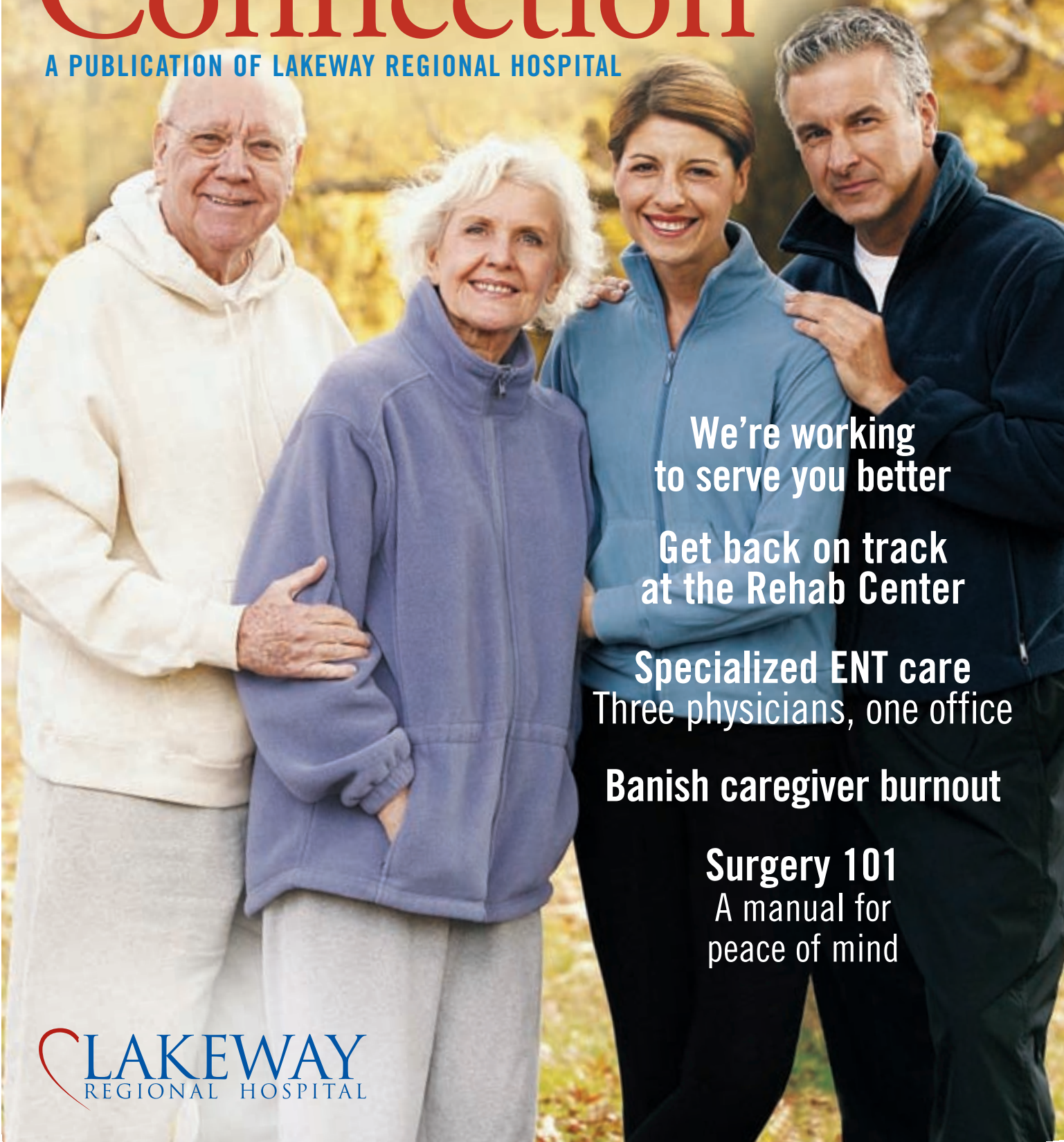


Health Connection

A PUBLICATION OF LAKEWAY REGIONAL HOSPITAL



**We're working
to serve you better**

**Get back on track
at the Rehab Center**

**Specialized ENT care
Three physicians, one office**

Banish caregiver burnout

**Surgery 101
A manual for
peace of mind**

SURGERY 101:

A manual for peace of mind

Did you take your Girl Scout or Boy Scout oath seriously as a child? If so, to this day you're probably sure to pack what you need before a hike: a map, compass, first-aid kit, water and healthy snacks. You ask what the terrain is and where the trail ends so you can get home on schedule.

When it comes to surgery, studies have shown that this same "be prepared" principle can ease pre-op anxiety, reduce your hospital stay and speed recovery.

If you're about to undergo surgery, ask your doctor to describe the procedure completely. Knowing what to expect can defuse stress and help you approach surgery day with a calm head.

Here are some other ways you can make the time before, during and after surgery run more smoothly:

BEFORE YOUR PROCEDURE

- Follow your physician's instructions about refraining from smoking, eating and drinking before the procedure.
- Ask your physician about taking aspirin or other anti-inflammatory drugs before surgery. Because they're blood thinners, these medications may cause excessive blood loss.
- Tell your doctor which prescription and over-the-counter drugs you take. This goes for vitamins and herbs, too, as certain herbal remedies, such as St. John's wort and kava, may extend the effects of anesthesia or create other complications.
- You won't be allowed to drive after the procedure, so make reliable transportation arrangements.
- Organize your home. Make sure you have groceries or frozen meals on hand. If climbing stairs will be a problem, make sleeping arrangements downstairs.

- Practice relaxation techniques such as meditation or yoga. These will help calm you and speed post-op healing.

DURING YOUR HOSPITAL STAY

Your cozy robe or a favorite photo will warm your surroundings and soothe you. Having family and friends visit will bolster you, but don't be afraid to set limits: You'll need some time to rest and recuperate without interruptions.

HOME AGAIN

A little help from friends can be useful. If worries about housework or bills are nagging at you, ask someone to take care of these chores. In the meantime, the relaxation methods you used before surgery can help you feel better now, too. Imagine yourself in the near future doing something you enjoy, such as taking an invigorating hike.



PROTECTING AGAINST FEMALE CANCERS

What every woman should know

Gynecologic cancer is the fourth most common type of cancer in women. Here's a rundown of the gynecologic cancers and facts that can help reduce your risk:

UTERINE CANCER

Uterine cancer—also known as endometrial cancer—is the most common type of reproductive cancer that strikes American women and occurs most often after menopause. Symptoms include unusual vaginal discharge, pelvic pain, pain during intercourse, unexplained weight change and difficult or painful urination.

Obesity, high blood pressure, diabetes and tamoxifen or hormone replacement therapy use may increase risk.

OVARIAN CANCER

Ovarian cancer is the deadliest cancer and often shows no obvious signs until late in its development. But when caught early, most cases can be successfully treated.

Symptoms include abdominal discomfort or pain, nausea, diarrhea, constipation, frequent urination, appetite loss, feelings of fullness, weight change with no known reason and abnormal vaginal bleeding.

An important risk factor is a family history of ovarian cancer. Fertility drugs, hormone replacement therapy, increasing age, infertility, having had no children and a family history of breast cancer may also increase risk.

CERVICAL CANCER

Thanks to Pap tests, deaths from cervical cancer are decreasing. Common symptoms are abnormal bleeding and bloody or discolored vaginal discharge.

The sexually transmitted human papillomavirus (HPV) causes most cervical cancers. The U.S. Food and Drug Administration recently approved a vaccine that protects against HPV. A federal panel recommends females ages 11 to 26 receive the vaccine.

Other risk factors linked to cervical cancer can be avoided, such as smoking and poor diet.

CANCERS OF THE VAGINA, VULVA AND FALLOPIAN TUBES

These cancers tend to be rare. Women should alert their

doctors to symptoms that include unusual bleeding or discharge, persistent itching of the vulva, pain in the pelvic region, difficult or painful urination, unusual pain or pressure in the abdomen, pain during intercourse and a lump or sore on the vulva that won't heal.

Women may be at risk for vaginal and vulvar cancers if they've had genital warts, chronic vulvar irritations, abnormal Pap tests or intercourse at an early age or with many partners. Women who smoke or whose mothers took DES (diethylstilbestrol) when they were pregnant may also be at risk. Risk factors for tubal cancer are unknown, but it tends to strike women after menopause.

WHAT YOU CAN DO

Regular screenings and an annual pelvic exam can detect and even prevent some gynecologic cancers. Keep your doctor informed of any risk factors, especially family history, that you may have.



Always working to serve you better

Lakeway Regional Hospital continues to focus on providing quality care for the people of Hamblen and the surrounding counties.

We'll be adding a new day surgery area this year, which will enhance patient care. Our Emergency Department now has the Pro-Med computer system that allows patients' progress to be tracked throughout their ER visit and details registration time, nurse triage, physician visit and testing time. We review these processes daily to help improve patient care and satisfaction.

These are only a few ways we continuously work harder to serve you better.

Thank you for choosing Lakeway Regional Hospital. Feel free to contact me at **(423) 522-6006**.

PRISCILLA MILLS
Chief Executive Officer
Lakeway Regional Hospital



Regain lost ground with help from The Rehab Center

The Rehab Center of Lakeway Regional Hospital offers a wide variety of quality inpatient and outpatient rehabilitation services. The established Rehab Unit boasts a 17-year history of helping Lakeway-area patients.

The highly trained staff offers a patient-focused teamwork approach when providing physical, speech and occupational therapy as well as 24-hour-a-day nursing care led by Nurse Manager James Perry. Each patient is evaluated, and an individual rehabilitation plan is developed with clear goals to help him or her return to the highest possible level of independence.

The primary diagnoses of rehab patients are stroke and orthopedic and neurological conditions, although licensed therapists can easily accommodate young athletes, injured employees, weekend warriors and retired senior citizens.

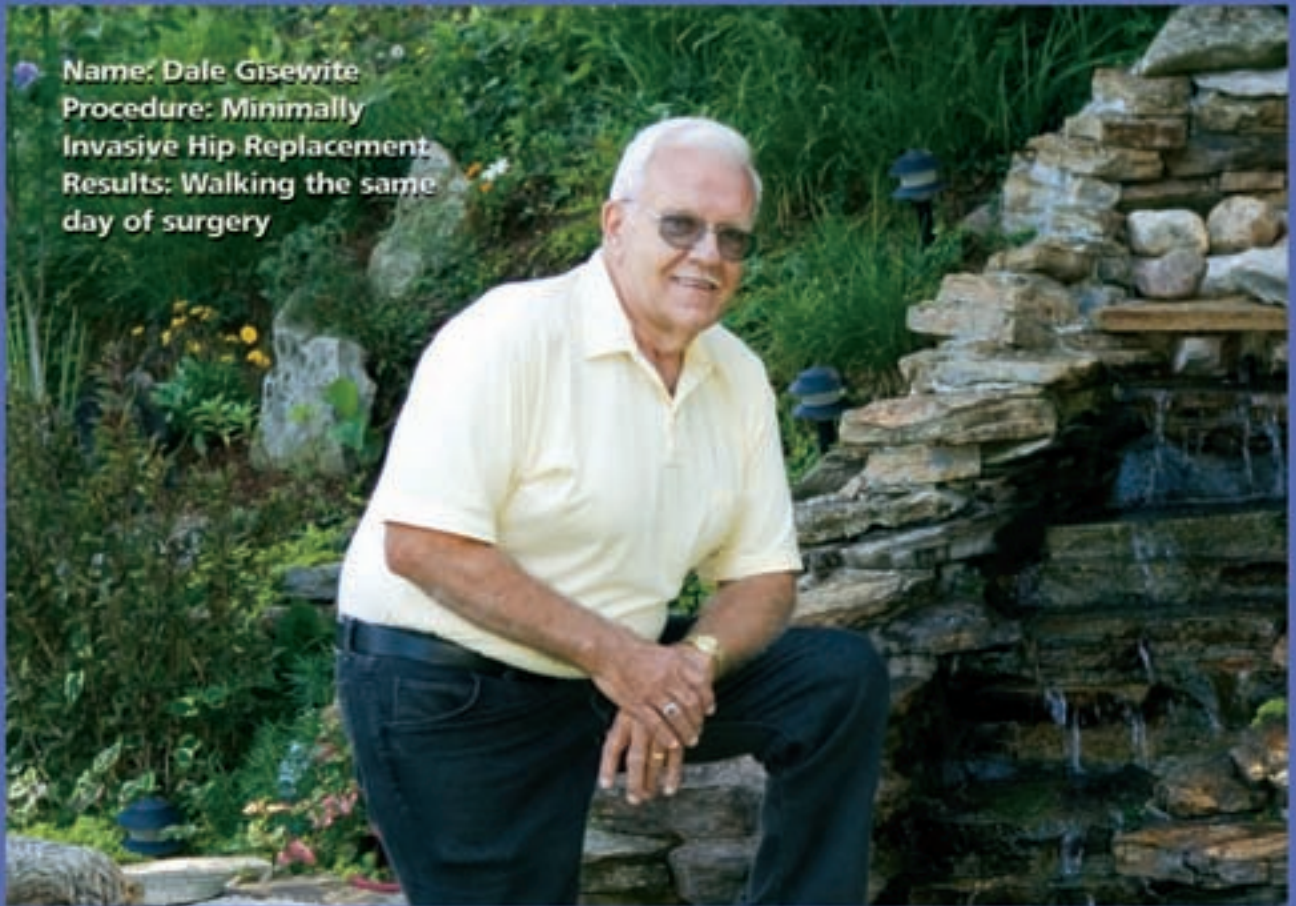
"When an injury occurs, we want you to know we're here for you at Lakeway Regional and we'll help you get your life back," says Kathy Rouse, director of The Rehab Center of Lakeway Regional Hospital.

The Rehab Center is proud to be the only inpatient rehabilitation center in the Lakeway area providing this much-needed service. The 27-bed inpatient acute rehab unit, continually updated by replacing and adding new equipment, has a team of therapists, nurses and co-medical directors—Paul Jett, M.D., and Bonnie Vick, M.D.—to oversee your care. Patient stays are enhanced by community activities and home evaluations. There's a family-type atmosphere, and many appreciative patients return to visit and share their progress with the staff after they've been discharged.

The Rehab Center of Lakeway Regional Hospital works to maximize every patient's abilities. Patients frequently credit the quality of care and one-on-one treatment from our team of qualified therapists for their recovery.

If you need physical, speech or occupational therapy, talk to your physician about choosing The Rehab Center of Lakeway Regional Hospital, or contact the Rehab Center at **(423) 522-6200**. We welcome your visit.

Name: Dale Gisewite
Procedure: Minimally
Invasive Hip Replacement
Results: Walking the same
day of surgery



Goodbye Hip Pain... Hello Life.

Every day, people just like Dale Gisewite are getting their lives back thanks to a revolutionary hip replacement surgery from Lakeway Regional Hospital. Prior to hip problems, Dale was active and on the go, but over time, the pain caused by his hip condition robbed him of the joy of an active lifestyle. He knew it was time to do something about it. Dale contacted Dr. Stefan Prada at Lakeway Regional Hospital. After a flawless surgery and quick recovery, Dale is back to the things he loves...he is back to his life.



Dr. Stefan Prada Dr. Michael Bratton

Independent Members of the Medical Staff

LAKEWAY
REGIONAL HOSPITAL

Quality Care. Right Here.

762 McFarland Street • Morristown, TN 37814

(423) 522-6004

www.lakewayregionalhospital.com

HEALTHWISE QUIZ

How much do you know about arthritis?

Test your knowledge and learn more about arthritis.

1

What does the word arthritis mean?

- a. Sore joint
- b. Joint irritation
- c. Joint inflammation
- d. Rigid joint

2

Which of the following statements about arthritis is true?

- a. Using artificial sweeteners like Equal and Nutrasweet that contain aspartame increases your risk of developing arthritis.
- b. Arthritis is the leading cause of disability in Americans over age 15.
- c. Arthritis is more prevalent in women than in men.
- d. Most people with arthritis will need minor surgery to lessen the pain.

3

Osteoarthritis is caused by the breakdown/loss of _____ in the joints.

- a. bursa
- b. cartilage
- c. air
- d. synovial fluid

4

How is rheumatoid arthritis different from other forms of arthritis?

- a. It occurs in joints on both sides of the body.
- b. Doctors recommend people with it sleep on a waterbed to alleviate pressure on joints.
- c. Pain is felt only early in the morning or late at night.
- d. It occurs when crystals build up in the joints.

5

Older adults aren't the only ones affected by arthritis; it can affect any age group. How many children are estimated to have arthritis?

- a. 35,000
- b. 150,000
- c. 300,000
- d. 500,000

ANSWERS: 1. C, 2. B, 3. B, 4. A, 5. C

8

easy ways to get more exercise

Fitting exercise into your schedule doesn't have

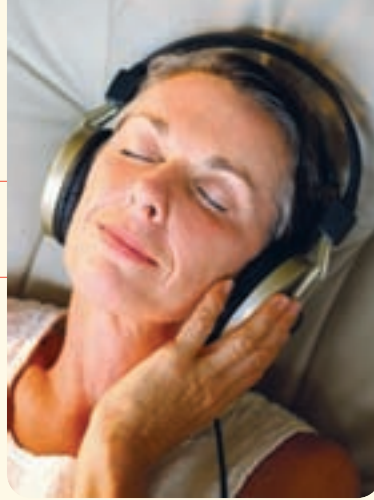
to involve a large bank account or even a lot of time. The following list of ways to make

physical activity a habit was created for even the busiest people.

- 1 **Take the stairs instead of the elevator.** This alternative burns calories and tones muscles.
- 2 **Avoid the phone.** At work, walk down the hallway instead of using the telephone or e-mail to communicate with a co-worker.
- 3 **Walk instead of drive.** It may not be the speediest mode of transportation, but it's effective when you want to visit a neighbor down the street, take your child to a nearby park or pick up a few items at the corner market.
- 4 **Walk during lunch.** Take a friend for company or listen to a book on tape to make your walk mentally as well as physically productive.
- 5 **Clean the house.** You'll have to do more than load the dishwasher to get your heart pumping, but a vigorous cleaning that takes two to three hours may be just what the doctor ordered.
- 6 **Ride your bike.** It's quicker than walking, cheaper than driving and it burns calories.
- 7 **Break activity down into small time increments.** If you don't have the time or energy for 30 minutes of continuous exercise, spread it out. Start with 10 minutes of activity, then do it again and again—for a total of 30 minutes.
- 8 **Vary your activities.** Boredom is one of the biggest commitment killers, so find several activities you enjoy and pick and choose depending on the weather and your mood.



Banish caregiver burnout



If you're caring for someone who depends on you, you need to be healthy and energetic. Yet the sheer amount of time and thought involved in providing care may mean you've put yourself at the bottom of your priority list—making you ripe for stress and burnout. Try these steps to protect your health:

1 Get regular medical checkups. Tell your doctor about your caregiving commitment—he or she may suggest resources to make your life easier.

2 Get plenty of rest. Sleep deprivation contributes to depression. Have a family member pinch-hit (or hire a respite worker) so you can get to bed at a reasonable hour or sneak in a nap.

3 Eat a nutritious diet. A poor diet can lead to malnutrition and fatigue. Regular, well-balanced meals boost energy. Ask family members to help with shopping and meal preparation.

4 Get regular exercise. Moderate exercise combats stress, increases energy and provides a mental-health break.

5 Manage stress. Meditate or learn relaxation techniques. Share your feelings with friends and family members. Ask your doctor for advice or referral to a counselor.

6 Ask for help. Don't try to be a superhero! Ask family

members to help pick up prescriptions, do laundry or drive to doctors' appointments. Ask your doctor about local resources like transportation to medical checkups, home-delivered meals, respite care or adult day-care services.

7 Schedule time for yourself. Schedule time to enjoy your hobbies. Spend time with friends. Try a change of scenery—take a short drive or see a play or concert.

8 Be realistic and flexible. Accept that your loved one's illness may change from week to week. Be flexible as you plan for the future. Acknowledge the many good things you've done and don't be hard on yourself for not being able to do everything on your own.

Real-world strategies to control your weight



Visit the diet and nutrition section of any bookstore and you'll be amazed by the number of books offering the latest miracle diet. Low carb, no carb, high protein, low calorie—but do any work?

Fad diets tend to be tough to stick with. Even worse, people often feel deprived and pile unwanted pounds back on once they're off the diets.

The best way to take off fat is slowly and steadily. That means a weight loss of no more than one to two

pounds a week. Many fad diets drastically reduce your food intake and put your body into “starvation” mode, slowing your metabolism to conserve calories. That's the

exact opposite of what you want. Similarly, restricting certain foods—such as carbohydrates—can lead to cravings that will derail your efforts.

THE TRIED AND TRUE

The following are real-life tips to help you look and feel your best:

- **Rebalance your diet.** If your diet is heavy on foods like crackers, bagels, white rice, low-fiber cereal and pasta, substitute them with whole grains like brown rice, multi-grain breads and pasta enriched with soy. To feel satisfied longer, combine carbs with protein.

- **Count calories.** Simply put, to lose weight you have to ingest fewer calories than you expend.

- **Spread out meals.** Eating small amounts throughout the day boosts your metabolism. Aim for three equal-sized meals, plus nutritious snacks in between.

- **Ditch self-denial.** Instead of avoiding any one food group, make wise choices. Whole-wheat crackers with peanut butter are a smarter snack than a bag of chips.

- **Emphasize weight training.** Add strength training to your exercise program. Resistance exercises build muscle, which burns more calories by increasing your metabolism.

MEET OUR ENT PHYSICIANS

Three doctors, one vision

Jeffrey S. Adams, M.D., Frank B. Little, Jr., M.D., and Michael L. Dillard, M.D., all board certified in otolaryngology, form a team of physicians/surgeons focused on the specialized care of patients young and old. The doctors offer complete ENT in-office services, including allergy testing and treatment, treatment of asthma and sinus and sleep disorders, hearing-aid need assessment and fitting, and head and neck injuries.

Their care continues into the surgical suite. The

doctors perform a full range of ENT surgeries, including tonsil and adenoid removal, ear-tube placement and ear, head and neck surgery. They also perform complex sinus procedures using the ENT Navigation System technology, which allows them to reach microscopic areas of the sinuses using computer-guided imaging.

To make an appointment to see Drs. Adams, Little or Dillard, contact them at HealthStar Physicians, 711 McFarland Street, Morristown, or call (423) 587-1987.

MEET THE HEALTHSTAR PHYSICIANS



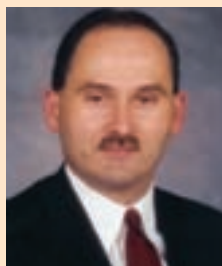
JEFFREY S. ADAMS, M.D.

Board certification: Otolaryngology
Education: University of Alabama
Residency: Medical College of Virginia
Special interests: Pediatric ENT, sinus, allergy, thyroid surgery and sleep medicine



FRANK B. LITTLE, JR., M.D.

Board certification: Otolaryngology
Education: Bowman Gray School of Medicine, Wake Forest University
Residency: North Carolina Baptist Hospital
Special interests: Allergy and sleep medicine



MICHAEL L. DILLARD, M.D.

Board certification: Otolaryngology
Education: East Tennessee State University
Residency: University of Alabama
Special interests: Allergy and sleep medicine

70LRH



Lakeway Regional Hospital
726 McFarland St.
Morristown, TN 37814

PRSRT STD
U.S. POSTAGE
PAID
Lebanon Junction, KY
Permit 19

FALL 2006

Health Connection

Health Connection is published as a community service of Lakeway Regional Hospital. There is no fee to subscribe.

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your healthcare provider.

Copyright © 2006 Lakeway Regional Hospital