

## KINGS MOUNTAIN HOSPITAL

# Kings Mountain Hospital: That special touch

By Missy Sheaff  
Kings Mountain Hospital

Sometimes it's nice to feel someone is taking extra special care of you while you're sick. But at Kings Mountain Hospital Extended Care Unit, someone is taking extra special care of every patient, all the time. "We pride ourselves on getting to know our patients, knowing when they aren't feeling well, and what we can personally do to make their stay more enjoyable," says Tammy White-Eurey, a member of the Clinical Services Support staff at Kings Mountain Hospital. "We are able to focus on individual patients and take time to get to know each one and their families."

The Extended Care Unit is a place where patients come after having a surgery that requires physical therapy and rehabilitation following the procedure. "We see the unit as a stepping stone between orthopaedic sur-

gery and returning home independently," says White-Eurey. It is common for a patient to stay in the Extended Care Unit after having hip or knee replacement. The unit is small and thrives on a personal environment which patients and families where patients have their own private rooms where families may visit 24-hours a day.

Patients in this unit receive individualized physical therapy two times each day. "Most rehabilitation programs offer physical therapy once a day," says White-Eurey. "Patients enjoy having therapy twice a day because it puts them on a faster track to recovery." In addition, all therapy takes place in the unit. Patients do not have to go elsewhere, inside or outside the hospital, for treatment.

Intertwined with therapy, patients also experience a variety of group activities during their stay. The Extended Care Unit is usually at capacity, serving 10 patients at a time. These individ-

uals voluntarily participate in a variety of activities such as: holiday decorating, Sunday school, musical performances from community members, arts and crafts, trivia, and even social hour.

"They (the staff) are so good to me here, and I enjoy all the activities," says Mrs. Bowen, a long-term patient in the Extended Care Unit. The majority of patients treated in the unit share the same sentiments at Mrs. Bowen. Staff members such as Deborah King, the charge nurse in the unit, make sure all patients in the unit have what they need. She often takes patient's clothes home to mend, bakes them goodies, and makes every attempt to make the patient comfortable and enhance their experience.

Walter Carroll and his wife Billie May decided to use the Kings Mountain Hospital Extended Care Unit for Walter's rehabilitation after his hip replacement. In fact, Mr. Carroll just arrived last week for his treat-

ment. "Walter was just doing an everyday routine of water aerobics when he thought he pulled a muscle," says Mrs. Carroll. "We visited our physician and found that Walter had arthritis in his hip. We had to make a decision of whether or not Walter should have hip replacement surgery."

Ironically, Mrs. Carroll had recently spoken with a close friend who had just experienced rehabilitation at Kings Mountain Hospital. "Our friend told Walter, 'If you do this, you absolutely have to go to Kings Mountain Hospital,'" says Mrs. Carroll. The Carroll's called the hospital and asked for a tour of the unit. Mrs. Carroll says she and her husband were very impressed with the facility at Kings Mountain Hospital and found the staff to be very warm and friendly. "After the tour, I asked if we could make a reservation," laughs Mrs. Carroll. "The hospital marked the date of Walter's surgery and said they would try and make sure we

had a room." Mr. Carroll entered rehabilitation this past week, and the Carroll's say they are pleased with everything they have experienced at Kings Mountain Hospital.

"The difference between Walter's condition yesterday and today is like day and night," says Carroll. "The staff here takes time to tell us what is happening and why they do the things they do. They answer all of our questions with ease, explain insurance processes and make sure we are well informed."

The Carroll's as well as others in the Extended Care Unit say they would recommend the facility to friends. The excellent treatment and therapy administered is a large part of the unit's success. However, the personal care and attention given to each patient is what makes Kings Mountain Hospital the choice for many of its patients.

## Choosing the right dietary supplements for good health

Interested in the health benefits of natural supplements but not sure which are right for you? You're not alone. Supplement choices can sometimes cause people seeking healthy choices an unwelcome malady: anxiety.

Today, many Americans are turning to supplements to help manage a range of health conditions that include lack of energy, menopause and joint health. In fact, one in four Americans use herbs and other natural supplements regularly to stave off a specific health issue, manage a health condition or simply just feel better.

Yet many consumers remain confused by often-conflicting research and the assortment of products on store shelves. That's unfortunate, say experts, as anyone seeking the benefits of a supplement should be well-informed about the product and its ingredients in order to make the best purchase for his or her specific needs.

A panel of health experts, gathered recently in Santa Monica for the Nutrition and Wellness Symposium 2002, stressed the importance of educating consumers to help them choose safe and effective supplements.

The symposium, sponsored by the Pharmaton Institute for Wellness, featured health professionals from the Council for Responsible Nutrition and the American Dietetic Association's Nutrition in Complementary Care Dietetic Practice Group.

"Health-conscious consumers - and those who want to be - need help navigating the natural supplement aisle," according to Leslie Beck, a registered dietitian and featured speaker at the symposium.

"They also need guidance in choosing a high-quality brand. Not all sup-

plements are alike, and not all live up to the same high standards," adds Beck, author of Leslie Beck's Nutrition Encyclopedia.

So whether it's Ginkgo biloba, ginseng or garlic, here are a few tips to keep in mind when choosing a dietary supplement:

Look for Clinical Studies. Not all supplements have been tested. Be sure to choose a brand that has been proven safe and effective in controlled clinical studies.

Call the manufacturer's 800 number or visit their Web site to obtain clinical studies that support the product.

Read labeling carefully. Like many prescription medications, dietary supplements may have precautions regarding potential interactions or may not be appropriate for some people. Be sure to read labeling carefully and check with your doctor if you have specific questions.

Supplements should be taken daily, or as otherwise directed, as part of an ongoing health regimen. As supplements work gradually, allow ample time to begin feeling their benefits.

Choose supplements that are standardized. Standardization refers to the

manufacturing process that assures that the supplement provides a consistent amount of the active component from dose to dose. That consistency means that you will always get what you pay for.

Are natural supplements right for you?

Nutritionists and dietitians are a good first stop when seeking credible and reliable information, says Beck. In addition, she recommends that individuals consider speaking with their physician, pharmacist or other healthcare professional.

## Turn to nature to meet your daily fluid needs

What is the most common substance on Earth and is the nutrient your body needs most? If you guessed water, you're right. In fact, up to 75 percent of adult body weight is water (about 10 to 12 gallons). Water is critical in regulating all body organs and temperature, and dissolving solids and moving nutrients throughout the body. Because water is naturally low in sodium, has no fat, cholesterol or caffeine and isn't flushed straight through the body like many other beverages, it's the natural solution to help reach

your body's daily fluid quota. Great tasting water is also much less expensive than stocking your cabinet with other beverages-for only pennies a day, you can put clear, refreshing water at your family's fingertips.

**How much is best?**  
How much water should you consume? Most adults need 8 to 12 eight-ounce glasses of water or fluids daily, but needs vary by activity level, health circumstances (including pregnancy) and even by age. For example, a 60-pound child would need a minimum of

at least 30 ounces of water a day, or about three to four glasses. A 180-pound man would need about 90 ounces of water a day or about 11 to 12 glasses. People may need more water as they age, since thirst signals may become dull, activity levels decline and prescription drugs may dehydrate their bodies further. You can visit the hydration calculator on [www.culligan.com](http://www.culligan.com) to estimate how many ounces you and your family members need.

Now you know how much water to drink, but

what if your water has a strange taste or smell, or you are concerned about the quality of your water? Water quality experts, such as Culligan, offer free water analysis to determine if you have contaminants that are affecting your water. To find a Culligan dealer, consult the Yellow Pages, call 1-800-CULLIGAN, or visit [www.culligan.com](http://www.culligan.com). This Web site offers helpful information about water and its uses, and allows you to sign up for a free monthly e-newsletter or order free videos.

If you do decide to improve your water quality, Culligan can offer a variety of drinking water options that will provide you with a continuous supply of great-tasting water. Delivered bottled water makes it easy to offer crystal clear, great tasting water to the whole family, or a professionally installed drinking water system can be conveniently located at your sink and can easily extend to your refrigerator water dispenser and ice cube maker.

Here are some additional tips to help you get serious

about water while keeping your hydration habits fresh and tasty at the same time:

- Pour the water into an attractive glass or easy-to-use water bottle.
- Add ice, and a slice of lemon or lime.
- Chill your water.
- Drink moderate-size portions spread over the course of a day, rather than trying to drink it all at one time.
- Make drinking water a habit - drinking water at the same times each day will make it much easier to remember.

## Making health care choices for your family

When it comes to a family's health, women are more likely to be the decision mak-

ers. Studies show women make most of the health care choices in a home, including

nutritional decisions and when to see a health care professional.

However such choices can often be difficult. People's health care needs

change throughout the years- especially the needs of young children and older people, whose needs can alter on a monthly or even daily basis.

"Women are the health care decision makers in American families. They also lead incredibly busy lives," says Amy Niles, executive director of the National Women's Health Resource Center (NWHRC). "That can make it difficult to stay as informed as they may like to be on certain health matters."

The NWHRC and the Consumer Healthcare Products Association (CHPA) recently released a free book meant to help women better handle their families' health. "We used easy-to-follow checklists and bullet points and we have included a list of highly reliable sources for more information," says Niles about the handbook.

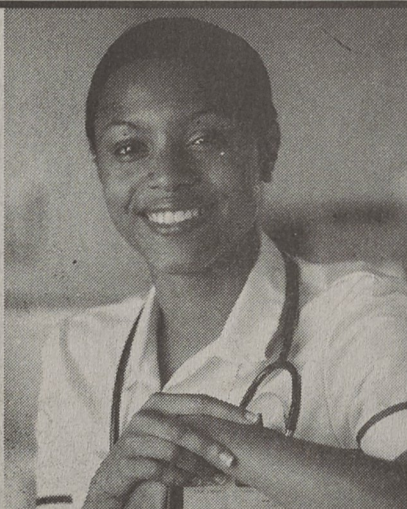
Organized by life stages, the publication has age-appropriate information on safety, nutrition and exercise and wellness. "Growing Fast, Growing Strong" covers

birth to age 12. The teen years of 13 to 19 are in "Changing Bodies, Changing Needs." Men and women ages 20 to 45 will find special material for them in "Woman to Woman" and "Man to Man."

The section "Wise and Wonderful" is for the mature woman while "Staying Healthy, Staying Strong" gives tips for healthy aging. The handbook explains the new non-prescription drug labels, how to be prepared for emergencies, and drug interactions. In addition, it includes material from the highly popular "Your Guide to a Healthy Pregnancy," published earlier this year by NWHRC and CHPA.

The handbook can be ordered by calling the NWHRC at 1-877-986-9472, by writing them at 120 Albany Street, Suite 820, New Brunswick, NJ 08901 or through the Web site, [www.healthwomen.org](http://www.healthwomen.org). Copies are also available at the CHPA Web site, [www.chpa-info.org](http://www.chpa-info.org).

## Kings Mountain Hospital- Changing For The Better.



Since its beginnings more than 50 years ago, Kings Mountain Hospital has made many advancements. Today, the range of specialty care now available right here at home includes orthopaedics, urology, gastroenterology, physical therapy, laparoscopic surgery, cardiology and others. Every advancement over the decades

has been made with one thing in mind - to strengthen the health of our community through resources right here at home.

At Kings Mountain Hospital, we believe in the power of positive change and in the health and well-being of you and your family, now and in the future.



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Carolinas HealthCare System  
[www.carolinashealthcare.org](http://www.carolinashealthcare.org)