

FootNotes

SUMMER 2013, QUARTERLY NEWSLETTER – THE LIBRARIES OF SAMARITAN HEALTH SERVICES

MedlinePlus – Health Insurance

Individuals without health insurance coverage will be required to have it by 2014. MedlinePlus, the consumer health website from the National Library of Medicine has created many new links to assist the public who will need to shop for health insurance under the new healthcare reform legislation, better known as the Affordable Care Act.

[MedlinePlus – Health Insurance](#) provides information to many aspects of health insurance. You will find health insurance coverage information to diseases and conditions including mental health and prescription drug coverage, financial issues, regulations and laws along with the new policies put into place under the passed legislation.

Beginning October 1st, the health insurance marketplace opens and you can begin the task of finding the coverage that is right for you and/or your family. It is a great idea to bookmark the site it and refer back when necessary.

Another resource we would like to point you to with all the confusion which has seemed to surround the Affordable care Act and it health insurance mandate is the [Health Insurance Resource Center](#) which provides state-specific information and links. You can find both on our [Consumer Health & Education](#) page section [Managed Care / Health Insurance](#).

UVA, UVB, SPF – It's All the Same, or Is It?

It's that time year when the days are longer, sunlight more prevalent (at least that is the hope), and the temperatures are rising. This can only mean summer has arrived and with it more time in the sun. Before you head outside, there are a few things that you should know.

We all need some sun exposure as it is our primary source of vitamin D which assists in helping our bodies to absorb calcium for stronger and healthier bones.

Unprotected exposure to the sun's ultraviolet rays can cause damage to our skin, our eyes, and our immune system, consequently creating a risk for skin cancer. So understanding the importance of UVA ([Ultraviolet A](#)), UVB ([Ultraviolet B](#)), and SPF [Sun Protection Factor \(sun block rating\)](#) in sunscreens can help you determine the correct protection for you.

According to the American Academy of Dermatology ([AAD](#)), UVA and UVB radiation are what we need to be knowledgeable about. UVB has been associated with causing the suntan many of us crave while the UVA is a deeper penetrating type of radiation which is the cause of more severe damage.

Get started on www.samlib.com at the [National Cancer Institute's](#) page on [Melanoma](#). Know before you head out into the sun.

Healthier Ways to Grill

With the warmer weather upon us, it's time for gatherings with our family and friends for a backyard barbecue. But before you light up the charcoal and prepare the food, here are some healthy tips to keep in mind.

There has been much research to convince us that steps should and must be taken in the choices of meats and grilling techniques to minimize our risk of cancer. Cancers such as colorectal, stomach, lung, breast, prostate, and pancreatic have been linked to the grilling of meat. Now don't cancel that barbecue just yet; rather, rethink how and what to grill.

The substance that forms on meats cooked at high temperatures (this includes frying and broiling) contains compounds that have been reasonably determined as carcinogenic to humans. One of these compounds known as HCAs ([heterocyclic amines](#)) is a chemical compound that is produced when meats are cooked at high temperatures. This and other possible carcinogenic compounds (like [PHA](#)) are produced during the grilling process from fat and juices grilled directly over an open fire drip onto it and cause flames that contain the PHAs adhering to the meat surface. Smoking meats can also produce these PHAs.

How can we mitigate some of the risks involved so that we can enjoy a grilling? One method is to marinate your meat prior to grilling for only 30 minutes. Some of the ingredients in marinades you may buy or make yourself that have been shown to reduce the formation of HCAs and PHAs include vinegar, lemon juice, along with some seasonings and herbs like garlic, rosemary, mint, tarragon, and sage. Another is precooking your meat in a microwave (if possible), and then draining the juices from the meat which should reduce the amount that would drip onto the flames of the grill.

Tips can be found at [Healthier Ways to Grill Meat](#) from [MD Anderson Cancer Center](#). Another informative source is [A Backyard Chef's Guide to Healthier Grilling](#) from the [American Cancer Society](#).

Now gather your family and friends and fire up that grill!

(Do You Know) Your Disease Risk

[Your Disease Risk](#) is an educational website first developed in the mid-1990s by the Risk Index Working Group at the Harvard School of Public Health, and then called the Harvard Cancer Risk Index. In 1999 it migrated to the internet where it was renamed *Your Cancer Risk*. In 2004 the website was redesigned, expanded, and renamed again to *Your Disease Risk*. The Siteman Cancer Center at Barnes-Jewish Hospital in consort with Washington University located in St. Louis, Missouri took over the responsibility for the administration and management of this worthy site in 2007.

Ten years later, it's still called [Your Disease Risk](#) but has expanded beyond just cancer, putting a greater emphasis on healthy behaviors to include assessments for heart disease, stroke, osteoporosis, and diabetes. In 2013, more information was added, such as Chronic Obstructive Pulmonary Disease (COPD) which is Chronic Bronchitis and Emphysema.

Ensuring that the content remains relevant and up-to-date, regular cycles of review of the content are performed by various medical professionals from major academic institutions and hospitals throughout the United States.

Try [Your Disease Risk](#) and you will know!

Welcome New Residents!

The Libraries of Samaritan Health Services would like to welcome our new residents to Samaritan Health Services. The library staffs at Good Samaritan Regional Medical Center (GSRMC) and Samaritan Albany General Hospital (SAGH) are ready to assist with all your research and information needs.

In addition to the Murray Memorial Library (GSRMC) and the Stanley K. Davis Library (SAGH), we also have a smaller medical library located at Samaritan Lebanon Community Hospital (SLCH) which is staffed on Tuesdays and Wednesdays from 11:00am – 3:00pm.

Visit or contact SHS libraries:

Murray Memorial Library at GSRMC - 541.768.6200 / 80-6200

Stanley K. Davis Library at SAGH - 541.812.4446 / 82-4446

Medical Library at SLCH – 541.451.7173 / 81-7173