

Paoli Hospital

Community Health Newsletter

March 29, 2021

Volume 2, Number 2

"This is wonderful! I am more excited than you could ever know" Excited Daughter of a Patient

Staying in Touch

Greetings and Well Wishes. Thank you for staying tuned in to what Paoli Hospital's Community Health & Equity Team is doing to keep you healthy and well. The pandemic has made us think of different ways to deliver important information to the communities we serve. On March 18, 2021 we opened our doors back up to allow limited visitor visits for our patients. There are still some restrictions in place so if you have a loved-one who is here as a patient be sure to discuss the new visitation policy with the patient care team before you come in for a visit.

Health Awareness

Colon Cancer

Did you know that most colon cancer starts as benign polyps, or growths, on the lining of the colon and often produce no symptoms? The best way to detect polyps is through a colonoscopy. When a physician finds a polyp during a colonoscopy, it is removed and sent to pathology for testing. Some hereditary conditions do exist where cancer develops without a polyp.

The American Cancer Society recommends those with average risk and no family history to begin screening at the age of 45. A family history of polyps or colorectal cancer means screening should start 10 years before a loved one was diagnosed, or a polyp was found. Remember that every patient is different, and everyone should refer to their doctors to determine when colon cancer screening should begin.

The best way to prevent Colon Cancer is to know your family History, eat a diet high in fiber, stay active, and stay on top of your screenings.

Health Focus

Colon Cancer

Donor Awareness

Diabetes Alert Day

Donor Awareness:

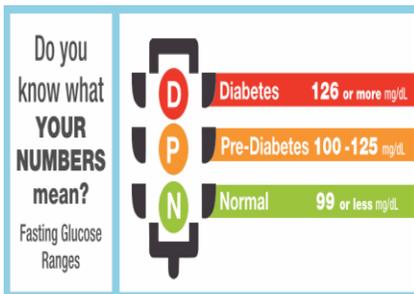
National Donate Life month is observed in April each year. It is during this month that we take the opportunity to encourage people to register as organ, eye and tissue donors and to honor those that have saved lives through the gift of donation, those that have received the gift and those that are waiting. We take part in several fun activities to help get the message across about the importance of Organ and Tissue Donation. This year most events will be held virtually. There are more than 108, 000+ people in the U.S. waiting for a lifesaving transplant (more than 5,000 in our region) and 20 people die each day. Please consider registering at donors1.org or donatelifepa.net. If you are already a registered donor, thank you! Please consider joining us in one of the fun upcoming virtual events like the Dash from Home Challenge. This is a 3k walk, 5k, 10k run that can be done virtually in March and April. You can register at DonorDash.org and join the Main Line Health Team (or you can search by my name as the captain Stephanie Haley). To hear my story or to ask any questions don't hesitate to email me at: haleys@mlhs.org Thank you Stephanie Haley RN, BSN, PCCN, CCRN Paoli Hospital



Diabetes Alert Day

Observed on the fourth Tuesday in March, Diabetes Alert Day is a one-day "wake-up call" that focuses on the seriousness of diabetes and the importance of understanding your risk. We encourage you to find out if you—or someone you love—is at risk for type 2 diabetes. Did you know that More than 84 percent of people living with prediabetes don't know they have it? Some things you can do to prevent diabetes is:

- Lose 5-7% of your body weight, this can be anywhere from 10-20 pounds depending on your weight.
- Do any type of physical activity for 150 minutes a week, which can be broken down to 30 minutes a day for 5 days.
- Eat a balanced diet packed with plenty of non-starchy vegetables.



Upcoming Virtual Community Health & Equity Seminars



Aramark Guest Chef Series: Beans + Rice = A Complete Protein Nutrition for Global Nutrition: Virtual Seminar

March 31, 2021 at 2:00 PM

Learn why pairing these two simple ingredients creates a complete protein and why beans-and-rice dishes have become culinary staples across the globe. Learn how various countries make this combination their own with unique preparations.

https://mlhs.zoom.us/webinar/register/WN_nI-eVXbNRHOLTkhqqmTdYg

Virtual Senior Supper: Small Steps to Better Health

April 7, 2021 at 5:00 PM

Not every change you make to live a healthier lifestyle must be drastic. It's better to take small steps on your journey to better health. In this session, you will learn easy tips and tricks on how to improve your health, one step at a time.

<https://www.mainlinehealth.org/events/2021/04/07/1700/senior-supper-small-steps-to-better-health?id=1477FE8A-F993-4B53-9F62-5D2D8076D3F1>



CONTACT US

Florastine Byarms

**Manager of Community
Health & Equity**

Paoli Pointe 11 Industrial
BLVD. Suite 205
Paoli, PA 19301
O:484.565.1270
E: byarmsf@mlhs.org