

# KEEPING WELL

A JOURNAL OF WELLNESS AND GOOD HEALTH CARE

SPRING 2011



## Here comes the sun

Tips for staying safe and well this summer

**SUMMERTIME** is just around the corner, and that means sunshine and warm temperatures. But sometimes too much of a good thing can be bad for you.

Overdo the sun exposure, and you may wind up with a painful sunburn—and long-term skin damage that can lead to cancer. Likewise, too much heat can make you sick. In fact, heat-related illnesses, such as heat exhaustion and heatstroke, can be fatal.

But if you take a few precautions, you can stay safe from the sun—and still have fun.

### Sun safety tips

To protect your skin from the damage of

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## Sun safety for newborns

Infants typically spend nine months in a dark, safe place—the womb. It should be no surprise, then, that their skin needs special protection from the sun after they're born.

According to the American Academy of Pediatrics (AAP), newborns should be kept out of direct and reflected sunlight (such as from sand or water) as much as possible until 6 months of age.

If you can't avoid the sun, the AAP advises you to:

- ▶ Go out before 10 a.m. or after 4 p.m., when the sun's rays are weaker.

- ▶ Dress your baby in a brimmed hat and clothing that covers the arms and legs.

- ▶ Use sunscreen made especially for babies—with a sun protection factor (SPF) of 30 or higher—on small areas of skin not protected by shade or clothing.

You should also protect your baby's skin even on foggy or cloudy days, because harmful ultraviolet (UV) rays are still present.

Fresh air and a change of scenery are good for you and your baby—as long as you're sun-safe.

## Numbers to know



Val Verde Regional  
Medical Center

801 Bedell Ave.  
Del Rio, TX 78840

**830-775-8566**

info@vvrmc.org

[www.vvrmc.org](http://www.vvrmc.org)

Customer care:

**830-703-1717**

Education/

staff development:

**830-778-3635**

Geriatric mental health

(Heritage Program):

**830-778-3629**

Hospice:

**830-774-4580**

Human resources/

job line:

**830-703-1716**

Imaging center:

**830-703-1743**

Pastoral care:

**830-775-8566,**

**ext. 2253**

Patient accounts:

**830-778-3690**

Public relations:

**830-778-3651**

Rehabilitation

services:

**830-703-1729**

Respiratory

care:

**830-703-1742**

Safe Kids:

**830-778-3632**

## \* VVRMC events

Val Verde Regional Medical Center (VVRMC) is dedicated to the health and well-being of our community. In order to help you stay well, VVRMC is proud to offer a variety of health-related seminars through the Community Health Education Series. Upcoming programs include:

### Child Abuse Prevention

- ▶ Tuesday, April 19, 6 p.m.

Presented by Wayne Richardson, BCFS

### Summer Safety

- ▶ Tuesday, May 24, 6 p.m.

Presented by Wendy Pitt, MD, of United Medical Services

All classes are held at Val Verde Regional Medical Center. They are free, and food will be provided. For more information, call Education/staff development or visit our website at [www.vvrmc.org](http://www.vvrmc.org).

## Here comes the sun

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ultraviolet (UV) rays, the American Academy of Dermatology recommends that you:

- ▶ Limit your sun exposure between 10 a.m. and 4 p.m., when the sun's rays are strongest.
- ▶ Use a sunscreen with a sun protection factor (SPF) of 30 or more, and reapply it at least every two hours.
- ▶ Wear a wide-brimmed hat, sunglasses, and a long-sleeved shirt and pants, when possible.

### Heat safety tips

When temperatures soar, try these suggestions for staying well from the American College of Emergency Physicians and other experts:

**If you or someone else shows signs of heat-related illness, seek medical attention.**

**Drink enough fluids.** Don't wait until you're thirsty to sip something cool. When it's hot, increase your fluid intake—but avoid alcohol, because it will actually cause you to lose more fluid.

**Ventilate.** Keep air moving around your body. If you're inside without an air conditioner, open windows and run a fan.

**Get help.** Seek medical help if you or someone else shows any of these signs of heat-related illness:

- Severe, blistering sunburn. ■ Fever or chills.
- Nausea or vomiting. ■ Confusion.



## Your joint, our place

**AMISTAD** Medical Professionals is committed to supporting the community's orthopedic needs by providing high-quality, personalized care through the experience and dedication of our physicians and staff.



Mark Seibel, MD



Ira Floyd, MD

**Mark Seibel, MD**, an orthopedic surgeon, brings extensive military medical experience to our team. A graduate of the Air Force Academy and Uniformed Services of the Health Sciences, he interned at Scott Air Force Base in Illinois and was a resident at William Beaumont Army Medical Center in El Paso, Texas.

Dr. Seibel specializes in general orthopedics and osteoporosis evaluation and treatment.

**Ira Floyd, MD**, orthopedic surgeon, is a native of Florida. He obtained his bachelor of arts degree from Johns Hopkins University in 1975 and his medical degree from the University of Florida in Gainesville in 1979. He completed his residency at the Tulane University department of orthopedic surgery in New Orleans in 1984.

Dr. Floyd specializes in general adult orthopedics; sports medicine; arthroscopic surgery, primarily of the knee and shoulder; joint replacement surgery, primarily of the knee, hip and shoulder; and fracture treatment.

From medical and surgical intervention to education and rehabilitation, Dr. Seibel and Dr. Floyd will partner with you to ensure the best possible outcome.

To schedule an appointment or for more information, call 830-778-3800 or visit [www.amistadmedicalprofessionals.org](http://www.amistadmedicalprofessionals.org).

### THE EMERGENCY DEPARTMENT

## We're here when you need us

**THERE** is no good time for a medical emergency. But if you suddenly become ill or are injured, our emergency department is always here to take care of you.

### Full-time service

Emergency departments provide care 24 hours a day, 7 days a week, 365 days a year. Doctors, nurses and other professionals with emergency training and skills are always on hand to treat patients.

If you have a life-threatening event—such as a heart attack or stroke—calling 911 to be taken to the emergency department is obviously the thing to do. But for less serious injuries or illnesses, you may wonder if a trip to the emergency department is in order.

### What to expect

When you first arrive at the hospital, a nurse will most likely see you to help determine how quickly you need care. This process is called triage. The nurse may check your vital signs, such as temperature, heart rate and blood pressure.

Depending on your condition, you may have to wait to receive care.

If the emergency room is busy, the staff has to

prioritize cases and see the most serious ones first. If you need immediate attention, a doctor will see you right away.

If your condition is considered less serious than another person's, you may have to wait. While waiting, if you start to feel worse, you should let the nurse know.

Once the doctor has seen you, you may be admitted to the hospital. Otherwise, an emergency doctor can discuss your treatment plan with you before you go home. You may receive

instructions about medicines, restrictions and symptoms that may require a follow-up visit with your regular doctor. Keep in mind that emergency care is not a substitute for having your own doctor.

### Quality care

Emergency doctors are trained to help if you are injured or become sick suddenly.

These specialists may go from stitching up a head wound to setting a broken leg to treating a heart attack—all in a short period of time.

Emergency doctors must be quick-thinking and able to keep up with new medical technology and treatments. Doctors and nurses regularly take part in continuing education to update their skills.



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KEEPING WELL is published as a community service for the friends and patrons of VAL VERDE REGIONAL MEDICAL CENTER, 801 Bedell Ave., Del Rio, TX 78840, telephone 830-775-8566, website [www.vvrmc.org](http://www.vvrmc.org).

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