

## Health Shorts

### Hearing and Age

Contrary to popular belief, hearing loss is not an inevitable part of the aging process. Studies of cultures that have never been exposed to loud noises show that individuals in their 80s and 90s have hearing as good as that of children. However, long-term exposure to the noises of a complex, industrial society, jet planes, expressways, and rock music does take a toll on many of us. Most older Americans experience some loss of the ability to hear and distinguish high frequency sounds.



### Why Do We Age?

"Why do we age?" is a question being pursued vigorously by gerontological specialists. One theory, advanced by Leonard Hayflick, Ph.D., of the University of California, San Francisco suggests that what we consider aging, might be actually reserve capacity "achieved by natural selection in order to better guarantee that animals will survive long enough to reach sexual maturity." Animals with greater reserve capacity in vital organs are those best suited to survive natural selection.

In blunt terms, that means that after age 30, we're coasting on the gas that's left in the tank. (Source: Leonard Hayflick, Ph.D., "Why Do We Live So Long?", Geriatrics, October, 1988)



### Lasers and Ophthalmology

Laser technology developed in the past two decades has been particularly helpful to ophthalmologists. Lasers are used in the treatment of many eye disorders, including glaucoma, cataracts and diabetic retinopathy.

In the near future, ophthalmologists may be able to use laser surgery to correct nearsightedness, farsightedness and astigmatism safer and more effectively than through radial keratotomy.



### Aging eyes

In their 40s and 50s, most individuals start to notice a change in the way they see things. Those who never wore glasses suddenly discover they need reading glasses. Those who were nearsighted may discover it is easier to read without glasses provided their arms are long enough to hold the book several feet away from the eyes.

The major cause of these changes is the hardening of the lens inside the eye. No longer as pliant as it once was, the aging lens finds it hard to focus on nearby objects. For many individuals, bifocals are the best solution.



## For the Promise of a Brighter Future

What you don't know can hurt you. Protecting yourself against breast cancer means thorough and regular breast examinations. That means your own self-examination, your annual check-up, and something to complement both of these - The Breast Diagnostic Center at Humana® Hospital - Brazos Valley. You and your doctor now have a "tool" in the early detection of breast disease.

The Breast Diagnostic Center is finding problems long before they surface... detecting lumps too small to be felt. Advanced technology is making it all possible. Today's technology is detecting breast cancer while there are no outward symptoms. This is done using low dose mammography and ultrasound.

Mammography is a painless test that takes about 20 minutes. Basically, it's an x-ray that creates an image of the breast on

film or specially coated paper. The resulting image is called a mammogram. Because the breast must be compressed, avoid testing during the menstrual cycle when the breast are most sensitive.

Ultrasound is an imaging procedure that uses high-frequency sound waves to create a "picture" of the breast. Again, the procedure is painless and there is no radiation. Ultrasound is used for the evaluation of breast disease in younger or in pregnant women whose breasts are most dense. Ultrasound may detect abnormalities not detected by mammography.

The Breast Diagnostic Center is truly a special place for women. It is not a cancer clinic, and you realize this the minute you step inside. The atmosphere is bright, comfortable and reassuring, not austere and foreboding. But most of all it's the staff... the people... who make us different.



## Caring For Your Unborn Child

Excess alcohol use is known to cause damage to the developing fetus. Children born to mothers who consume large amounts of alcohol are often born suffering from fetal alcohol syndrome.

Until recently it was thought that moderate alcohol consumption would not harm the developing fetus. New studies show, however, that even quite small quantities of alcohol can harm the unborn child. As there is no recommended safe level for alcohol consumption, it is wise to avoid all alcohol during pregnancy.

Toxoplasmosis is a disease transmitted by a parasite found in cat waste and by raw or undercooked meat. Pregnant women should guard against this by ensuring that they cook meat well and by avoiding contact with cat feces. Have someone else empty the cat's litter box and wear gloves when working in the garden.

Be vigilant around the house and at your workplace for any possible exposure to harmful chemicals. Avoid harsh cleansers, paint strippers, oil based paints and solvents, pesticides and other toxic chemicals.

Anything you ingest while pregnant will reach your unborn child. Drugs, both recreational and prescription will cross the placenta and affect the fetus.

If you eat well, stay in good health and protect your unborn child from exposure to harmful substances, you'll give your child the best possible gift on his or her birth day — the gift of a healthy beginning in life.



## Providing for the Special Needs of Older Patients

Humana® cares about the special needs of our senior patients. That's why we have a program designed with your needs in mind. Our Humana® Seniors Association<sup>SM</sup> offers a variety of benefits and services to help you live life to the fullest. The association is available to anyone 55 years or older.

All Humana® Seniors Association<sup>SM</sup> members receive VIP treatments at Humana® Hospitals. Benefits include private rooms at semi-private rates and an extra bed for a spouse or a friend at no

## Humana On Call has Arrived

Now there is a number to call for all your health care needs. Humana® On Call<sup>SM</sup> is our updated, computerized physician referral and program scheduling service. Now more than ever we are just a phone call away. If you need a family physician, a medical specialist or information on a health related class - - just call 764-5201.

The Humana® On Call<sup>SM</sup> system uses a computer to assist you in finding the doctor that meets your special requirements. We can help you select your new doctor and arrange an appointment with one phone call.

If you are not sure what type of doctor you need, our trained On Call operators can guide you in making a selection. There are over 165 physicians to choose from and about 30 specialties. There are many choices that can be hard to make without some expert guidance. With our help you

## Who Should Be Examined for Breast Cancer? American Cancer Society Guidelines

### Physical Examination

- Women 20 years of age and older should perform breast self-examination every month.
- Women 20-40 should have a physical breast examination by their personal physician every three years, and women over 40 should have a physical breast examination every year.

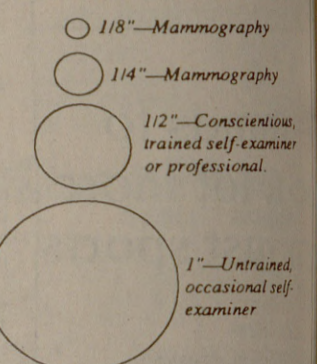
### Mammography

- Women 35-40 should have a baseline mammogram.
- Women 40-49 should have a mammogram every one to two years if baseline is normal.
- Women 50 and over should have a mammogram every year.

### Personal History

- Women with personal or family histories of breast cancer should consult their physicians about the need for more frequent examinations.

### Probable Detection Method:



They're here to help in a very special way. All examinations are conducted by specially-trained technologists; women who are deeply aware of your concerns, your comfort and your privacy.

The Breast Diagnostic Center should be an essential part of your routine health

care. All procedures are coordinated by your own physician following your visit to us. If for some reason you don't have a physician, please give us a call. We will provide you with names of physicians who are accepting patients. For more information call us at 764-5112.



can find a physician you like as well as respect. You can be specific: we can find you a gynecologist with an office in College Station. We can tell you if they speak a second language or even from what medical school they graduated. Humana® On Call<sup>SM</sup> is ready and able to help—just

call 764-5201. Humana® On Call<sup>SM</sup> is a free service that is available 8am to 5 pm, Monday through Friday. Humana® On Call<sup>SM</sup>, because what's more important than your health.

—Your Health Referral Line  
Humana® On Call<sup>SM</sup>—764-5201

## CALLENDAR

### COMMUNITY CLASSES

#### CARDIOPULMONARY RESUSCITATION (CPR):

##### Course B: Adult & Pediatric Heartsaver

Would you know what to do if a family member, friend or co-worker began choking, stopped breathing or their heart stopped? Learn the skills needed for one-man adult and infant resuscitation as well as how to clear the obstructed airway of an infant or adult in one easy four hour class. American Heart Association Adult and Pediatric Heartsaver certification will be received upon successful completion. Cost: \$10.00  
Saturday, July 7, Aug. 4, Sept. 1: 9 am - 1 pm  
Wednesday, July 18, Aug. 15, Sept. 19: 6 pm - 10 pm

##### Course D: Pediatric Basic Life Support

Parents, day care workers and everyone who has little ones in their life will be interested in this class. Infant and child CPR and obstructed airway will be covered. Cost: \$10.00  
Saturday, July 14, Aug. 11, Sept. 8: 8 am - 12 pm  
Thursday, July 23, Aug. 13: 6 - 10 pm

#### Attention Health Professionals

##### Course C: Basic Life Support for Health Care Providers

CPR course for health care professionals and those that want to go on to become instructors. Recertification classes also available. Call for more details.

#### ACLS:

July 20, 21, 22

#### NALS:

July 28, Sept. 15

Call for more information.

#### STANDARD FIRST AID

First aid techniques are used to give immediate care to those injured or suddenly ill. Learn what you can do before medical help becomes available. This eight hour course is divided into two evenings and provides fundamental principles and skills in first aid. Those completing the course will receive CPR and First Aid certification from the American Red Cross. Cost: \$20.00 for eight hour course

Wednesdays, Aug. 1 & 8, 22 & 28 (two day course)  
or Sept. 12 & 19: 6 - 10 pm  
Thursdays, Sept. 10 & 27: 6 - 10 pm

#### SAFE SITTER

TRAINING FOR BABYSITTERS!! Safe Sitter is a nation wide medically oriented instructional program that teaches boys and girls ages 11-15 how to handle emergencies when caring for young children. Safe sitters learn basic life saving techniques, safety precautions, how to summon help and tips on basic child care. Certificate will be received upon successful completion. Co-sponsored with HCA Greenleaf Hospital. Cost: \$35.00 for twelve hour course  
ALL CLASSES ARE SATURDAYS 9:30 am - 4:30 pm  
Call for more information.

#### SMOKING CESSATION SUPPORT GROUP

People who have stopped smoking and who are trying to stop call 764-5275. We'll help each other.

#### DAYCARE ACCREDITED TRAINING PROGRAM

This two-day course meets state requirements in CPR and First Aid for Daycare Centers as well as added information in child health and safety. Part I: Pediatric CPR, \$10.00 Part II: Basic First Aid, \$15.00 Part III: Child Health and Safety, \$5.00

July 14 - Part I&II: 8 am - 5 pm  
July 16 - Part III: 6 - 10 pm  
July 23 - Part I: 6 - 10 pm  
July 24 - Part III: 6 - 10 pm  
July 25 - Part III: 6 - 10 pm  
Aug. 11 - Part I&II: 8 am - 5 pm  
Aug. 13 - Part I: 6 - 10 pm

Aug. 14 - Part II: 6 - 10 pm  
Aug. 15 - Part III: 6 - 10 pm  
Sept. 8 - Part I&II: 6 - 10 pm  
Sept. 12 - Part III: 6 - 10 pm  
Advanced registration and payment required for classes. Materials for some classes must be picked up in advance.

#### PRE-NATAL EXERCISE

Will be offered every Tuesday and Thursday at: 4:30pm-5:30pm and 5:30pm-6:30pm  
The fee is \$10/month and participants must pre-register and provide written permission from their physician. Class size is limited so please register early.

Call 764-5275 to register.

Advanced registration and payment required for classes. Materials for some classes must be picked up in advance.



## Please send me more information on:

- Humana® Cradle Club<sup>SM</sup> enrollment
- Center for Health Resources
- Tel-Med hotline
- Optifast<sup>®</sup>
- Humana® Seniors Association<sup>SM</sup>
- Breast Diagnostic Center<sup>SM</sup>

#### Humana® Hospital - Brazos Valley

Center for Health Resources  
1604 Rock Prairie Road  
College Station, Texas 77845  
(409)764-5275

Spectral caring by special people

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

NUMBER OF CHILDREN IN FAMILY \_\_\_\_\_

AGES \_\_\_\_\_