

Some Bugaboos Of Surgery Get The Once-Over

The thought of the many days in bed following surgery has inspired a needless fear in persons planning to undergo an operation, for it is now generally conceded that early ambulation or walking about is effective in the convalescence of the patient.

Early ambulation after surgery means getting out of bed as soon as possible, usually in the first 24 hours.

THERE ARE exceptions, of course. With the assistance of nurses and often the attend-

ing physician, the patient is moved to the side of the bed where he is helped to a sitting position with the feet swung over the side of the bed.

Next, the patient steps to the floor and then sits in a comfortable chair, usually for just a few minutes. The next attempt is of longer duration.

ON EACH attempt the patient is encouraged to breathe deeply to prevent pulmonary complications, such as blood clots and pneumonia. Early rising speeds up the circula-

tion which greatly lessens the formation of dangerous blood clots and improves circulation with quicker healing. Other advantages include improved urinary bladder and bowel function with lowered incidence of vomiting, distension, gas pains, and constipation.

Food constituents, such as protein, carbohydrates and fats, as well as water, minerals and vitamins are necessary to sustain life and normal body functions.

IF FOR some reason, the

basic requirements cannot be given to the patient by mouth, they are administered intravenously. This is done by inserting a fine needle into the patient's vein and connecting the needle to a long tube running from a bottle containing the specially prepared solution. This allows the solution with its food, minerals and vitamins to enter the circulation slowly and be used by the body.

On the other hand, if the patient's veins cannot be used for this purpose of feeding, some of the fluids may be given subcutaneously, that is, injecting the solution beneath the skin. Where nothing is

taken by the patient by mouth, about three quarts of fluids are required daily to prevent dehydration, a condition where fluids are lost from the body faster than they are replaced.

THAT A MAJOR calamity exists whenever blood transfusions are given is erroneous. In many cases this procedure is adopted routinely during or following extensive major surgical operations to accelerate healing, shorten the recovery period and prevent shock. And then blood transfusions are also given to combat anemias, loss of blood, low blood protein, severe infections, and blood diseases.

That a surgical catastrophe has occurred is the use of oxygen and carbon dioxide. Because oxygen lessens the burden on the heart and lungs and carbon dioxide stimulates respiration, these agents are routinely used following chest and other operations which interfere, temporarily, with the normal function of heart and lungs.

While there is some risk involved in any type of surgery, modern advances have minimized hazards. Certainly an action and a lack of fear will help the patient prepare mentally for his operation and early convalescence.

(Presented as a public service by Southwest District of the Los Angeles County Medical Assn.)

APRIL 2, 1961

THE TORRANCE HERALD

11

Polio Clinic Due Friday

A polio clinic will be held Friday, April 7th, from 8:30 to 8:30 p.m. at Perry School Cafeteria, 17831 Prairie Ave.

The clinic will be sponsored by Torrance Cub Scout Troop 953C.

Shots will cost \$1 each with a \$5 maximum for family groups. Shots should be in a series of three, with the first and second shots a month apart, followed by a third shot seven months later.

Births

TORRANCE MEMORIAL HOSPITAL

DRAGOTTO — Mr. and Mrs. E. 1212 Tenth Ave., 2 daughters, Nancy Elizabeth, March 21.
 MEERS — Mr. and Mrs. Ronald 539 E. Carson Ave., a daughter, March 21.
 LICHT — Mr. and Mrs. George 2421 W. 237th St., a son, Groff March 21.
 JACOBS — Mr. and Mrs. Delia R. 3414 Pacific Coast Highway a son, David Keith, March 22.
 STUWELL — Mr. and Mrs. E. Dev 3021 3113 W. Carson, a daughter, March 22.
 ALZARME — Mr. and Mrs. Francis 1948 W. 223rd St., a son, March 22.
 BOSSETTO — Mr. and Mrs. Vincent 2725 Loftview Drive, a daughter, Laura Marie, March 21.

RIVETS

By George Sixto



VIRGIL

By Lew Klein



RED RYDER

By Fred Harman



SUPERMAN

