

# It's A Fact Jack!

*September is National Cholesterol Education Month. See your doctor regularly to keep tabs on your cholesterol. To help control cholesterol, follow your doctor's recommendations on diet, exercise, and medication.*



## HEALTH MATTERS

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### Tips on lowering your cholesterol

A low cholesterol diet is one of the surest ways to improve heart health. In fact, studies show you can slash your bad cholesterol by as much as 10% to 20% by giving your diet a makeover. The secret? Follow a diet rich in healthy fats like vegetable oils and fish. And avoid foods high in saturated fats and trans fats.

How do you know which foods keep your cholesterol low? Here are some tips to help you get started.

1. Stock your pantry and your refrigerator with the right foods for a low-cholesterol diet. Buy your favorite canned or dry beans, fresh fruits, whole grains, vegetables, and vegetable juice.
2. For a low-cholesterol diet, discard butter, trans fat margarines, and polyunsaturated oil. Replace them with canola oil, olive oil, or plant sterol spreads.
3. Look for products specifically created for low-cholesterol diets. These foods have been fortified with plant

sterols that help to block the absorption of cholesterol.

4. Start your day with oatmeal. Experts agree this is one of the top cholesterol-lowering superfoods.
5. Try a cholesterol-free egg substitute instead of whole eggs.
6. For a tasty low-cholesterol dish, switch out the cream sauce on your fettuccine for lightly stir-fried vegetables.
7. Instead of using butter to keep your pan moist while cooking, use white wine vinegar. It doesn't change the flavor of foods and doesn't add fat -- a key to low-cholesterol cooking!
8. Avoid butter, sour cream, and other fatty additives for flavoring. Instead, reach for the spices -- either while cooking or at the table. Liven up your dishes with oregano, basil, parsley, rosemary, thyme, cilantro, coriander, or cumin.

For more information on cholesterol and how to control it, call 262-334-3451 or talk to your West Bend Clinic primary care physician.

### West Bend Clinic, St. Joseph's Hospital and the Kettle Moraine YMCA provide free programs

West Bend Clinic and St. Joseph's Hospital have teamed with the YMCA to bring you "Stepping Stones", a series of special programs on health related topics.

#### "Bone to Be Wild" – Healthy Bones and Joints

Learn options to keep active and the latest treatments for joint replacement. Presented by Tim Morton, MD, orthopedic surgeon with Forward Orthopedics and West Bend Clinic.

Tuesday, September 15

7:00 – 8:00 pm

Kettle Moraine YMCA

To register call 800-272-3666

#### "Keeping the Beat" – Healthy Heart Maintenance

Learn about heart health and the treatments available for various heart conditions. Presented by cardiologist Khawaja A. Ammar, MD, MBBS, with Froedtert & The Medical College of Wisconsin Specialty Clinics at St. Joseph's Hospital.

Tuesday, September 29

7:00 – 8:00 pm

Kettle Moraine YMCA

To register call 800-272-3666



# Keeping baby safe at home

BABIES - Innocent, naturally inquisitive and into everything, are especially vulnerable to injury from accidents in the home. That's why it's important for parents to learn how accidents occur and take precautions to minimize the risk of injury to baby. These tips will identify some of the more common hazards in the home.

## In the Kitchen

- ◆Poisons or toxic materials should not be under the sink. Place them high up out of baby's reach
- ◆Install latches on all drawers and cabinets which might contain items that can harm baby (kitchen, bathrooms, etc.)
- ◆When cooking, all pot handles should be turned inward so baby can not reach them. Use back burners whenever possible.
- ◆Stove knobs that are within baby's reach should be baby proofed. Gas ranges are particularly dangerous because you may not be aware of baby turning on the gas slightly.
- ◆Magnets on refrigerators are not a good idea. If they fall to the floor, they may break or the magnet can fall off and baby will pick it up and swallow it.

## In the bathroom

- ◆Do not take pills or medication in front of children. They mimic what they see. Never refer to medicine as candy.
- ◆Do not rely on any medicine cabinet locks for protection. The best thing to do is buy a fishing tackle box or a tool box to put all medications inside and lock.

- ◆Cover the bathtub spout to prevent the child from burning themselves or slamming their head against it and causing injury.
- ◆Keep toilet lids closed and locked.
- ◆Never leave an infant alone in the tub. Babies can drown in just an inch or two of water. Also, never leave a tub with water in it.

## In the Nursery

- ◆All music/play boxes, mirrors, or any type of crib attachment should be installed on the wall side of the crib - otherwise, the attachment can be used by baby to climb up and out of the crib.
- ◆Wall hangings should never be put above a crib. If a child were to pull it down, nails could come loose and fall into the crib.
- ◆Mobiles should be removed when the baby is 5 - 7 months old. Baby can pull the mobile down, or the little strings from the mobile can be wrapped around the baby's fingers and cause injury.
- ◆When changing the baby, always use the changing strap and never leave the baby unattended on the changing table, not even for a few seconds. Don't underestimate baby's ability to wriggle or roll.
- ◆Don't forget to cover any electrical outlets that may be behind the crib. Baby can reach through the bars.

## Around the house

- ◆Cover electrical outlets to prevent access by baby.



- ◆Keep all trash containers locked up and out of baby's way. Remove plastic bags used as liners from containers and diaper pails which baby might tear a piece from and choke on.
- ◆Tall lamps or coat racks can be pulled over onto baby or through windows. These should be removed or blocked by furniture to prevent baby from getting to them.
- ◆Turn your hot water heater down to 120 degrees fahrenheit or lower to lessen the chance of accidental burns.
- ◆Separate plants and babies. Some plants are poisonous. Baby can pull leaves or stems off and choke on them or pull the whole plant on top of them.
- ◆Hanging cords from answering machines, phones, lamps, appliances and window treatments should be out of baby's reach.

For more information on baby safety or to make an appointment with one of the following pediatricians:

- ◆Jeff Goza, MD
  - ◆Andrew Guminski, MD (*Kewaskum Clinic*)
  - ◆Anna Hankins, MD
  - ◆Julie Mossberg, MD
  - ◆Heather Osborn, MD
- please call West Bend Clinic-South at 262-836-2789.

<http://www.babysafe.com/tips.htm>

**West Bend  
Clinic**

**Froedtert & Community Health**

262-334-3451 ■ 800-825-0513 ■ [westbendclinic.com](http://westbendclinic.com)

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