A shooting pain after lifting a heavy box.
The dull ache from sitting too long in front of a computer. Stiffness due to disc disease.

Back pain can be as varied as the sources that cause it. But what do you do when back pain occurs? How do you deal with the pain, and when does it warrant a trip to the doctor?

FIRST THINGS FIRST: SIGNS TO WATCH FOR
There are some symptoms associated with back pain that require a doctor’s evaluation right away.

Call your doctor if:
- You have fever, chills, vomiting, or stomach pain
- You have trouble going to the bathroom
- You feel pain down your leg below your knee
- You feel numbness in your leg, foot, groin, or rectum
- Your pain was caused by an injury
- Your pain is intense and you cannot move around

FountainValleyHospital.com
An Action Plan for Back Pain
continued from front cover

HOW TO PRACTICE GOOD SELF CARE
In most cases, though, it is not necessary to see a doctor for back pain. Why? Back pain usually goes away in a few days with no treatment at all. But good self-care techniques can help ease the pain until it does. If you develop back pain, try these tips:

• Use ice packs to help reduce inflammation and numb deep pain. You can also use heating pads for 20 to 30 minutes at a time to help stop muscle spasms.
• Bed rest is not recommended for back pain and should be limited. Try to start doing stretching exercises and resume normal activity as soon as possible. Staying in bed too long can actually make pain worse.
• With your doctor’s approval, take an over-the-counter pain reliever like ibuprofen. This can temporarily reduce pain and inflammation.

If the pain does not get noticeably better within a few days, call your doctor.

WHEN YOU NEED TREATMENT
Back pain is classified into three groups: acute, subacute, and chronic. Acute pain goes away within four weeks. Subacute pain lasts for one to three months. Chronic pain lasts for more than three months. It may be caused by a degenerative disease, like arthritis, but can also stem from injuries, like sprains and fractures.

Acute back pain usually gets better on its own. But if your pain persists, talk with your primary care provider. Most primary doctors are experienced in treating back pain. They can also refer you to other doctors and specialists if necessary. Other healthcare professionals you may be referred to include the following.

• Chiropractors are doctors who manipulate, or “adjust,” the spinal column and nearby tissues with their hands in order to restore back mobility.
• Physical therapists focus on restoring function, relieving pain, and preventing injury through exercises and other therapies.
• Anesthesiologists can diagnose and treat acute and chronic pain. They may practice in a variety of settings, including pain management clinics or spine centers.
• Surgeons, specifically orthopedic surgeons and neurosurgeons, do most types of spinal surgeries. Surgery is an option for some patients when less invasive treatment options fail to relieve pain.

GET HELP CONQUERING BACK PAIN
To find a specialist near you, call 844-454-9199 or visit FountainValleyHospital.com/Doc.
Do Not Let Cancer Sneak Up On You

Routine screenings could save your life by catching cancer at its early, most treatable stages. But if you are like many Americans, you are overdue, especially for a breast, cervical, or colorectal cancer check.

MORE AMERICANS SKIPPING SCREENINGS
The use of Pap tests for cervical cancer and mammograms for breast cancer dropped significantly from 2000 to 2015. And although colorectal screening rates have increased in recent years, too many Americans still miss these important tests.

SCREENINGS STILL IMPORTANT
Do not be part of a potentially dangerous downward trend. In general, here is when to schedule these important tests:

- **Pap test**: Women ages 21 through 29 should get a Pap test every three years. Those ages 30 to 65 can continue to have a Pap test every three years, or choose to have a Pap test and HPV test every five years.
- **Mammogram**: Recommendations vary, so women ages 40 and older should talk with their doctors about when to get screened.
- **Colonoscopy**: Starting at age 45, both men and women should get a colonoscopy every 10 years, according to the American Cancer Society. Other colorectal cancer screening tests are acceptable, as well, and have their own frequency recommendations. Talk with your doctor about what works best for you.

You are more likely to skip routine screenings if you have not seen a doctor in the past year. Make an appointment for a checkup and talk with your doctor about the tests you need now.

NO REASON TO WAIT
Find a physician and schedule your screenings today by visiting FountainValleyHospital.com/Doc.

SUMMER SEMINAR SERIES
Seminars will be held at Founders Village Senior & Community Center, 17967 Bushard St., Fountain Valley, CA 92708. Register by calling 833-818-0789 or visiting FountainValleyHospital.com/Classes.

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<th>Colorectal Cancer: Risks, Screenings and Treatment</th>
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<td>Thursday, June 13, 2–3:30 p.m. David Truong, MD</td>
<td>Thursday, July 11, 2–3:30 p.m. Ann Miller, Wound Care Clinical Manager</td>
<td>Thursday, August 15, 2–3:30 p.m. Bao Bui, MD</td>
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A COMMUNITY BUILT ON WELLNESS | SUMMER 2019
Pregnancy Past 30: Safe and Successful?

Record numbers of women are becoming pregnant later in life. Some will be first-time mothers, while others are having another child. But do older mothers and their babies face additional risks?

**PLAN FOR GOOD PREGNATAL CARE**

Keep in mind that women older than age 30 can have successful pregnancies and deliveries. Advances in medical care for both mother and baby can help prevent and treat many of the risks they face.

Early and regular prenatal care is key to having a healthy baby at any age. And it is important to make sure you are in good health before and during your pregnancy. Eat a nutritious diet and exercise regularly. Avoid cigarettes and alcohol, which can harm the baby.

In addition, take 400 mcg of folic acid every day before and during pregnancy to help reduce the risk for birth defects. If you have type 1 or type 2 diabetes, the American Diabetes Association recommends taking low-dose aspirin starting at the end of the first trimester to lower the risk for preeclampsia. Talk with your doctor to determine your exact dose and frequency.

**WHAT TO WATCH FOR**

Women who become pregnant in their 30s and early 40s can have safe, healthy pregnancies. But they do face a higher risk for some problems:

- **Trouble conceiving:** Starting in their early 30s, women become less fertile, and it may take them longer to get pregnant.
- **Complications during pregnancy:** Women older than age 35 have a higher risk for diabetes and high blood pressure during pregnancy. Older women are also more likely to be pregnant with multiples.

**LEARN MORE**

Fountain Valley Regional Hospital offers comprehensive maternity and neonatal care for you and your baby. Find out more and register for a maternity tour at FountainValleyHospital.com/Maternity.

- **Complications during delivery:** Women in their 30s are more likely to need a cesarean section than younger women. Women who have their first babies after age 35 are also at increased risk for other delivery complications, such as prolonged labor.

Discuss any pregnancy plans with your doctor, who can identify any special needs you may have and help make suggestions. Together, you and your doctor can help make pregnancy and motherhood wonderful experiences.

**PLAN FOR A SAFE BIRTH**

Babies born to older mothers may have a higher risk for chromosomal birth defects, prematurity, and low birth weight. Combine these risks with the above-listed risks to older mothers, and it makes sense to favor hospitals as the best place to deliver.

The U.S. Department of Health & Human Services’ Office on Women’s Health (OWH) says that delivering at a hospital is a good choice for women who are at risk for problems during labor and delivery. When choosing a hospital, OWH says, expectant mothers should ask whether the facility has a neonatal intensive care unit in case any serious problems arise with the baby.
If you suffer from low back pain, do these spine-strengthening moves two to three days per week. Work up to doing them every day. Warm up for five to 10 minutes with a low-impact activity, such as walking. Get the OK from your doctor before starting.

1. **Bird Dog**
   - Start on your hands and knees with your shoulders over your hands and your hips over your knees.
   - Engage your abdominal muscles and raise your right arm straight in front of you to shoulder height.
   - Slowly extend your left leg straight back behind you in line with your hip.
   - **HOLD** 15 seconds
   - **SWITCH** to opposite arm and leg
   - **REPEAT** 5 times each side

2. **Bridge**
   - Lie on your back with your knees bent and feet flat on the floor.
   - Place your fingertips behind your head and open your elbows to the sides.
   - Engage your abdominal and gluteal muscles and lift your hips away from the floor so that you form one diagonal line from your knees to your hips to your shoulders.
   - **HOLD** 2 seconds
   - **REPEAT** 10 times
   - **REST**
   - **REPEAT** again 10 times

3. **Crunches**
   - Lie on your back with your knees bent and feet flat on the floor.
   - Place your fingertips behind your head and open your elbows to the sides.
   - Engage your abdominal muscles and lift your head and shoulder blades off of the floor. Keep your neck relaxed—do not pull on your head.
   - Press your back down into the floor and hold.
   - Slowly lower down to the floor.
   - **HOLD** 2 seconds
   - **REPEAT** 10 times
   - **REST**
   - **REPEAT** again 10 times

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A COMMUNITY BUILT ON WELLNESS | SUMMER 2019
COMMUNITY EDUCATION
Call 844-454-9199 for dates and registration for the classes below, or go online to FountainValleyHospital.com/Classes.

Bariatric Surgery Seminar
Understanding the elements of successful bariatric surgery.

Maternity Orientation and Tour
Provides an overview of the hospital and a tour of the labor and delivery unit.

Maternity Classes
Childbirth Preparation, Breastfeeding, and Baby Safety and Infant CPR education classes offered free of charge for patients who are registered to deliver at Fountain Valley Regional Hospital.

Smoking Cessation
Join us for a FREE two-week series to quit tobacco! Participants will receive a free Quit Kit, a Personalized Quit Plan, and tips on dealing with stress.

LECTURES AND SCREENINGS
For upcoming community lectures and screenings, call 844-454-9199.

SUPPORT GROUPS
Call 844-454-9199 for support group dates and registration, or go online to FountainValleyHospital.com/Classes.

Bariatric Support Group

Diabetes Support Group

SERVICES
Diabetes Management Program
Individual and group counseling, and Gestational Diabetes Program. To schedule (requires physician referral), call 714-966-8118.

Outpatient Nutrition Services
To schedule (requires physician referral), call 714-966-8118.

Outpatient Heart-Healthy Clinic
Six-week program to help those diagnosed with heart failure with an individualized treatment plan. To schedule (requires physician referral), call 714-966-5070.

Patient and Family Advisor Program
Help improve the quality of care for patients and their loved ones by becoming a patient and family advisor; call 714-966-7288.

Volunteer Program
Lend a helping hand and become a hospital volunteer; call 714-966-7258 or visit FountainValleyHospital.com/Volunteer.

Need Affordable Health Insurance?
For enrollment information about Covered California options, call 855-975-7557.