



Paris
Community
Hospital
Family
Medical
Center

March 2017

Keeping Athletes safe

staying
healthy

Athletic trainers help prevent, treat injuries for all ages

With today's increased emphasis on player safety, athletic trainers are a common sight on the sidelines of many sporting events.

- 1 Athletic trainers are licensed healthcare workers who provide preventative services, emergency care, diagnosis, treatment, and rehabilitation of injuries and medical conditions. They specialize in patient education and early intervention to prevent injury and re-injury.
- 2 According to the National Athletic Trainers' Association (NATA), which represents about 85 percent of all athletic trainers practicing in the US, preventative care provided by athletic trainers has a positive return on investment for employers. Athletic trainers are able to reduce injury and shorten rehabilitation time for their patients, which translates into lower absenteeism from work or school and reduced healthcare costs.

The NATA stresses the

need for access to healthcare professionals, namely athletic trainers, who support lifelong, safe physical activity. Athletic trainers have become increasingly important as the US continues its focus on reducing the effects of obesity and other chronic diseases.

- 3 Athletic trainers provide services to all types of patients, not just athletes participating in sports. They can work in a variety of job settings, including hospitals, physician offices, schools, and clinics, to name a few. They work under the direction of physicians and treat patients of all ages.

- 4 Athletic training is recognized by the American Medical Association as a healthcare profession. To become certified, individuals must graduate with a bachelor's or master's degree from an accredited professional athletic training education program. They also must pass a comprehensive test administered by the Board of Certification, an independent national board. To retain certification, they must obtain 75 hours of medically related

continuing education credits every three years and adhere to Standards of Professional Practice.

Certified athletic trainers are sometimes confused with personal trainers. Personal trainers, unlike athletic trainers, may or may not have higher education in health sciences, be required to obtain certification, or participate in continuing education. Athletic trainers must meet all of those qualifications.

The NATA states that athletic trainers are flexible and inventive, noting their work in rural and medically underserved areas. It further states that only 42 percent of high schools have access to athletic trainers.

Through a partnership agreement with Eastern Illinois University, PCH/FMC provides athletic trainers at Paris, Chrisman, and Tri-County schools. Additionally, the PCH/FMC rehab team employs a full-time athletic trainer. For more information, call the rehab department at 217-465-2606, Ext. 244.

Lisa Smittkamp, ATC, PTA



Lisa Smittkamp is a certified athletic trainer (ATC) and physical therapist assistant (PTA). She has worked in the PCH/FMC rehabilitation ser-

services department since 2001.

As a PTA, Lisa treats patients by following a plan of care outlined by physical therapists. As an athletic trainer, she evaluates and treats athletic injuries, working mostly with junior high and high school athletes. She also coordinates the athletic trainer programs for Paris, Chrisman, and Tri-County sports, which PCH/FMC sponsor.

Lisa earned her associate's degree as a PTA from Lake Land College in Mattoon. She earned her bachelor's degree in kinesiology with an emphasis in athletic training from the University of Illinois, and a master's degree in health education/wellness promotion from the University of Missouri.

Lisa lives in Paris with her husband, Daniel, and children Ethan and Mya.



Is vaping safer than cigarettes?

Are electronic cigarettes (or e-cigarettes) safer than traditional cigarettes? The answer may not be so clear cut. However, numerous agencies are quick to point out the potential dangers of e-cigarettes.

E-cigarettes are battery-powered devices that heat a flavored liquid from a refillable cartridge, creating a nearly odorless aerosol that is inhaled. Using e-cigarettes is commonly called vaping.

The US Surgeon General concludes that e-cigarettes can expose users to several potentially harmful chemicals, including nicotine, which is extracted from tobacco.

In 2009, the Federal Drug Administration conducted lab tests and found detectable levels of toxic cancer-causing chemicals, including an ingredient used in antifreeze, in two leading brands of e-cigarettes. Additionally, the FDA has not approved e-cigarettes as being a safe and effective method to help smokers quit.

The American Lung Association contends e-cigarettes may become a gateway to regular cigarettes, especially in light of aggressive marketing efforts targeted at youth—including the use of candy flavors and the glamorization of e-cigarette use.

According to the Centers for Disease Control and Prevention (CDC), e-cigarettes are the most commonly used tobacco product among youth, surpassing conventional cigarettes. In 2015, more than 3 million middle school and high school children used e-cigarettes in a month's time. Among young adults ages 18-24, e-cigarette use more than doubled from 2013 to 2014.

In May 2016, the FDA was granted oversight authority regarding the sale, marketing, and manufacturing of all tobacco products, including e-cigarettes. The decision required e-cigarette manufacturers to register with the FDA. Additionally, manufacturers were given two years to submit an application to remain in the marketplace. From now until 2018, the American Lung Association says the nearly 500 brands and 7,700 flavors of e-cigarettes will remain on the market before the FDA is able to fully evaluate them.

When it comes to vaping, the Cancer Prevention and Treatment Fund says e-cigarettes have not been around long enough to determine their long-term effects. It suggests not using e-cigarettes until more safety information is available. To help with quitting smoking, the agency suggests visiting smokefree.gov.



Paris Community Hospital Family Medical Center

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staying healthy

PCH/FMC's Community Healthcare Programs March & April

Monthly Health Screenings

March 15; April 4

Blood sugar, blood pressure, and lipid panel (HDL, LDL, and triglycerides) screenings will be held from 7 to 9 am each day. Fasting for eight hours in advance is required. The cost is \$25. To register, call 217-465-2606 (or toll free 1-866-465-4141), Ext. 228.

Medical Weight Loss Seminar

March 15; April 18

A free informational session regarding PCH/FMC's Medical Weight Loss Clinic will take place at 5:30 pm in the Family Medical Center. The program utilizes a medically supervised, scientifically based approach that promotes fat loss while supporting muscle mass. To register, call 217-465-CARE (2273).

Volunteers' Chocolate Sale

March 22-23

The PCH Volunteers will hold their South Bend Chocolate Company sale from 8 am to 4 pm by the rotunda entrance to the FMC.

Doctors' Day

March 30

Join PCH/FMC as it celebrates National Doctors' Day. Be sure to thank your physician for the care that he or she provides.

Free Adult CPR/AED Class

April 10

This free, non-healthcare provider courses teach basic CPR and the use of an automated external defibrillator (AED). The class takes place from 8 am to 1 pm in Conference Room D. To register, email Somer Nagrodski at SNagrodski@pchfmc.com or call 217-465-2606, Ext. 320. When calling, leave your name and you will be registered.

Healthcare Scholarships

April 10 deadline

Applications are due for healthcare scholarships offered by the PCH Volunteers. Scholarships are available to PCH/FMC employees and graduating high school seniors in Edgar County. Applications are available at school guidance offices, the Paris Community Hospital admissions desk, and ParisCommunityHospital.com/Scholarships.

National Volunteer Week

April 23-29

Join PCH/FMC as it recognizes the invaluable contributions of its volunteer staff during National Volunteer Week.

EZ Care Moves to New Location

EZ Care is now seeing patients at its new off-site location at 2200 South Main Street, across from the industrial park in Paris. Clinic hours are Monday through Friday from 9 am to 7 pm, and Saturday and Sunday from 10 am to 6 pm.