

# It's A Fact Jack!

*Pumpkin seeds are a very good source of the minerals phosphorus, magnesium, manganese, and other minerals including zinc, iron and copper. In addition, pumpkin seeds are a good source of protein and vitamin K.*



# HEALTH MATTERS

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## Breast cancer rehabilitation offered at West Bend Clinic Rehabilitation Center

By Pat Waters and Lori Grahl, Occupational Therapists, West Bend Clinic Rehabilitation Center

Our Breast Cancer Rehabilitation Program offers a full spectrum of services provided by occupational therapists for breast cancer survivors in a supportive environment.

A major focus of the program is to educate and instruct patients in self-help techniques so they can to manage their condition independently.

Loss of strength and function of the shoulder and a decrease in overall fitness often accompanies the surgical removal of the breast and lymph nodes. The rehabilitation program allows patients to participate in treatments most appropriate for their stages of recovery.

Below are some examples of patient education that are offered in the rehabilitation program.

### Post-operative assessment

Patients are seen after an operation for assessment of shoulder motion, and upper extremity strength. Treatment may include:

- ♦ education on skin care
- ♦ scar mobilization
- ♦ home exercise program
- ♦ posture education

- ♦ Lymphedema precautions

### Lymphedema management

When lymphedema (a chronic accumulation of protein-rich fluid within the tissues of the body) is present, the patient is offered a comprehensive approach to restore maximal level of function. Treatment may include:

- ♦ lymphatic therapy
- ♦ compression bandaging of the limb
- ♦ posture and breathing exercises
- ♦ aerobic and conditioning education

### Additional rehabilitation available for:

- ♦ frozen shoulder and/or limited range of motion
- ♦ pain control of affected limb
- ♦ weakness of the shoulder and affected limb
- ♦ correction of muscle imbalances
- ♦ fitness programs to restore pre-diagnosis activity levels

For more information on breast cancer rehabilitation contact your primary care provider or to make an appointment with an occupational therapist, please call West Bend Clinic-South at 262-836-2311 or West Bend Clinic Rehabilitation Center at 262-306-6319.

## Upcoming Events

### HOOPS Clinic

Saturday, October 24  
8:00am - 12:30pm  
Kettle Moraine YMCA,  
West Bend

### Who should attend:

Girls, grades 5-8  
Parents and coaches

### Skills Sessions Include:

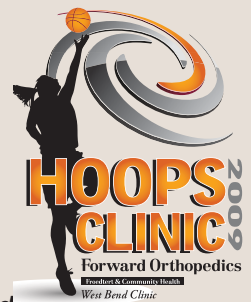
Shooting & Ball Handling  
Defense & Rebounding  
One-on-One and Post Moves

**HOOPS Clinic Presented by:** Kristen Maskala, MD, Forward Orthopedics and Marquette University All-American in Women's Basketball, former college athletes, West Bend Clinic Rehabilitation Center athletic trainers and physical therapists.

### "The Scoop on Healthy Hoops"

**Presented by:** Jeff Goza, MD, West Bend Clinic - South. An informational session for parents and coaches on nutrition, injury prevention and concerns, and warning signs of non-sports medical problems in female athletes.

Registration deadline is October 16. Space is limited. Includes prizes and free t-shirt for kids. Registration forms available at all West Bend Clinic locations or [westbendclinic.com](http://westbendclinic.com). For more information call 262-334-1641 ext. 2760.



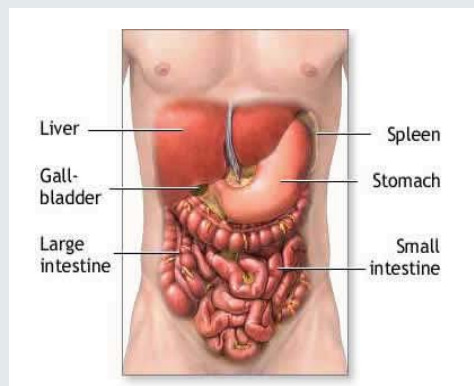
## Tips for a healthy liver

October is Liver Awareness Month. The liver is a large organ that sits on the right side of the stomach. Weighing about three pounds, the liver is reddish-brown in color and feels rubbery to the touch.

The liver has two large sections, called the right and the left lobes. The gallbladder sits under the liver, along with parts of the pancreas and intestines. The liver and these organs work together to digest, absorb, and process food.

The liver's main job is to filter the blood coming from the digestive tract, before passing it to the rest of the body. The liver also detoxifies chemicals and metabolizes drugs. As it does so, the liver secretes bile that ends up back in the intestines. The liver also makes proteins important for blood clotting and other functions.

Your overall health and vitality depends upon the health of your liver. Thousands of enzyme systems that control virtually every body activity are created there. If your liver fails to create even one of these enzymes, overall body function is impaired, creating greater stress on your body.



### Try the following tips for a healthy liver:

- ◆ Avoid any foods of which you suspect you may be intolerant, they will produce toxins in the stomach that can cause stress to the liver.
- ◆ Aim for a diet built on complex carbohydrates (brown rice), lean protein (beans, lentils, eggs, chicken, fish and lean red meat) and fresh fruits and vegetables.
- ◆ Cut down on stimulants such as tea and coffee, and depressants such as smoking & alcohol. Aim at drinking at least eight, eight ounce glasses of water a day.
- ◆ Laugh, rest and feel good- it's a really good way to boost your immune system and it's free.

Contact your primary care provider if you have any of the following symptoms:

- ◆ Jaundice (yellowing of the skin)
- ◆ Dark urine
- ◆ Upper-right side abdominal pain
- ◆ Clay-colored stool
- ◆ Nausea, vomiting
- ◆ Easily bruising
- ◆ Exceeded the recommended dose of acetaminophen containing medications (Tylenol)

For more information on liver health, contact your primary care provider or call West Bend Clinic at 262-334-3451.

[www.webmd.com](http://www.webmd.com)

## Welcome Yoshiaki Akiya, MD to Hartford Clinic

Hartford Clinic announces the addition of Yoshiaki Akiya, MD, family practitioner, to its medical staff.



*Yoshiaki Akiya, MD*

Dr. Akiya received his bachelor's degree from Towson University in Towson, MD and his medical degree from Saba University School of Medicine. He completed his internship and residency at the Waukesha Family Practice Residency Program, an affiliate of The Medical College of Wisconsin and Waukesha Memorial Hospital. He is a member of the American Academy of Family Practice and the Wisconsin Medical Society.

"My approach to patient care is to get to know the patient as a whole person," says Dr. Akiya. "I believe I can best treat my patients when I understand their background, just as you know your family and friends."

Dr. Akiya specializes in a broad spectrum of family medicine including obstetrics. He enjoys continuity of care, especially for expecting mothers and their new families.

If you would like to make an appointment with Dr. Akiya, please call Hartford Clinic at 262-670-4824.

# West Bend Clinic

Froedtert & Community Health

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

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