



Product of the Month:  
Pain Relief Wand



To Your Good Health:  
Indian-Style Rice



FOCUS ON...  
Pain Medication

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## HEMOCARE NURSING & THERAPY **WESTARM**

### Services offered:

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

### Employee Highlight



Our featured employee is Physical Therapist Heather Mayer, MPT. She currently treats our patients in their homes and outpatient facilities with a specialization of neurological disorders including multiple sclerosis. She resides in Allison Park with her husband and two children.

The 1st presentation of our 2016 Community Lecture Series will be **"Treat Your Own Back"** held on March 8th at our Vandergrift facility. Seating is limited so call early to reserve a FREE space.

# health & home

A **FREE** health care newsletter from your friends at  
**WESTARM Homecare Nursing & Therapy**

Issue Winter 2015

## Physical therapy's important role in chronic pain management

Chronic pain, or pain that lasts for several months or even years, affects at least 116 million Americans each year. A good medical team is critical for anyone living with chronic pain. Working together, physicians, physical therapists, psychologists and other health professionals work toward a common goal of improving a patient's quality of life.



The American Physical Therapy Association recently highlighted the role that physical therapists play in managing this pain. Their treatments include strengthening and flexibility exercises, manual therapy, posture awareness, and body mechanics instruction. Physical therapists can also help the patient understand the underlying cause of their pain.

According to Dr. Melanie Rosenblatt, medical director of pain management at the North Broward Medical Center in Pompano Beach, Fla., "Chronic pain is, in and of itself, a chronic illness. Chronic pain is its own disease, and it can be very isolating. It can lead to depression, and in many cases, suicide."

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*When asked about four common types of pain in 2004, respondents to a national survey indicated they experienced the following pain that lasted a whole day or more:*

<b>27%</b> Lower back pain	<b>15%</b> Neck pain
<b>15%</b> Headache & migraine pain	<b>4%</b> Facial ache & pain



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Physical therapy plays a vital role in helping patients manage and overcome chronic pain. "When we go low and slow, physical therapists are able to gradually increase the intensity of active exercises," said physical therapist John Garzione, president of the Pain Management Special Interest Group of the association's orthopedic section. "We also educate the patient about how brain and central nervous system hypersensitivity contribute to their chronic pain. We encourage our patients to never give up, that this does not have to be a way of life."

After returning from Iraq, Navy veteran Derek McGinnis said chronic pain made it difficult to cope with daily life. He sustained debilitating injuries, and it took time to find the help he

needed. "I felt so hindered by the pain that I was coping with, and I wasn't getting the answers that I needed," he said.

People with chronic pain, like McGinnis, are often advised to participate in a multidisciplinary pain management program, which consists of a team of doctors and other health care professionals.

McGinnis found support after meeting a health care provider who took the time to listen to his concerns. "I was grateful that it wasn't in my head. I wasn't alone. I had a team. I wasn't Derek with the pain problem, I was just Derek. I was moving forward to find some resolution." **h&h**

Source: American Physical Therapy Association

## FOOD FOCUS

### Turmeric

This slightly bitter spice has been used as a remedy for 4,000 years. It is helpful with stomach problems and may even fight osteoarthritis, heart disease and cancer. Turmeric is low in cholesterol and sodium and is a good source of vitamin C, magnesium, fiber, vitamin B6, iron, potassium and manganese. **h&h**



## African Wildlife



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

AARDVARK	GAZELLE	LION
CHEETAH	GIRAFFE	OTTER
CHIMPANZEE	HEDGEHOG	RHINOCEROS
ELAND	HYENA	SHREW
ELEPHANT	JACKAL	ZEBRA
	LEOPARD	

## Product of the Month: Pain Relief Wand

The Brookstone® Pain Relief Wand uses advanced infrared-emitting LED lights to soothe

minor arthritis pain, tender joints, and aching muscles. It uses polychromatic infrared light to increase blood flow and warm/maintain tissue temperature to the affected area.

Cost: \$99.95. Order at [brookstone.com](http://brookstone.com). **h&h**





## FOCUS ON... Pain Medication

Visits to hospital emergency departments involving nonmedical use of prescription narcotic pain relievers more than doubled between 2004 and 2008, rising 111 percent to 305,885 visits a year, according to a study by the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Centers for Disease Control and Prevention.

The dramatic rise in emergency department visits associated with nonmedical use of these drugs occurred across all ages and among both men and women.

The three prescription drugs most often involved in hospital emergency department visits were oxycodone, rising 152 percent; hydrocodone, rising 123 percent; and methadone, rising 73 percent.

Source: U.S. Centers for Disease Control and Prevention



The numbers of visits involving other types of prescription pain relievers such as morphine, fentanyl and hydromorphone were lower, but they also showed sharp rises. These upward trends reflect in part dramatic increases in the rate at which these drugs are prescribed in the United States.

"Emergency department visits involving non-medical use of these prescription drugs are now as common as emergency department visits for use of illicit drugs," said CDC director Dr. Thomas Frieden. "These prescriptions medicines help many people, but we need to be sure they are used properly and safely." *h&h*

## Did You Know?

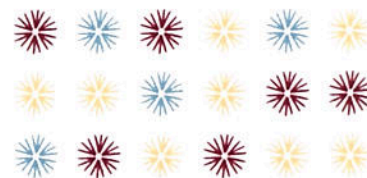
*The Medicare Rights Center is there to help.*

Do you help people with Medicare? Where do you turn to for help?

Email the professional help center, a national service offered by the Medicare Rights Center to support people serving the Medicare population, at [professional@medicarerights.org](mailto:professional@medicarerights.org)

Officials at the center will respond to your email with accurate, up-to-date information and ongoing technical support.

Consumers with questions can call the center's help line at 800-333-4114 or visit [www.medicareinteractive.org](http://www.medicareinteractive.org).



## To Your Good Health



### Indian-Style Rice with Cashews, Raisins & Turmeric

- |                             |                                       |
|-----------------------------|---------------------------------------|
| <b>1 T</b> Vegetable oil    | <b>dash</b> Crushed red pepper flakes |
| <b>1½ C</b> Basmati rice    | <b>1 t</b> Salt                       |
| <b>14 oz</b> Coconut milk   | <b>¼ t</b> Ground turmeric            |
| <b>14 oz</b> Chicken stock  | <b>1</b> Bay leaf                     |
| <b>½ t</b> Ground cumin     | <b>½ C</b> Raisins                    |
| <b>½ t</b> Ground coriander | <b>¾ C</b> Cashew halves              |

1. Heat oil in a large pot over medium-high heat. Stir in rice, and cook for 2 minutes.
2. Pour in remaining ingredients.
3. Bring to a boil, then cover, and reduce heat to low. Cook until rice is tender, about 20 minutes.

Source: [allrecipes.com](http://allrecipes.com)



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WESTARM Homecare Nursing & Therapy  
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## WHAT'S INSIDE?

- Physical therapy and chronic pain management
- FOCUS ON...Pain Medication
- Product: Pain Relief Wand
- How to Make Indian-Style Rice with Cashews, Raisins, & Turmeric
- Take the Brain Booster Quiz

*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. What physical therapy treatments can help relieve chronic pain?
2. Where can you turn if you serve the Medicare population and have questions?
3. What type of medication misuse is resulting in a huge spike in ER visits?

**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](http://www.westarmhomecare.com)

