

Health Shorts

Making Workouts Playful

"No pain, no gain" may be on its way to the graveyard of outdated health slogans. Human beings didn't evolve to run 26 miles at a time, but to walk. We didn't evolve to bench press 220 lb., but to carry 20 lb. to 30 lb. long distances. So ease off. You don't have to kill yourself to save your life.

The exercise necessary to be healthy is much less than most people think, and doesn't have to involve burdensome regimens. It should be part of life. Gardening alone - hoeing, digging, pulling, weeding and pushing a lawn mower - can boost heart rates by 20% to 25%. For a sedentary person that may be enough to improve health.

If you do enjoy the feeling of strenuous workouts, fine, but remember that if you're active in your everyday life you won't have to do as much, and you won't hurt yourself. ("American Health" 5/89)

Pain-Free Workouts

An arthritis sufferer should have the same exercise agenda as anyone else who wants to get in shape—find and stick with a balanced routine that strengthens muscles and builds cardiovascular power. However, this formula becomes catch-22 for the person with arthritis: doing any exercise can add to pain he's already having.

That's why swimming is the ideal exercise. The water's way of leaving you "weightless" places no additional stress on joints and no extra pain while you're getting fit. Check out the variety of water exercise classes offered at your local health clubs. ("American Health" 3/90)

Providing for the Special Needs of Older Patients

Our Humana Seniors Association 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 of our members receive VIP treatment including discounts on accommodations. Your benefits include private rooms at semi-private rates and an extra bed for your spouse or a friend at no additional charge, both benefits subject to availability. You will also enjoy a complimentary TV and telephone in your room as well as complimentary meals for your spouse. All this and even complimentary transportation when available.

When you become a member you qualify for vision and hearing care benefits including discounts on eyewear and hearing aids. We also have an in-home emergency response system to ensure your safety 24hrs a day. Discounts to local merchants and convenient prescriptions by mail are all part of being a member. For more information call the association at 776-0884.

Ask Your Doctor About DaySurgery

Humana DaySurgery offers an innovative and convenient alternative to a hospital visit. DaySurgery is specifically designed and staffed for surgical procedures that can be performed the same day the patient is admitted. It is a technique for providing

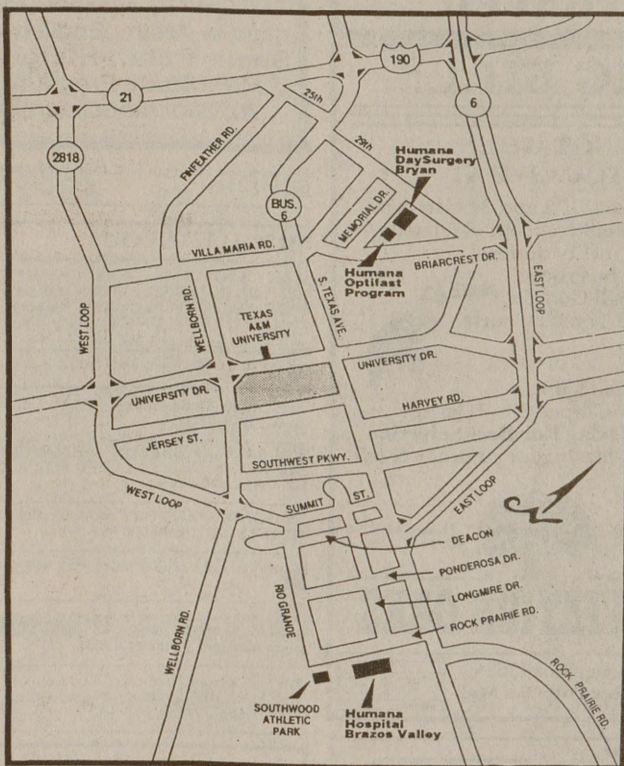
you lower-cost, hospital-quality health care that has gained popularity throughout America.

With DaySurgery, you're admitted, have surgery, and go home the same day, so your health care costs are substantially

less than those for the same operation performed on an overnight basis. You'll be back in the familiar surroundings of your home before nightfall. That means greatly shortened absences from family, school or work. Parents are back home with small children and business people can stay in touch more easily with their offices.

If you have a child who needs surgery, you'll probably feel more comfortable having him or her at home. Recovery is enhanced in familiar surroundings with a loving family nearby.

DaySurgery is a concept that represents advances in surgical techniques and hospital care. Many different types of surgical procedures are now being



Common DaySurgery Procedures

Biopsy: diagnosis of lumps and bumps

Diagnosis of moles, cysts, or ganglia (swelling beneath the skin), enlarged fatty tissue and swollen lymph glands can safely and easily be done in DaySurgery.

Arthroscopic Diagnosis and Treatment

Arthroscopy is the examination of the interior of a diseased or damaged joint, by means of a lighted instrument known as an arthroscope. Using an arthroscope, a doctor will be able to determine what is affecting the function of the joint when symptoms fail to respond to medical therapy.

Foot Surgery

Today foot surgery to relieve pain, correct deformities and to improve function can be done safely and easily in DaySurgery. Arthroplasty is the removal of a portion of the toe joint to straighten a "hammertoe." Fibrous tissue fills in the gaps.

Hernia Repair

A hernia is the abnormal protrusion of part of an organ or tissue. Hernias are common in the groin and abdomen. Although various supports and trusses can be tried, the best treatment is surgical repair of the weakness in the muscle wall through which

the hernia protrudes. This procedure is called herniorrhaphy and can be done safely and easily in DaySurgery.

Myringotomy for serous Otitis Media
Fluid buildup in the middle ear is a common disorder among children from birth through around age six. If left unattended, this condition can cause learning and speech disabilities, even permanent loss of hearing. However, a trip to DaySurgery, correction of serous otitis media can be performed in a matter of minutes.

Nasal Surgery

Minor aesthetic rhinoplasty can be done to correct the appearance of a large bulbous tip of the nose, an obvious bump or hook or flared nostrils. Reconstructive surgery of the nose is done to correct deformities resulting from birth, trauma, tumors or infections. The end result is improved function and a more desirable appearance.

Tonsillectomy

A tonsillectomy at Daysurgery means you can enjoy the popsicle in the comfort of your own bed.

performed on a same day basis. Most people find their insurance not only covers the majority of charges for DaySurgery, but also encourages the use of same day surgery to hold down health care costs.

Only your physician can decide whether you are a candidate for DaySurgery. However, surgery on a same day basis is a choice more and more doctors are able to offer their patients. DaySurgery provides a

high quality, low cost alternative to hospital care.

Humana DaySurgery is now offered at two locations: Humana DaySurgery-Brazos Valley and Humana Hospital Brazos Valley.

If you or a member of your family is anticipating surgery, discuss DaySurgery with your doctor. This innovative service could be the time and money-saving alternative that's right for you.

More Than a Way of Losing

As one of the most critical health problems we face today, obesity is a chronic medical condition that affects millions of Americans.

Now there's hope for those who are overweight. The medically supervised OPTIFAST Program is a long term, serious approach to permanent weight control.

Researchers have discovered that overeating is not the main cause of obesity, but agree that it is caused by a complex interaction of genetic, environmental and psychological factors.

If you are 50 pounds or more overweight, the Optifast Program offers new hope for you.

The OPTIFAST Program is based on the belief that a problem as complex as obesity requires a complex solution. The program deals not only with your weight, but also with the physical, social and emotional aspects of being severely overweight.

Medically supervised and hospital affiliated, the OPTIFAST Program provides a unique combination of safe, rapid weight loss; behavior modification and psychological support; nutrition education; exercise; and frequent medical monitoring.

Initial weight loss is rapid and very encouraging. But the focus is on long-term, sustained weight loss. In other words, what you lose stays lost.

CENTER FOR HEALTH RESOURCES

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

A series of medical test and an interview will help to determine if you qualify

for the program. If you elect to participate in the OPTIFAST Program, you will have weekly consultations with the program physician, nurses and nutritionists to monitor your safety and progress.

You will also participate in behavior modification sessions led by a professional behaviorist. It is participation in these sessions and the group support you encounter there which enables you to successfully reshape your thinking about food and the role you will allow it to play in your future life.

Find out more about the OPTIFAST Program by attending one of our free Optifast orientation sessions (check our calendar on this page). Please call 776-5026 for information about orientation schedules and reservations. We are willing to work with you on insurance claims and are accepting assignment of insurance benefits. When it comes to long-term weight management, this time you won't be alone. OPTIFAST is more than a way of losing, it's a way of life.

Please send me more information on:

- Humana® Cradle Club™ enrollment
- Center for Health Resources
- Tel-Med hotline
- Optifast®
- Humana® Seniors Association™
- Breast Diagnostic Center™

Special caring by special people

NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

NUMBER OF CHILDREN IN FAMILY _____

AGES _____

Humana® Hospital - Brazos Valley
Center for Health Resources
1604 Rock Prairie Road
College Station, Texas 77845
(409)764-5275

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"How do I find a doctor who's perfectly suited for my needs?"

"Which doctors will accept my insurance?"

"We're expecting our first child. Can you tell me about the Humana Cradle Club™?"

"Where can I find a CPR class?"

The answers to these and other healthcare-related questions are now easy to find and as close as your telephone through **Humana On Call™**, a valuable new community service from the healthcare professionals at Humana Hospital - Brazos Valley.

Now with one phone call, you can be referred to quality physicians and specialists, as well as a wide range of community and hospital-based programs and services matched to your specific needs. Your healthcare referral questions will be answered promptly and reliably by our specially trained healthcare representatives from 8:00 a.m. to 5 p.m., Monday - Friday. And best of all, this service is free.

If you need to know about finding the right physician, community health events, or a wide variety of health services offered by your local Humana Hospital or by the community, one call is all it takes.

Humana Hospital - Brazos Valley
1604 Rock Prairie Rd.
College Station, TX 77845

Humana On Call™

764-5201