

Medical Fitness **NOTES**

WINTER 2022



Preparing for Winter

MEDICAL FITNESS CENTER
Hillside Medical Center
250 Fame Ave., Entrance B, Suite 100
Hanover, PA 17331

UPMC | HANOVER



Winter Weather Preparation

Weatherproof your home.

- Insulate any water lines that run along exterior walls so your water supply will be less likely to freeze.
- Caulk and weather-strip doors and windows.
- Insulate walls and attic.
- Install storm or thermal-pane windows or cover windows with plastic from the inside.
- Repair roof leaks and cut away tree branches that could fall on your home or other structure during a storm..

Have your chimney or flue inspected each year.

If you plan to use a fireplace or wood stove for emergency heating, have your chimney or flue inspected each year. Ask your local fire department to recommend an inspector or find one online.

Install a smoke detector and a battery-operated carbon monoxide detector.

- If you'll be using a fireplace, wood stove, or kerosene heater, install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated. Test them monthly and replace batteries twice a year.

- Keep a multipurpose, dry-chemical fire extinguisher nearby.
- All fuel-burning equipment should be vented to the outside.
- Each winter season have your furnace system and vent checked by a qualified technician to ensure they are functioning properly.

Keep an easy-to-read thermometer inside your home.

If you or a loved one are over 65 years old, place an easy-to-read thermometer in an indoor location where you will see it frequently. Our ability to feel a change in temperature decreases with age. Older adults are more susceptible to health problems caused by cold. Check the temperature of your home often during the winter months.

Create an emergency car kit.

It is best to avoid traveling, but if travel is necessary, keep the following in your car:

- Cell phone, portable charger, and extra batteries
- Items to stay warm such as extra hats, coats, mittens, and blankets

- Windshield scraper
- Shovel
- Battery-powered radio with extra batteries
- Flashlight with extra batteries
- Water and snack food
- First aid kit with any necessary medications and a pocket knife
- Tow chains or rope
- Tire chains
- Canned compressed air with sealant for emergency tire repair
- Cat litter or sand to help tires get traction, or road salt to melt ice
- Booster cables with fully charged battery or jumper cables
- Hazard or other reflectors
- Bright colored flag or help signs, emergency distress flag, and/or emergency flares
- Road maps
- Waterproof matches and a can to melt snow for water



MFC WINTER CHALLENGE

Wheel of Fortune is back!

January 3 to March 6, 2022

There will be 4 phrases to guess.

You must complete phrase 1 before moving on to phrase 2 and so on.

Each day you attend the MFC, you may guess one consonant. If you want to buy a vowel, you will perform the exercise of the day.

Each phrase you complete is an entry for a chance to win a free month of membership.

INCLEMENT WEATHER

We care about your safety and well-being. During inclement weather conditions (snow, ice, flooding, etc.), please stay home. UPMC is working on updating information about inclement weather. For now, call the MFC about delays or closings related to the MFC only. Listen carefully to the menu tree.

Thank you!





March is Colorectal Cancer Awareness Month

Colorectal cancer means that abnormal cells are growing in your colon or rectum. These cells grow together and form polyps. Over time, some polyps can turn into cancer.

This cancer is called colon or rectal cancer, depending on where it is located. It is the third most common cancer in the United States; it occurs most often in people older than 50.

The exact cause of colorectal cancer is unknown. Most cases begin as small growths, or polyps, inside the colon or rectum. Colon polyps are very common. If they are found early, usually through routine screening tests, they can be removed before they turn into cancer.

Colorectal cancer usually doesn't cause symptoms until after it has started to spread. See your doctor if you have any of these symptoms:

- **Pain in your belly**
- **Blood in your stool or very dark stools**
- **A change in your bowel habits, such as more frequent stools or a feeling that your bowels are not emptying completely**

If your doctor thinks that you may have this cancer, you will need a test, called a colonoscopy, that lets the doctor see the inside of your entire colon and rectum. During this test, your doctor will remove polyps or take tissue samples from any areas that

don't look normal. The tissue will be looked at under a microscope to see if it contains cancer.

Colorectal cancer is usually treated with surgery, chemotherapy, radiation, or targeted therapy. Rectal cancer may be treated with immunotherapy.

Screening tests can find or prevent many cases of colon and rectal cancer. They look for a certain disease or condition before any symptoms appear. Some experts say that adults should start regular screening at age 50 and stop at age 75. Others say to start before age 50 or continue after age 75. Talk with your doctor about your risk and when to start and stop screening. Your doctor may recommend getting tested more often or at a younger age if you have a higher risk.

Screening tests include at home stool tests and colonoscopy performed at your doctor's office.

There are lifestyle actions you can take to lower some of the risk factors for colorectal cancer. These actions include:

- **Maintain a healthy weight.**
- **Be physically active.**
- **Eat healthy foods, including vegetables, fruits, and whole grains. Avoid eating a lot of red meat or processed meats.**
- **If you smoke, get help to quit.**
- **If you drink alcohol, limit how much you drink.**

For more information visit UPMC.com/CentralPaColonCare.

MEDICAL FITNESS CENTER

Phone: 717-316-3488 • Fax: 717-316-6022

This information is provided to you as a guide only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. If you have questions about your health, physical fitness, or medical condition, you should seek the advice of your physician or health care provider.

UPMC complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.