

Apgar Scores: Assessing Newborn Babies

The Apgar test, named after Dr. Virginia Apgar, was implemented in 1952 after she noticed that many small, struggling babies born in the late 1940s were left unattended while the doctor cared for the mother. Some of these babies died, yet may have survived with quick assessment and treatment.

With the determination to help newborns, Dr. Apgar developed the Apgar test to assess each infant by assigning a score of 0, 1 or 2 for each component. The test's name is also an acronym for what it measures:

Appearance: Skin coloration.

Pulse: Heart rate.

Grimace: Reflex irritability.

Activity: Muscle tone.

Respiration: Breathing rate and effort.

Once Dr. Apgar performed the test on more than 1,000 newborns, she presented it at a health conference and the test became a



EXPECTING? Find a pediatrician affiliated with Community Hospital of San Bernardino to care for your newborn baby when he or she arrives. Call **(909) 887-6333** or select Find a Doctor at www.chsb.org to learn more.

delivery-room standard. Babies who were in need of care were put in the forefront and the infant mortality rate dropped. This led to the development of resuscitation tools and monitors sized for newborns, as well as the formation of neonatal intensive-care units.

Apgar Today

Still used in delivery rooms today, the Apgar test continues to be a vital assessment of newborns. If you have questions about your pregnancy and upcoming delivery, call Community Hospital of San Bernardino at **(909) 887-6333** or visit www.chsb.org.

MEET THE PHYSICIAN

Cecilia S. Casaclang, M.D.



Dr. Casaclang is a neonatologist and valued member of the medical staff at Community Hospital of San Bernardino. A native of the Philippines, she received her medical

degree from Far Eastern University in Manila. Her postgraduate experience includes a residency in pediatrics at Jersey City Medical Center and a Fellowship in Neonatology at St. Peter's Medical Center, both in New Jersey. She is the author of numerous research publications on a range of topics concerning neonatology and pediatrics. Dr. Casaclang is fluent in English, Spanish and Filipino. She is an Associate Attending Neonatologist for a private practice in Yucaipa and has been an active member of the medical staff at Community Hospital of San Bernardino since 1990.

Urinary Incontinence

A Going Concern for Women

If you experience urinary incontinence, or loss of bladder control, you know it's no laughing matter. Although men can have this problem, it is twice as common in women. But, it doesn't need to control your life. Incontinence can be treated, so don't let embarrassment keep you from seeking help.

What Is Incontinence?

Temporary incontinence may be caused by a urinary tract infection, a medication or constipation. This kind of condition improves when you eliminate the problem that caused it. Chronic incontinence, however, is ongoing. It falls into two main categories: stress incontinence, the most common, and urge incontinence. Some women have both.

Stress incontinence comes about as a result of physical changes from pregnancy and childbirth, weight gain or menopause. The pelvic muscles can stretch and weaken, no longer supporting the bladder. If this happens you can lose the ability to tighten the muscles that close off the urethra, which allows urine to leak into the urethra when you laugh, cough, sneeze, exercise or perform other actions that cause pressure on your bladder.

Urge incontinence is the result of damage to the urinary tract or to the nerves that control urination. With this kind of bladder control problem, you may urgently feel the need to urinate suddenly or often. The sensation often comes without much warning, so you might leak enough urine to soak your clothes because you can't get to the bathroom in time. This kind of incontinence is sometimes called overactive bladder.

Can It Be Treated?

Most bladder control problems can be improved or cured. Talk openly with your doctor. Describe the symptoms, severity and frequency. Your doctor can help you find the combination of treatments that will help.

Treatments for stress incontinence include:

- Kegel exercises to strengthen the pelvic floor.
- A removable device called a pessary, a stiff ring placed inside the vagina. It helps support the bladder and puts pressure on the urethra.
- Medication.
- Surgery, if nothing else works.

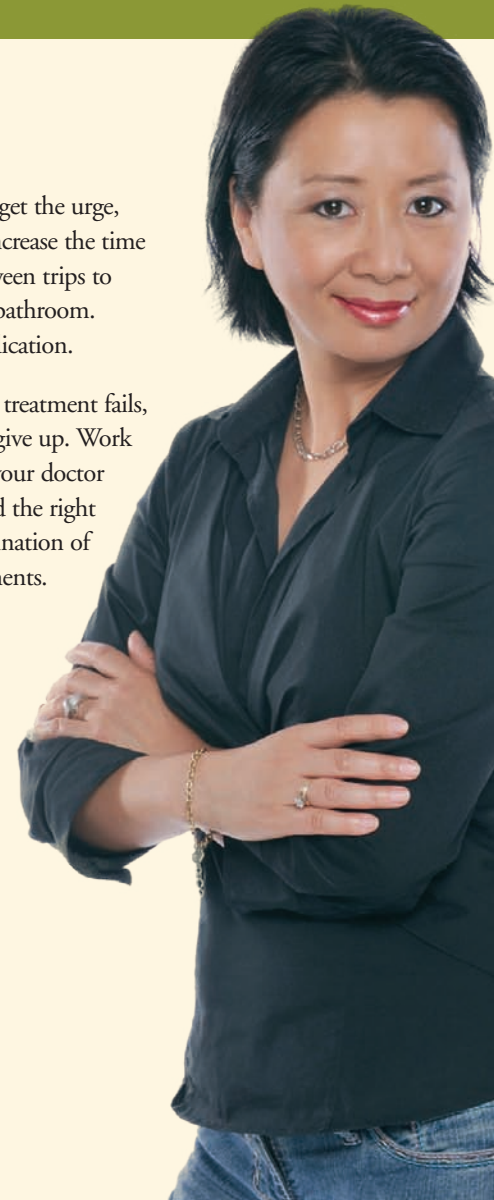
Treatments for urge incontinence include:

- Bladder training, delaying urination when

you get the urge, to increase the time between trips to the bathroom.

- Medication.

If one treatment fails, don't give up. Work with your doctor to find the right combination of treatments.



CLASSES AT COMMUNITY

For class schedules and more information,
please call (909) 887-6333, ext. 9-4734.

CHILDBIRTH EDUCATION SERIES

Maternity Tea and Tour

Are you nervous about this special day? Come and see what we have to offer at Community Hospital of San Bernardino. This tea will include a tour of the Labor and Delivery, Couplet Care and Transitional Nursery. There will be time to ask questions about policies and options open to you.

Childbirth Class

This class is recommended if this is your first birth or if it has been more than five years since your last class. The series consists of three two-and-a-half-hour sessions, meeting once a week. The Prepared Childbirth Method is a psychological and physical preparation for childbirth. Classes include anatomy and physiology of labor, breathing techniques, relaxation and pushing techniques, and discussions on fetal monitoring and medications.

Parenting

Kids don't come with directions! This class will focus on positive discipline, growth and development, and child safety.

Breastfeeding Basics

This class will cover health and economic benefits as well as the basics in proper positioning, holding

and latch-on techniques necessary for successful breastfeeding. Community resources are included. This class is recommended for any pregnant woman considering breastfeeding her infant.

Breastfeeding Clinic

We offer help with initiating breastfeeding, sore nipples, latch-on, supply issues, growth spurts, going back to work, baby weight checks, teething and any other questions/problems you have regarding breastfeeding, regardless of your baby's age.

COMMUNITY EDUCATION CLASSES

Asthma

This one-hour class is designed to educate parents with children affected by asthma. A class is also available specifically for school-age children. Class objective is to educate people about managing asthma and help prevent asthma attacks.

Diabetes

This four-hour, two-part class is for individuals interested in diabetes education. By the end of the class, participants will understand diabetes and its effects, identify necessary diet/lifestyle changes, test their own blood sugar and receive tools to control their diabetes.

Low-Cost Healthy Eating

This one-hour class offers easy and low-cost recipes, ideas about cutting the cost of groceries, menu planning, food samples and the latest information on nutritional needs for families.

Weight Management

Six one-hour classes provide principles of weight loss and tools to make them work. This class is targeted to people who need to lose weight or would like to implement healthier eating and exercise habits.

Parenting Tips-4-Toddlers

Toddlers ages 2 to 5 years are notorious for tantrums and other behavior issues. But you can teach your toddler to behave well by providing love. This class coaches parents on four key tips to encourage communication, consistency, setting limits and family meetings that include the children.

Keys to Success

Getting support and the tools needed to succeed are available to you. The Keys to Success program is designed to help participants build confidence by improving self-image, learning tips to find jobs and developing personal growth on all levels.

Personal Financial Management

Creating a budget and sticking to it can be challenging. Our program focuses on the principles of personal financial management and developing a budget to keep your financial house in order.

Preventive Health

Keeping Your Family Healthy Saves Money

In tough economic times, families are setting budgets and tightening expenses. But there's one area you shouldn't trim: preventive health care.

Even if your family is healthy now, skipping preventive health care can cost you in the long run. Routine screenings and exams can help find health problems in the early stages when they are often easier to treat. This can save you money – not to mention help prevent serious health problems – in the long run.

Check your numbers. High cholesterol and blood pressure levels can lead to serious illnesses, including heart disease and stroke. With the help of a diet and exercise plan and/or medication, risk factors may be controlled. Preventive steps for heart health cost significantly less than emergency care or surgery. Just consider the cost of coronary artery bypass (heart surgery) in the U.S.: \$93,743 on average.*

Schedule regular screenings. The best way to identify risk factors and find certain illnesses is through regular screenings. Cancer, for instance, is most treatable in its earliest stages,



so be sure to be checked regularly. Talk to your doctor to create a plan that's right for you.

Stay up-to-date on shots. Both kids and adults should keep up with vaccinations. Immunizations have been shown to be effective in reducing certain diseases, including flu, pneumonia, hepatitis B, chickenpox and tetanus.

Help keep your family healthy and happy – even in more challenging times – by continuing to follow your preventive care plan. To schedule a visit with a doctor at Community Hospital of San Bernardino, contact us at (909) 887-6333, or visit www.chsb.org for more information.

* Source: American Heart Association, Heart Disease and Stroke Statistics – 2009 Update.

Community Hospital's Centennial Book Now on Sale!

Be sure to claim your copy of this amazing story of a community and its hospital. Published by Arcadia Publishing, *Images of America: Community Hospital of San Bernardino* is available at the hospital's gift shop or online at sales@arcadiapublishing.com. Enjoy 20 vintage photos and 128 pages of history for only \$21.99.



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OUR SERVICES

It's our mission to serve our community, and we do so every day, with services such as these:

- Babies First[®], a program for expectant mothers
- Behavioral Health Services
- Emergency Services
- Financial Assistance
- Health Information and Education Center
- Home Health Services
- Physician Referral
- Insurance Referrals and Assistance
- Lab Direct (confidential laboratory testing)
- Outpatient Surgery
- Pediatric Care
- Subacute Care for Children and Adults
- Surgical Services

For information about these services, contact us at (909) 887-6333.

FUN FACT

It's the little touches that make Community Hospital of San Bernardino so special to its patients and community. The auxiliary works year-round to provide holiday gifts for patients, especially the newborns. Here, Mrs. E. Verner holds her Valentine's Day baby, who sports a heart-adorned outfit crafted by auxiliary members.

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A member of CHW

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Community Hospital of San Bernardino has been serving the Inland Empire community since 1910. At that time, we were a 42-bed hospital known as Ramona Hospital. Since then, we have grown into a 321-bed acute care hospital with an emergency department and a wide variety of inpatient and outpatient services. We are a private, nonprofit, non-denominational hospital affiliated with Catholic Healthcare West. We are proud of our tradition as a trusted resource for community health services and our reputation for delivering excellent care. If you need hospital services, ask your doctor about Community Hospital of San Bernardino. Or if you're looking for a doctor, call our physician referral line at (909) 806-1552, and we will help you find one who meets your needs.

ABOUT US

