

HEALTH *Connections*

— YOUR HEALTH, YOUR LIFE —

TASTE OR TOSS IT
BEHIND THE
BEST-BY DATE

IS IT A COLD, THE FLU
OR COVID-19?

DO IT FOR THEM
**Motivation to
Quit Smoking**

 **RED BUD**
REGIONAL HOSPITAL

CHECK THAT DATE!

When is the last time you checked your household inventory?

KITCHEN

Most dates on packaging are not safety dates but recommendations to ensure peak quality or taste of the product, with the exception of infant formula. Never use expired formula and discard opened powdered formula after 30 days, if not consumed.

Canned food is safe for two to five years after the best-by date — although high-acid foods like tomatoes are best used within 18 months. How long fresh produce will last depends on the type. The USDA app FoodKeeper can provide guidance for specific items.

Open foods that have expired often show visible signs of deterioration, such as mold, but what about that can of beans with a “Best By” date from six months ago or longer?

If the can isn't bulging or otherwise suspect, you should be fine. According to the United States Department of Agriculture (USDA), you can eat many packaged foods beyond their best-by dates. In general, if a food item smells, looks or feels off, then it is likely time to throw it away.



VANITY DRAWERS

Whether you buy designer lipstick or drugstore mascara, all makeup deteriorates at similar rates. As with food, expiration dates are rules of thumb and not actual safety guidelines.

However, the Food and Drug Administration and cosmetic trade groups all agree that eye products should be replaced more frequently than any other kind of makeup — every three to six months. If you have any kind of eye infection, that warrants prompt disposal.

Also, if you dip your finger into a product to apply it, you should replace it more frequently, because even a clean fingertip will add microorganisms to the makeup that could turn into bacteria or fungi.



MEDICINE CABINET

Multiple studies have shown most drugs maintain their potency for years, if not decades, after the original expiration date. (Reporting from ProPublica in 2017 found that even the FDA does it!)

However, the FDA does not recommend anyone take over-the-counter and prescribed drugs past their expiration dates. For example, taking expired antibiotics may lead to antibiotic resistance or other complications.

Still, even though drugs might not go bad a year later doesn't mean that you should keep unused prescriptions around, especially if they are controlled substances like opioids. The FDA recommends tossing any drugs you aren't using. In order to do so safely, many police stations, health departments and hospitals, including Red Bud Regional Hospital have easy ways for you to drop off old medicine.



Talk to your doctor today about your prescription concerns. If you don't have a doctor, consider Brett Hutcherson, D.O., Family Medicine physician, at Red Bud Health Clinic. Call (618) 282-7373 or visit RedBudAnytime.com.



Dr. Hutcherson is a member of the medical staff at Red Bud Regional Hospital.

Oh, the Places You Can Go for Care

Gone are the days when the doctor's office was your only option for care.



EXPRESS CARE FOR UNEXPECTED NEEDS



Tom Castilaw, FNP

"The need for medical care can come at unexpected times, especially as we enter respiratory season when children and adults start having cold or flu-like symptoms," says Tom Castilaw, Family Nurse Practitioner at Red Bud Health Clinic's Express Care. "As a walk-in clinic, we provide the same services as your primary care doctor. The difference is that you can walk in and be seen without an appointment at the Express Care. Plus, we have separate treatment areas to care for COVID-19 and non-COVID-19 patients at the same time."

Learn more about the no-appointment Express Care by visiting RedBudAnytime.com.

Tom Castilaw, Family Nurse Practitioner and a member of the allied health staff at Red Bud Regional Hospital, sees patients of all ages.

Today, you have more choices than ever for how to access medical care — and you don't even have to visit a doctor's office to get it. Consider your options and determine how best to access the care you need, when you need it.

If an illness or injury could lead to death or permanent disability, consider it an emergency. Call 911 or seek care in the Emergency Room.

SEE YOUR PCP

Your primary care provider (PCP) can develop a long-term relationship with you and get to know your specific health needs and risks. He or she is a trusted resource for preventive care, such as annual wellness visits. Your PCP also treats injuries and acute illnesses, performs some screenings and can refer you to mental health services, if needed.



CONNECT THROUGH TELEHEALTH

Video visits offer you face time with a provider — often without a wait — when you need immediate care for an illness, such as a cold, sinus infection, sore throat or earache. Telehealth providers can also evaluate skin and eye conditions and, in some cases, provide counseling.




IN AN EMERGENCY

Potentially life-threatening symptoms, such as chest pain, difficulty breathing and the sudden inability to talk, see, walk or move, warrant emergency care. Either call 911 or visit the Emergency Room (ER). The ER is also a better place to seek care for severe burns, broken bones and other serious injuries.



Learn about all our levels of care and how we are safeguarding the health of all of our patients during this extraordinary time. Visit RedBudAnytime.com to see how we are OPEN, SAFE and READY to care for you.

We work diligently to have you initially seen by a medical professional within 30 minutes of your arrival in the ER.



The benefits of quitting smoking apply to more than just you — your family members, friends and even pets can reap the rewards, too.

QUIT

For the Greater Good

Whether you smoke, vape, dip or chew — whether you've been doing it for 12 months or 12 years — you already know smoking or using other tobacco products is bad for your health. The warnings are printed on every package you buy.

That's why the huge increases in youth e-cigarette usage is so alarming. Over 5 million youth, grades 6 through 12, reported regularly vaping, and 1 million reported doing it daily, according to a survey by the Food and Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC).

Unfortunately for many people, knowing that tobacco is bad for them isn't a good enough reason to quit. Nicotine is a highly addictive drug, but its misuse won't land users in jail. This means it might be hard for users to hit "rock bottom" before they get sick.

Yet, if you keep using tobacco or vaping nicotine, it is extremely likely that you will get sick. And if you smoke indoors, anyone who lives with you might get sick too, including your kids and pets. You should also know:

- Smoking is still the top cause of preventable death and disease in the United States, according to the CDC.
- Over 480,000 people die from smoking-related causes every year.
- Smoking doesn't just cause lung cancer. The CDC finds it can also cause cancer of the bladder, cervix, colon, esophagus, kidney, mouth, liver, pancreas and stomach.
- Smoking can also cause or contribute to diabetes, emphysema, heart disease, osteoporosis, rheumatoid arthritis and stroke.
- Tobacco use can make it harder to get pregnant. It can also make it more likely for

a baby to have certain birth defects or to die from Sudden Infant Death Syndrome.

- Men who smoke are more likely to have erectile dysfunction.
- According to the CDC, 2.5 million nonsmokers have died from exposure to secondhand smoke since 1964.
- In small children, secondhand smoke is often a contributing factor to ear infections and asthma.
- Secondhand smoke can cause nose or lung cancer in your pets.

READY TO QUIT YET?

Even if you are trying to quit — and/or have tried time and time again to quit — habits are hard to break, especially when they are wrapped up with an addictive substance like nicotine. That's why finding the support you need to quit once and for all is important.



CHILDREN AND SECONDHAND SMOKE



Michelle Cunningham, M.D.

Michelle Cunningham, M.D., Pediatrician at Progressive Family Care, addresses the medical risks that are associated with children being exposed to secondhand smoke.

"Children's lungs are still developing. As they breathe secondhand smoke, it increases their risk for serious health problems. Children exposed to secondhand smoke can have more ear infections, coughs, colds, respiratory problems and tooth decay compared to children who are not breathing secondhand smoke. If you smoke, one of the most important things you can do for your own health and the health of your children is to stop smoking. Quitting is the best way to prevent your children from being exposed to secondhand smoke. If you can't quit, create smoke-free zones that allow your children fresh, clean air in confined spaces, such as in your house or in your car."

If your child is exposed to secondhand smoke, talk to your pediatrician as this could effect your child's development. If you are looking for a pediatrician, call (618) 939-2273 and schedule with Dr. Cunningham today.

Dr. Cunningham is a member of the medical staff at Red Bud Regional Hospital.

HELP FOR TOBACCO CESSATION

If quitting cold turkey has not worked for you, limiting your tobacco use with nicotine gum or patches to help you taper off may help. A physician can also prescribe a nicotine nasal spray, an inhaler or other medication. However, it is important to discuss possible side effects of any medications.

The FDA does not recommend using e-cigarettes as a way to taper tobacco use. Vaping can actually increase your nicotine intake, which can, in turn, strengthen your addiction.

Support groups or therapy, whether online or in person, can often provide the needed encouragement to overcome the frustration of quitting.

If none of these methods have helped you, the good news is that there are almost as many different methods and motivations to quit nicotine for good as there are brands

of cigarettes. Some other things you can try include:

- **Exercise.** If you're a heavy smoker, it might not be easy to start, but doing something physical, even simply taking a walk, is a great way to keep your mind off your cravings. Plus, the more your cardiovascular health improves, the less you are going to want to make it worse again.
- **Identify your triggers and avoid or replace them.** If you always smoke while drinking, cut back on alcohol until you quit. If you always take a cigarette break in the middle of the afternoon, find something else to do during that time, like having coffee or a healthy snack. Basically, create new habits to replace the old one.
- **Take it easy on yourself.** If you slip up and smoke again, it's OK. Don't beat yourself up, and don't tell yourself that you've failed. You

haven't failed. Tomorrow is a new day where you can start again, cigarette or vape-free.

- **Treat yourself.** With all the money you'd save by not smoking, reward yourself with something like a book or a dinner out when you hit sobriety milestones.

It takes time to get used to your new life, but eventually you can get there. Quit now, and your body will thank you later.



Visit PFCil.com to view Dr. Cunningham's educational video on asthma.

Band Together for Strong Hips

Using a resistance band can help you increase your strength and build lean muscle.



If you've had hip replacement surgery, always check with your physician before doing any type of hip exercises.

Don't let hip pain limit your life. Exercises to strengthen the hip flexor muscles — the group of muscles at the top of the thighs that help with lower body movement — are key to increasing flexibility, improving range of motion and maintaining mobility. Release hip flexor muscle tension by doing several repetitions of these gentle stretches throughout the day.

EXERCISE 1:

Begin by sitting in a chair with your legs to the front. Place the resistance band around both legs, just above the knees. While keeping your feet flat on the floor, slowly spread your knees apart and then bring them slowly back together.

EXERCISE 2:

Stand behind a chair with your left hand resting lightly on the top for balance. Place the resistance band around both legs, just above the knees. Keep your hand on the chair and your left foot flat on the floor. Straighten your right leg and extend it behind you until it's off the floor. Hold the pose for five seconds, and then repeat on the right side.

EXERCISE 3:

Place the resistance band around both legs, just above the knees. Stand with your feet hip-width apart, and then slide your right leg to the side until you feel resistance in the band. Shift your weight to your right leg, then slide your left leg over until your feet are hip-width apart again. Repeat the exercise on the left side.



Surgery isn't the only solution for hip pain. Exercise, physical therapy, injections and medications can also help. Find a physician who can discuss your hip pain options at RedBudRegional.com.

Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment and before starting any new exercise regimens.

WELCOME TO OUR NEWEST ORTHOPEDIST



Robert
Bell, M.D.

Whether you're a top athlete or a weekend warrior needing

care, Red Bud Regional

Hospital is doing all we can to help you get back to what you love doing most. That's why we extended our orthopedic services to Waterloo with the addition of Robert Bell, M.D.

This orthopedic surgeon offers treatment to provide relief for a wide spectrum of bone, joint, muscle and ligament conditions.

And, although he offers surgical options to treat many conditions, rest assured that he stresses the least invasive, nonoperative approach to care first before moving on to other options. The ultimate goal is to get you back up to speed — no matter what that speed may be.

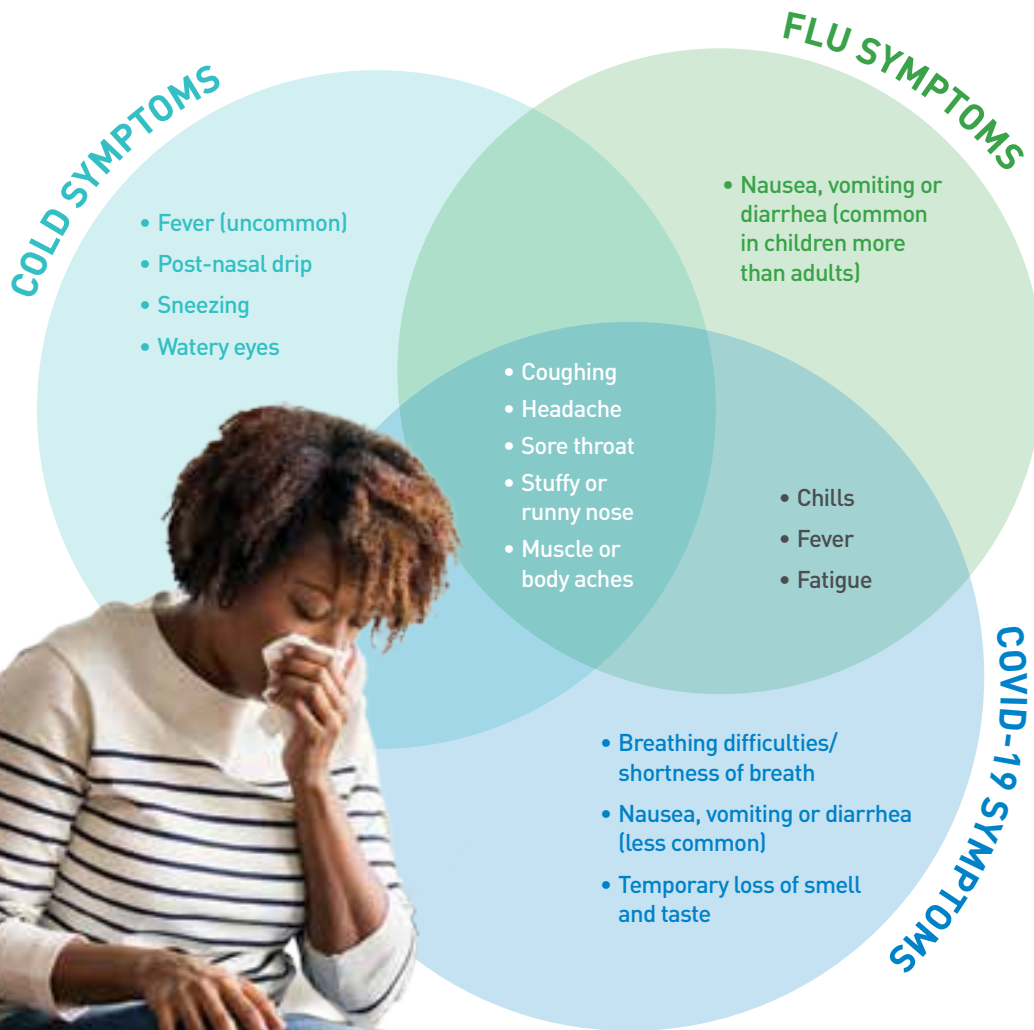
To learn more about orthopedic services in Waterloo, call (618) 288-4388.

Dr. Bell is a member of the medical staff at Red Bud Regional Hospital.

COLD vs. FLU vs. COVID-19

Staying home when you are sick is more important than ever. Recognize cold, flu and COVID-19 symptoms so you can take the appropriate action.

COLD VS. FLU VS. COVID-19 SYMPTOMS*



HOW MANY DAYS AFTER EXPOSURE DO SYMPTOMS START?

S	M	T	W	T	F	S

Cold: 2-3 days

Flu: 1-4 days

COVID-19: 2-14 days

WHEN AM I CONTAGIOUS?

COLD:

From 1-7 days after symptoms

FLU:

From 1 day before to 7 days after symptoms; most contagious 3-4 days after

COVID-19:

From three days before, to two weeks after symptoms; **most contagious 48 hours before symptoms, according to emerging research**

Schedule an evening or weekend appointment with Progressive Family Care's newest Family Nurse Practitioner, Erin Henry. Schedule today at (618) 939-2273.



HOW CAN I PREVENT GETTING OR SPREADING UPPER RESPIRATORY INFECTIONS?

- Avoid close contact with others, keeping at least six feet away from people.
- Cover coughs or sneezes with a tissue or your arm, dispose of tissues and wash hands immediately after blowing your nose, coughing or sneezing.
- Frequently disinfect surfaces, such as tables, doorknobs or your phone.
- Keep away from others who are sick.
- Stay home if you are sick or have been in contact with someone who is sick.
- Try to not touch your face, mouth, nose and eyes with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds.
- Wear a cloth face covering over your nose and mouth in public.

Fact:

Staying isolated from other people when you have an upper respiratory infection is essential to prevent spreading the disease.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (618) 282-3831.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer (618) 282-3831.

VOLUME 12 • ISSUE 3 | **Want More?** Visit RedBudRegional.com/signup to sign up for our eNewsletter! | RedBudRegional.com

This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

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Healthcare pricing can be confusing. We heard your concerns and created a new option for you. To simplify things, we now offer a pre-pay pricing plan called **SIMPLE+PRICE**. No insurance involved. No confusion. No surprises. Just an up-front price for some of the most common imaging and lab tests offered. Simple.

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***SIMPLE+PRICE** may not be used in conjunction with insurance. It also does not include further testing that may be ordered by your physician. All payments must be made prior to testing or procedure.