

Stone Soup Gazette



January/February
2011

Women with High Job Strain Have 40% Increased Risk of Heart Disease

American Heart Association Meeting Report

Chicago, Nov. 14, 2010—Women who report having high job strain have a 40% increased risk of cardiovascular disease, including heart attacks and the need for procedures to open blocked arteries, according to research presented at the American Heart Association's Scientific Sessions 2010.

Job strain, a form of psychological stress, is defined as having a demanding job, but little to no decision-making authority or opportunities to use one's creative or individual skills.

"Our study indicates that there are both immediate and long-term clinically documented cardiovascular health effects of job strain in women," said Michelle A. Albert, M.D., M.P.H., the study's senior author and associate physician at Brigham and Women's Hospital, Boston, MA. "Your job can positively and negatively affect health, making it important to pay attention to the stresses of your job as part of your total health package."

Researchers analyzed job strain in 17,415 healthy women who

participated in the landmark Women's Health Study. The women were primarily Caucasian health professionals, avg age 57 who provided information about heart diseases risk factors, job strain and job insecurity. They were followed for more than 10 years to track the development of cardiovascular disease.

The 40% higher risks for women who reported high job strain included heart attacks, ischemic strokes, coronary artery bypass surgery or balloon angioplasty and death. The increased risk of heart attack was about 88%, while the risk of bypass surgery or invasive procedure was about 43%.

"Women in jobs characterized by high demands and low control, as well as jobs with high demands but a high sense of control, are at higher risk for heart disease long term," said Natalie Slopen, ScD., lead researcher and a postdoctoral research fellow at Harvard University Center.

Previous research on the effects of job strain has focused on men and had a more restricted



set of cardiovascular conditions. "From a public health perspective, it's crucial for employers, potential patients, as well as government and hospitals entities to monitor perceived employee job strain and initiate programs to alleviate job strain and perhaps positively impact prevention of heart disease," Albert said.

Co-authors are Robert G. Glynn, PhD and Julie Buring, ScD.

The Women's Health Study was funded by The National Institutes of Health.

Please visit the [American Heart Association](#) for developmental news on heart diseases.

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California's Newest Hospital Opens

Hoag Hospital Irvine brings state-of-the-art health care and new jobs to the Southland

California's newest hospital – Hoag Hospital Irvine – opened today. The hospital immediately becomes one of the premier community health care facilities in Southern California.

The new hospital replaces the closed hospital facility formerly known as Irvine Regional Hospital and Medical Center. Hoag entered a long-term lease agreement for the closed hospital property and completely renovated it to meet modern health care standards. The \$84 million effort opened on schedule and within budget.

Robert Braithwaite (brāyth-wait), chief administrative officer for Hoag Hospital Irvine, says that opening a new hospital today with advanced medical technology is a significant accomplishment.

“In the midst of national health care reform and an economic downturn, we are pleased to be able to bring a new state-of-the-art hospital online. The additional health care services and creation of more than 900 new jobs are welcomed in Orange County.”

The new hospital features:

- Advanced operating rooms with new technology that supports modern minimally invasive surgical techniques, including image-guided surgeries;
- One of the preeminent cardiovascular centers on the West



coast and two state-of-the-art catheterization labs;

- A radiology department with a larger opening MRI and the most advanced high-definition, low-dose radiation CT scanner in the Western U.S.;
- An Orthopedics Center of Excellence focusing primarily on adult reconstruction; and
- A fully staffed Emergency Department has been re-engineered to wrap life-saving diagnostic tools, labs, and clinical and imaging technology around it to provide quicker access.

Hoag Offers Community Presentations

Huntington Beach, Calif. – Hoag is offering presentations to Huntington Beach organizations about its expanding regional health care delivery network. In addition to an overview of Hoag and the services we provide the Huntington Beach community, we can also speak to a variety of health education topics.

Hoag has been serving Huntington Beach residents since the 1950s. In fact, Hoag cares for more Huntington Beach residents than any other hospital in Orange County. Hoag is commit-

ted to bringing high-quality health care to Surf City residents for many years to come.

To schedule a presentation call (949) 583-2611. For more information, visit the website www.hoag.org. You can also find Hoag on Facebook and Twitter @hoaghealth.



About Hoag Memorial Hospital Presbyterian:

Hoag is a not-for-profit regional health care delivery network in Orange County, consisting of two acute-care hospitals, seven health centers and a network for more than 1,300 physicians, 5,000 employees and 2,000 volunteers.

Hoag Hospital Newport Beach, which has served Orange County since 1952, and Hoag Hospital Irvine, which opened in 2010, are designated Magnet hospitals by the American Nurses Credentialing Center (ANCC).

Hoag offers a comprehensive mix of health care services; hence, the National Research Corporation has endorsed Hoag as Orange County's most preferred hospital for the past 14 consecutive years.



CALL...

OVEREATERS ANONYMOUS

714-953-0900

www.oaoci.org

Freedom From Food

“Comfort. Relief. Distraction. Escape. That is what food did for me. Then there came a point when food no longer provided comfort. It became a prison that I couldn’t break out of. The comfort was no longer sufficient, yet the craving remained: I was addicted.”

A member of Overeaters Anonymous (OA) describes her obsession with food before finding freedom from compulsive overeating. She no longer has to eat herself into a state of numbness to fall asleep at night or wake up filled with remorse, shame, and feelings of powerlessness to stop the cycle. The

spiritual program of Overeaters Anonymous gave her a way out, stopped her compulsion to eat and transformed her life.

Overeaters Anonymous is a Twelve-Step program similar to Alcoholics Anonymous, which offers physical, mental and spiritual recovery for those who suffer from food addiction. The program began in Los Angeles, California in 1960 and grew into a membership of approximately 6,500 meetings in over 75 countries. Overeaters Anonymous is not a diet club or religious organization and there are no dues, fees or weigh-ins required for membership. Members represent a wide cross section of society and include those

who have suffered from anorexia, bulimia, obesity, and many who have hidden their obsession while maintaining a normal weight. We gladly welcome everyone who thinks they may have a problem with their eating.

Meetings are held daily at various times and locations throughout Orange County. For further information call Orange County Intergroup of Overeaters Anonymous at 714-953-0900, or visit the website at <http://www.oaoci.org>.



Top 10 Healthiest Snacks

Womenfitness.net listed the top ten healthiest snacks, which are obtained from the [American Dietetic Association](http://AmericanDieteticAssociation.org).

1. Bagel
2. Banana
3. Bran Muffin
4. Broccoli
5. Cantaloupe
6. Mexican-style beans
7. Carrot
8. String Cheese
9. Tuna
10. Yogurt



January 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
2	3	4	5	6	7	8
		2-8: National Frolic Acid Awareness Week				
9	10	Amelia Earhart Day	12	13	14	15
16	Martin Luther King Jr.'s Day	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1-31: Cervical Health Awareness Month				

10 Common New Year's Resolutions

1. Spend more time with family & friends
2. Fit in fitness
3. Lose weight
4. Quit smoking
5. Enjoy life more
6. Drink less
7. Get out of debt
8. Learn something new
9. Help others
10. Get organized

Where Are California's Primary Care Doctors?

University of California Report Points a Path to Increasing State's Health Care Workforce

When you get sick, chances are you go see a doctor, a good old-fashioned doctor who whips off his stethoscope to listen to your heart and lungs, who asked you to say "ahhhh" while looking at the back of your throat, and who shines a tiny flashlight beam into your pupils.

This good old-fashioned doctor, also known as a primary care physician, is the front line person for most patients. The problem is, this type of doctor is in short supply in California. Also in short supply are people who work with primary care physicians, i.e. pharmacists, laboratory workers, radiologic technicians, advanced practice nurses, and physician assistants, according to the newly released UC report entitled *Impact of National Health Care Reform on California's Health Workforce*.

"The central point of this report is that health care reform will increase demand for health professionals, especially primary care providers," said the report's co-author Janet Coffman,

who is an adjunct professor with the [Phillip R. Lee Institute of Health Policy Studies](#) at UCSF. "Therefore, we need to increase the overall supply of health care workers in California."

Gil Ojeda is the director of [California Program on Access to Care \(CPAC\)](#) and also the co-author of the report. "Today, 22% of Californians are uninsured," said Ojeda. "Come 2014, most of these Californians will be able to purchase affordable insurance under the new health care reform law. People who have health insurance are most likely to use it. But where are all the health care workers for this new influx of patients?"

The UC report points to specific programs and grant monies available to train more health care workers. These sources of funding include: the National Health Service Corps, which provides loans and scholarships to train primary care professionals who are willing to spend at least two years practicing in federally designated Health Professions Shortage Areas. In September 2010, the

Obama Administration awarded \$29 million to California to increase the numbers of primary care providers, public health professionals, and direct care workers.

The UC report also looks at ways to use the current workforce more efficiently, particularly in rural and inner city areas that already suffer from primary care shortages.

To read the UC report or an issue brief summarizing major findings, please visit the following websites.

The URL for the issue brief is http://cpac.berkeley.edu/documents/coffman_ojeda_brief.pdf

The URL for the report is http://cpac.berkeley.edu/documents/coffman_ojeda_whitepaper.pdf



What Impact Does Tobacco Use In the Movies Have On Youth?

Tobacco use is the number one preventable cause of death in the United States. It causes 440,000 deaths each year, more than the deaths caused by alcohol, illegal drugs, AIDS, car accidents, homicide and suicide combined (<http://www.nida.nih.gov/researchreports/nicotine/consequences.html>, August 31, 2010). Research studies have shown that exposure to smoking in the movies is one of the main reasons why youth start smoking. Tobacco is used in 75% of all PG-13 movies and 36% of G and PG movies, which are made for and marketed directly to youth (*Tobacco and Hollywood Community Action Guide for Smoke Free Movies, 2008*). Youth 10-14 years old who see the most smoking in the movies are three times more likely to start smoking than youth who see the least smoking in the movies.



(<http://smokefreemovie.ucsf.edu/pdf/Screen%20Out%20Guide%20v2%20ForWeb.pdf>).

Youth whose favorite actors/actresses smoked in three or more of their recent films are sixteen times more likely to see smoking in a positive way, which makes them much more likely to start smoking themselves (*California Youth Advocacy Network Fact Sheet, 2010*). This

problem can be addressed by creating a greater awareness in the community about this public health issue. Doing so can reduce the number of young people who use tobacco.

The “Tobacco and Hollywood” project in Orange County aims to increase youth and community’s awareness of tobacco use in movies and the negative impact it has on youth’s health. If you belong to a school, youth group, parent group, and/or community organization that would be interested in collaborating to reduce youth’s exposure to smoking in movies, can help address this issue. The “Tobacco and Hollywood” project is FREE and can be implemented as part of your organization’s current activities. To learn more about this project, please contact Tiffany Vong of the [Orange County Health Care Agency Tobacco Use Prevention Program \(TUPP\)](#) at (714) 834-6605 or tvong@ochca.com.

10 reasons to not smoke...

1. Reduce the chances of having a heart attack or stroke;
2. Reduce the chances of getting lung cancer, emphysema, and other lung diseases;
3. Have better smelling clothes, hair, breath, home, and car;
4. Climb stairs and walk without getting out of breath;
5. Have fewer wrinkles;
6. Be free of morning coughs;
7. Reduce the number of coughs, colds, and earaches your child will have;
8. Have more energy to pursue physical activities;
9. Save money from not buying cigarettes; and
10. Have more control over life.



FEBRUARY 2010

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Groundhog Day	3 Chinese New Year	4 Give Kids a Smile Day/ National Wear Red Day
5	6	7	8	9	10	11
7-14: Congenital Heart Defect Awareness Week						
12	13 Abraham Lincoln's Birthday	14 Valentine's Day	15	16	17	18
19	20	21 Presidents' Day	22 George Washington's Birthday	23	24	25
26	27	28	29	30	31	



Are You Prepared for a Dental Emergency?

(Obtained from the American Dental Association)

Thousands of dental emergencies – from injuries to a painful, abscessed tooth– take place every day. Would you know what to do if your child broke a tooth or had a tooth knocked out while playing outdoors? What if you had a bad toothache in the middle of the night? Knowing what to do can lessen the pain and save a tooth that might otherwise be lost.

Toothache– Rinse mouth with warm water to clean it out. Use dental floss to remove any food or debris that may be caught between the teeth. Never put aspirin or other painkiller against the gums near the aching tooth, this could burn the gum tissue!

Knocked-out (avulsed) tooth– Try to find the tooth. Hold the tooth by the crown and rinse the root in water if tooth is dirty.

Don't scrub it or remove any attached tissue fragments. If possible, gently insert and hold the tooth in its socket while you head to the dentist. If not, put the tooth in a cup of milk. Rime is critical for successful reimplantation, so get to your dentist immediately.

Broken tooth– Rinse mouth with warm water and clean the area. Use cold compresses on the outside of the cheek to help reduce the swelling.

Tongue or lip bites or wounds – Clean the area and apply cold compresses to reduce any swelling. You may be able to reduce the bleeding from the tongue by pulling it forward and using gauze to put pressure on the wound.

When sugar is consumed over and over again in large, often hidden amounts, the harmful effect on teeth can be dramatic. Sugar on teeth provides food for bacteria, which produce acid. The acid in turn can eat away the enamel on teeth.

Did you know?

Our 16th President, Abraham Lincoln, hated to go to the dentist. There was little anesthesia at the time, and one



dentist has actually broken off part of Lincoln's jaw when pulling a tooth!

Live Better with Life's Simple

7

My Life Check was designed by the American Heart Association to achieve the goal of “Improving the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent by the year 2020.”

Heart disease, stroke and other cardiovascular diseases continue to be a leading cause of death and disability in Orange County. Fortunately it does not have to be this way because cardiovascular diseases are largely preventable.

For the first time, the American Heart Association has defined what it means to have ideal cardiovascular health, identifying seven health and behavior factors that impact health and quality of life.

These seven simple measures have one unique thing in common: any person can make these changes, the steps are not expensive to take and even modest improvements to your health will make a big difference. You deserve to give yourself the gift of living well with good health.



1 Get Active: Regular physical activity has many proven benefits including lowering blood pressure and reducing feelings of stress. Making small choices throughout the day like taking the stairs instead of the elevator or choosing the furthest parking spot will get you on the right track to heart healthy living.

2 Control Cholesterol: Cholesterol is an important part of a healthy body but too much cholesterol in the blood is a major risk for coronary heart disease and for stroke. To keep your cholesterol under control: schedule a screening, eat foods low in cholesterol and saturated fat and free of trans fat, maintain a healthy weight, and stay physically active.

3 Eat Better: The American Heart Association recommends that you eat a wide variety of nutritious foods daily from each of the basic food groups. To get the nutrients you need, choose foods like vegetables, fruits, whole-grain products and fat-free or low-fat dairy products most often.

4 Manage Blood Pressure: Hypertension is the single most significant risk factor for heart disease. These changes may help reduce your blood pressure: eating a heart-healthy diet, which includes reducing salt intake; enjoying regular physical activity; maintaining a healthy weight; managing stress; limiting alcohol; and, avoiding tobacco smoke.

5 Lose Weight: If you are overweight or obese, you can reduce your risk for heart disease by successfully losing weight and keeping it off. It's a matter of balancing healthy eating (caloric energy) with the (molecular) energy that leaves your body through a healthy level of physical activity.

6 Reduce Blood Sugar: Adults with diabetes are two to four times more likely to have heart disease or a stroke than adults without diabetes. It is critical for people with diabetes to have regular check-ups. Work closely with your healthcare provider to manage your diabetes and control any other risk factors.

7 Stop Smoking: Smoking is the most important preventable cause of premature death in the United States. Quit-smoking programs are available through hospitals, and many states have hotlines with trained staff to help you

Empower yourself to take a big step towards a healthier life with My Life Check. In just a few minutes, you can get your personal heart score and a custom plan with the seven simple steps you need to start living a long, healthy life. Visit www.heart.org/MyLifeCheck to start your new life resolution.

For questions or more information, contact your local American Heart Association at (949) 856-3555.



**American
Heart
Association**

**American
Stroke
Association®**



February is **BLACK** History Month

In 1915, Dr. Carter G. Woodson and Rev. Jesse E. Moorland co-founded the Association for the Study of Negro Life and History (ASNLH). They wanted to research and bring awareness the important roles black people played in American and world history. Subsequently, Dr. Woodson published his findings in *The Journal of Negro History*, in hope that by educating black people about their cultural background, they would take pride in their race.

Dr. Woodson passed away in 1950, but his legacy remained. Negro History Week was adopted nationwide and became a leading spirit during the Civil Rights Movement in the 1950s and 1960s.

Today, the ASNLH has changed its name to the Association for the Study of African American Life and History, and Negro History Week became Black History Month.



WANT TO MAKE A HUGE IMPACT THIS YEAR? The Alzheimer's Association Needs You!

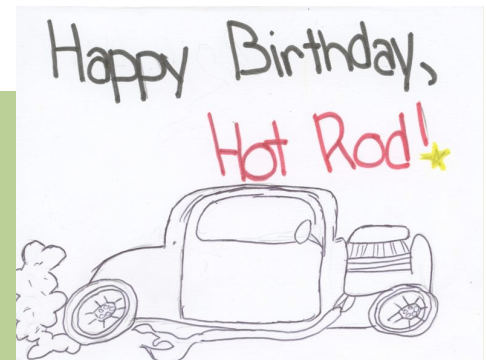
December 16, 2010, Irvine, Calif.—
On one of their most recent projects, the Alzheimer's Association involved school-aged children to create handmade cards to send to individuals touched by dementia and their families. Eight-year-old Rocco Pompeo of Tustin shared, "I really took my time on the cards and hope that people would really like them." This project is just one example of how children are getting creative to make a personal and positive impact in the fight against Alzheimer's. "It's a great way to give back and to see people of ages get excited. The handmade cards really brighten the days of families facing dementia and instill a sense of hope." Now the Alzheimer's Association needs you.

The Alzheimer's Association truly depends on its volunteers to provide an array of programs, education, advocacy and support in the fight against Alzheimer's disease. Community members are invited to help with several interesting projects such as event volunteers, health fair volunteers, public policy volunteers and much more. If you have been thinking about making a big difference in the lives of others this New Year, consider the Alzheimer's Association.

Mission: To eliminate the Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

Please contact the Mallory Gompert, for more information at 949.757.3705 or by e-mail at volunteer@alzoc.org.

Additional information is also available at www.alzoc.org



alzheimer's 
association™

OCHNA 2011



"Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us."

- Hal Borland

Wishing you a healthy and fulfilling new year!

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"To maintain a process in which a vast range of community stakeholders plan, conduct, and analyze a comprehensive health assessment of Orange County, that embraces a broad definition of health, to facilitate coordination and collaboration of public and private sector policy development, implementation and resources allocation decisions, designed to improved the health of all Orange County residents."

2-1-1 Orange County Fact Sheet

Help Starts Here

In time of personal crisis, it can be difficult to know where to turn for help. By dialing 211, callers can access a host of community services and assistance groups.

Basic human services: food, clothing, shelter, rental assistance, utility assistance.

Physical and mental health resources: medical information lines, crisis intervention, support groups, counseling, drug and alcohol treatment, Medicaid/Medicare, maternal health, children's health, insurance.

Employment support services: unemployment benefits, financial assistance, job training, transportation, education programs

Support for seniors and persons w/ disabilities: home health care, adult day care, meal services, respite care, transportation, homemaker services.

Programs for children, youth and families: childcare, after-school programs, Head Start, family resource centers, recreation programs, mentoring, tutoring, protective services.

Support for community crisis or disaster recovery: public information source during time of earthquake, fire or other disasters.



WILLIAM M. HABERMEHL
County Superintendent of Schools

2-1-1 Orange County Links Orange County residents to community health and human services and support. Callers seek assistance can dial 211 (toll free) 24 hours a day and be connected to trained multilingual Information and Referral specialists. 211 also serves as a crucial public information system during local disasters such as earthquakes or fire. Simply put it, 211 is to social services what 911 is to emergency services.

For more information, dial toll free: 211 or 1-888-600-4357

Or visit www.211oc.org

Orange County 
2-1-1™
Get Connected. Get Answers.