF YOU DON'T HAVE A REGULAR EXERCISE ROUTINE.

Sports injuries, such as Achilles tendinitis, bursitis, and tendinitis in the knee, can occur when men and women try to exercise or play sports the way they did when they were younger. These “weekend warriors” often pay for their unprepared approach to activity for the rest of the week, nursing inflamed tendons and sore joints.

Here are some tips to avoid weekend warrior syndrome:

- * Aim to exercise for at least 30 minutes on most days of the week.
- * Listen to your body, stopping an activity when it hurts.
- * Practice good posture during exercise, which protects joints in the back, hips, knees, and neck.
- * Relieve potential stress on your joints by maintaining a healthy body weight.
- * Start new activities slowly to test your current ability and build up to longer periods of physical activity.
- * Wear appropriate safety gear, including helmets and pads.

If you experience nagging pain after physical activity, talk to your healthcare provider. Visit www.northerncaliforniasurgerycenter.com/healthconnection for more information about orthopedic treatment options.

The Full Coverage of Skin Protection



JULY ISN'T JUST UV SAFETY MONTH—ITS SUNNY, WARM DAYS ALSO PROVIDE SOME OF THE YEAR'S MOST DANGEROUS DAYS OF SUN EXPOSURE. DO YOU KNOW HOW TO PROTECT YOURSELF FROM THE SUN'S HARMFUL ULTRAVIOLET (UV) RAYS?

The damaging effects of sunlight are common knowledge to most people, but the measures—or lack thereof—many take to avoid UV exposure may not be sufficient. Follow these tips before your next outing.

- * **Not all sunblocks perform.** Purchase sunblock that has a sun protection factor (SPF) of 30 or higher and protects against both UVA and UVB rays with broad-spectrum coverage.
- * **Sun can cause damage in as little as 15 minutes.** Cover up your skin even for short periods of time in the sun, such as

walking the dog or washing the car. UV rays can penetrate through clouds and cool weather, so don't head outdoors unprotected just because you can't see the sun.

- * **You don't have to burn to be at risk.** Lifetime sun exposure takes its toll. Even those who “tan well” and never burn are still at a greater risk because of increased lifetime exposure.

Visit www.northerncaliforniasurgerycenter.com/healthconnection for more information about protecting your skin.

Health Rules!

Back to School Tips

HEADING BACK TO SCHOOL IS ABOUT MORE THAN PENCILS AND NOTEBOOKS. ALONG WITH PURCHASING NEW SCHOOL SUPPLIES, MAKE SURE YOUR CHILD'S HEALTH AND WELLNESS ARE GETTING A FRESH START, TOO.

Promote a safe and healthy return to school with these tips.

Backpack Basics—Years of using an improperly fitted backpack can potentially wreak havoc on your child's back. Ensure you choose a backpack with wide, padded shoulder straps and a cushioned back to protect him or her from protruding items, such as book corners. Teach your child how to wear a backpack correctly, such as using both straps at all times, organizing materials so that heavier items are closest to the center of the back, and adjusting straps so that the backpack rests in the center of the back—not sagging below the hips.

Avoiding A-a-ACHOO—Schools tend to be a breeding ground for the common cold. Stress the importance of regularly washing hands or using an alcohol-based hand sanitizer.

Sure Shots—Schedule a checkup with your pediatrician to make certain child's immunization records are current. Inquire about other recommended vaccinations for added protection, such as the influenza (flu) shot.

Managing Medical Issues—If your child has a medical concern, such as food allergies, diabetes, asthma, or attention deficit hyperactivity disorder (ADHD), or needs to take medication during school hours, be sure to alert the school nurse and your child's teacher in advance to make any necessary arrangements.

GO! GO! G-O, G-O—School sports and other extracurricular activities generally require a physical examination in order to participate. Remember to schedule your child's exam and send him or her with appropriate documentation for the school and/or coach. If your child is just starting a sport or physical activity, a physical exam is crucial to ensure he or she is healthy enough to play.

Visit www.northerncalifornia.surgerycenter.com/healthconnection for more information about preparing your child to go back to school.

Beat the Butterflies

The first days of school tend to be a mix of nerves and excitement for most children. If your child seems to experience an annual case of the butterflies, try to establish a healthy routine a few weeks before school starts, including a reasonable bedtime to ensure adequate sleep and a healthy breakfast.

The night before school begins, help your child organize and set out everything he or she will need, including selecting an outfit ahead of time and setting his or her backpack by the door.



Oh Say, Can You See?

ADVANCES IN LENSES AND SURGICAL TECHNIQUES ALLOW PATIENTS WITH CATARACTS TO SEE CLEARLY AND RESUME NORMAL ACTIVITY IN A MATTER OF DAYS AFTER OUTPATIENT SURGERY.

Cataracts—clouding of the lens inside the eye—is common in older adults, affecting 20.5 million Americans age 40 and older. Risk factors, such as diabetes, long-term sun exposure, steroid use, severe myopia (nearsightedness), or smoking, can also cause cataracts to occur earlier in life.

If you have difficulty driving at night, reading fine print, or seeing in dim light, consult an ophthalmologist, a physician trained in eye health.

“Based on a patient’s symptoms and an examination of the eye, surgery to replace the lens might be recommended,” says Amin Ashrafzadeh, MD, ophthalmologist at the Northern California Surgery Center. “Cataract microsurgery is performed through a 2.2-millimeter incision and uses a high-powered microscope to see details that were undetectable with the previous generation of equipment. This is completely different than your parents’ cataract surgery.”

Patient-Focused Care

Patients who elect to have cataract surgery work with Dr. Ashrafzadeh to determine the best lens to suit their visual needs. Depending on the patient’s desire and comfort with wearing glasses, choices include monofocal lenses for distance, multifocal lenses to see near, intermediate, and far, or lenses for astigmatism.

Surgery is provided on an outpatient basis, and the entire visit is completed in about two hours. Patients having surgery must be accompanied because they will be sedated and unsuitable to drive immediately following the procedure.

“We perform the most advanced techniques in the San Joaquin Valley with efficiency to better serve our patients,” Dr. Ashrafzadeh says. “Members of the staff at the Northern California Surgery Center were handpicked to provide patients an optimal experience.”

For more information about cataract removal at the Northern California Surgery Center, visit www.northerncaliforniasurgerycenter.com or call (209) 668-9866.



The Northern California Surgery Center was developed by local physicians who specialize in exceptional, convenient outpatient care. Specialties of the center include:

- anesthesiology
- gastroenterology
- general surgery
- ophthalmology
- orthopedic surgery
- podiatry



Northern California Surgery Center

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