

# Staying Forever Young

October 2009

## Easy Bruising-Common as you age

Yet another bruise—what happened this time? You don't recall bumping into anything. But lately you've been bruising much more often than you used to. Should you be concerned?

It's common to experience easy bruising with increasing age, and most bruises go away without treatment. Still, easy bruising can sometimes be a sign of a more serious problem.

Most bruises form when small blood vessels near your skin's surface are broken by an impact. When this happens, blood leaks out of the vessels and initially appears as a bright or dark red, purple or black mark. Eventually your body reabsorbs the blood, and the mark disappears.

Some people, especially women, are more prone to bruising than are others. As you get older, several factors may contribute to increased bruising, including aging capillaries and thinning skin.

Generally, the harder the blow is, the larger the bruise will be. However, if you bruise easily, a minor bump can result in substantial discoloration. Your arms and legs are typical locations for bruises.

Bruising may indicate something more serious, such as a blood-clotting problem or a blood disease. See your doctor if:

- You have unusually large or painful bruises, particularly if your bruises seem to develop for no known reason
- You're bruising easily and experiencing abnormal bleeding elsewhere, such as from your nose, gums or intestinal tract
- You have no history of bruising but suddenly experience bruises, particularly if you recently started a new medication

**Call your doctor  
today to  
schedule your  
seasonal flu shot!**

## Easy Bruising-Common as you age cont.

Medications, including blood-thinning drugs, reduce your blood's ability to clot. Because of this, bleeding from capillary damage that would normally stop quickly may take longer to stop, allowing enough blood to leak out to cause a bruise.

“Corticosteroids, aspirin, coumadin and plavix can also be a problem with bruising. Don't stop taking your medications if you experience increased bruising. Talk to your doctor about your concerns and ask what you should do,” said Dr. Ron Childerston, internal medicine physician practicing at Pella Medical Clinic.

Use the following tips to prevent minor bruising:

- Eliminate household clutter that could cause bumps or falls.
- Wear long-sleeved shirts and pants to provide an extra layer of protection for your skin.
- Avoid prolonged exposure to the sun to avoid its aging effects and the increased bruising risk that may result.

# Heart Education Day—Oct. 8!

HeartReach Mobile Lab Iowa Health-Des Moines will be here from 7 am - 1:30 pm to provide a comprehensive screening for heart disease and stroke in an easy and affordable way. There are a lot of testing options with a wide range of pricing, so be sure to call today. To schedule an appointment during that time, call 866.935.5432.

While you are here for the screening, please stop by Cardiac Services at Pella Regional for heart health information, refreshments and free blood pressure checks 8:30 am - 1:30 pm. There will also be speakers:

10-10:30; Heart Healthy Nutrition—Dianne Pettit, Education Dietitian  
12:30-1; Cardiac Lunch n Learn—Dr. Doug Kanis, Internal Medicine  
1:30-2; Exercising for Your Heart—Cardiac Nurses

**For more information, call Public Relations at 641.621.2290.**

# Elder Care at Pella Regional

## *What is going on?*

### **WesleyLife Agreement**

Pella Regional Health Center and WesleyLife are entering into an agreement regarding elder care services. This agreement means that WesleyLife will assume ownership and management of Jefferson Place, Pella Manor and Fair Haven East in January, 2010.

We entered into this agreement to provide residents with a broader range of programs and services that have a holistic approach—one that considers the spiritual, physical and emotional aspects of care—and to provide the vision for facility improvements for elder care in Pella in the future.

Over the past few years, Pella Regional has been investigating options to improve all aspects of our services for seniors. As part of that investigation, Pella Regional began a national search to find a like-minded partner for elder care who was mission-driven along with having strong resources and a focus on enhancing resident service and quality of life. Pella Regional found that partner right here in Iowa—WesleyLife.

A community forum was held on Sept. 17 to answer the many questions the public had for both Pella Regional and WesleyLife.

Going forward, we are working with WesleyLife to help insure and smooth transition over the next few months for both the employees and residents of Jefferson Place, Pella Manor and Fair Haven East.



*Fair Haven East*



*Pella Manor*

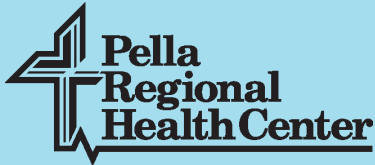


*Jefferson Place*

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*Twitter:* When you sign into your Twitter account, just search for *PellaRegional* and become a follower.

You can also go to our web site, [pellahealth.org](http://pellahealth.org), and our homepage has links to sign up for either or both!!