



Product of the Month:
D.O.T Reacher



To Your Good Health:
Strawberry and Blue
Cheese Bruschetta



FOCUS ON...
Fall Prevention

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HOMECARE NURSING & THERAPY **WESTARM**

Services offered:

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Medical Social Work
- Skilled Nursing

Employee Highlight



Our featured employee is Penn State Graduate, Kelly Klingensmith. Prior to joining us as Homecare Coordinator she worked in several of our outpatient facilities as a Physical Therapy Aide. In her new role, she accepts all new patient referrals and coordinates a start of care with appropriate staff. In addition to working in the Homecare Office, on Tuesday and Thursday evenings she instructs Yoga at our Leechburg facility. Miss Klingensmith currently lives in Vandergrift and is pursuing her master's degree in Fitness and Sports Nutrition online. She is likely to be the friendly voice greeting you any time you call our office and she is eager to speak with you!

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WESTARM Homecare Nursing & Therapy

Issue Spring 2016

Younger people choosing joint replacement as methods, therapy improve outcomes

Knee or hip replacement surgery can be a scary prospect, especially when a person has never before had a serious health issue. But the procedures are becoming more and more common, and new surgical methods mean smoother recoveries than ever.

Thousands of people undergo joint replacement surgery in the United States each year. According to the Centers for Disease Control and Prevention, about 327,000 hip replacements and 676,000 knee replacements are performed every year.

Joint replacement can be the treatment option that makes the most sense when other treatments haven't eased a person's joint pain.

Dr. James B. Cox, a Texas orthopedic surgeon, said in a May 2013 article in Med City News that the average age of people undergoing surgery is getting younger. While the average age range for hip replacement surgery in 2003 was 70 to 75, Cox said it now is 65 to 70.



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In 2009, the United States and Germany performed the most knee replacement surgeries at 213 per 100,000 people. Germany also led in the number of hip replacements with 296 per 100,000, but the U.S. was 14th on the list with 184 per 100,000.

Source: The journal "Cancer," June 2010.

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"Some implants that are available to us now, we expect them to last a lifetime," he said. "With that in mind, we're not as reluctant to move forward with hip replacement."

After a joint replacement procedure, it's important to follow your doctor's and physical therapist's instructions. While physical therapy can be uncomfortable at times, experts say it's the best way to ensure optimal recovery, including increased strength and mobility.

Depending on your situation and your medical team's discretion, you could begin physical therapy as soon as 48 hours after surgery.

"Physical therapy helps expedite a patient's return, especially for those who need to get back to work or care for themselves at home without assistance from others," Jim Lagrange, a physical therapist with the Mercy Physical Therapy Center in Portland, Maine, told www.orthogate.org in a January 2011 article.

Physical therapy programs after joint replacement typically include walking and other exercises to increase mobility. Eventually, patients can progress to the point of resuming activities of daily living and household chores, with many returning to levels of full function. **h&h**



Product of the Month: **D.O.T Reacher**

Hand-held reachers make it easy to do many everyday tasks yourself, even with limited mobility. The 32-inch D.O.T. Reacher by Mohawk

is constructed with a light aluminum shaft and high-impact plastic handle for indoor or outdoor use. Its rubber cups can pick up items as small as a penny or as heavy as a brick, all while preventing unnecessary bending and strain.

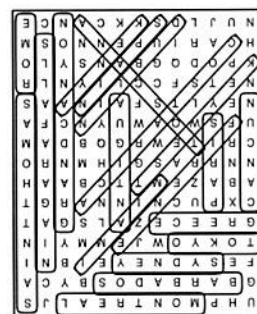
To order, visit www.forestry-suppliers.com
Cost: \$17.50. **h&h**

Vacation Destinations



U	H	P	M	O	N	T	R	E	A	L	J	S
G	B	A	R	B	A	D	O	S	B	Y	C	A
F	E	S	Y	D	N	E	Y	E	I	B	N	I
T	O	K	Y	O	W	J	E	M	M	Y	I	N
G	R	E	E	C	E	Z	A	L	S	G	A	T
C	X	P	U	C	N	I	N	N	A	R	G	T
A	B	A	Z	E	M	T	T	C	B	A	A	H
N	N	R	R	A	S	G	I	H	M	N	R	O
C	R	I	T	E	W	R	G	Q	B	D	A	M
U	F	S	W	O	A	W	U	Y	N	C	F	A
N	E	Y	L	T	S	F	A	I	N	A	A	S
N	E	T	S	F	C	C	L	I	Y	N	L	R
K	P	O	D	Q	G	B	A	N	S	Y	L	O
H	C	A	R	I	U	P	E	N	N	O	S	M
N	U	J	L	D	S	K	K	C	A	N	C	E

Toscana	Montreal
Rome	Paris
Greece	Sydney
Grand Canyon	Antigua
Firenze	Barbados
Costa Rica	Tokyo
Dublin	Cancun
Saint Thomas	Miami
Key West	Spain
Kenya	Niagara Falls



FOOD FOCUS Strawberries

One of the tastiest berries on the planet is also one of nature's best sources of Vitamin C. One cup of strawberries has 165% of your

daily recommended intake of the vitamin that helps keep your cells healthy and promotes wound healing. Strawberries are high in fiber and make an easy snack that's healthy and delicious. **h&h**

FOCUS ON...Fall Prevention

Avoiding trips, falls and stumbles is important all the time, but patients recovering from joint replacement surgery must be especially careful to prevent these accidents.

If you are at an increased risk of suffering a fall because of illness, injury, age or surgery, the following tips can help keep you safe.

- ☼ Wear shoes with nonskid soles and low, closed heels, even while indoors
- ☼ Use your crutches, walker or cane as directed
- ☼ Get help removing fall hazards in your home, including electrical cords in pathways, low furniture, loose rugs and carpets, toys or magazines on floors and other trip hazards
- ☼ Watch out for small pets, and consider having them stay with a loved one or in a kennel in the first days after a surgery
- ☼ Add grab bars in the bathroom next to the toilet and bath/shower, and non-slip surfaces outside and inside the bathtub/shower
- ☼ Store necessities such as clothes and food within easy reach
- ☼ Store flashlights in easy-to-find places
- ☼ Place a lamp, phone and flashlight by your bed
- ☼ Remain active and exercise according to your doctor's instructions
- ☼ Immediately clean up any spilled liquids. **h&h**

Source: The Journal of the American Medical Association, Sept. 26, 2012



Did You Know?

- ☼ The number of knee replacement surgeries performed every year has grown 162% since 1991
- ☼ The average length of time a person spends in the hospital after the procedure is about 3.5 days
- ☼ About 5% of patients who undergo the procedure are readmitted to the hospital within 30 days



To Your Good Health

AMOUNT PER SERVING

Calories	66
Fat	2 g (1 g sat, 0 g mono)
Cholesterol	10 mg
Carbohydrates	1 g
Protein	2 g
Fiber	1g
Sodium	139 mg



Strawberry and Blue Cheese Bruschetta

Servings: 12
Serving size: 1 piece

- | | |
|--|---|
| <p>12 medium strawberries, hulled and sliced</p> <p>1 t sugar</p> <p>¼ C reduced-fat cream cheese</p> <p>¼ C crumbled blue cheese</p> <p>1-2 t of water</p> | <p>1 T finely chopped fresh chives, plus more for garnish</p> <p>¼ t freshly ground pepper</p> <p>12 slices toasted whole-grain baguette</p> |
|--|---|
- 1.** Combine strawberries and sugar in a bowl and let stand while you prepare the spread.
 - 2.** Combine cream cheese and blue cheese in a bowl with a fork. Add water if necessary to achieve a thick but spreadable consistency. Stir in chives and pepper.
 - 3.** Spread about 1 teaspoon of the cheese mixture on each piece of baguette. Top with sliced berries. Garnish with a sprinkle of chives if desired.

Source: www.eatingwell.com

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WHAT'S INSIDE?

- Younger people choosing joint replacement as methods, therapy improve outcomes
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- Product: D.O.T Reacher
- How to Make Strawberry and Blue Cheese Bruschetta
- Solve the Brain Booster Puzzle

This information is for educational purposes only and is not intended to replace the advice of your doctor or healthcare provider.

DO YOU KNOW THE ANSWER?

1. Are there more hip or knee replacements in the U.S. every year?
2. What food is naturally sweet, high in fiber and has all the Vitamin C you need?
3. Which country performs the most hip and knee replacement surgeries?

**Confident in how you would respond to these questions?
Open this newsletter to get the right information!**

If you need help finding answers to your important home care questions, contact us:

Tel: 724-337-0420 | Fax: 724-337-0630
www.westarmhomecare.com

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