

Health Connection

A PUBLICATION OF LAKEWAY REGIONAL HOSPITAL



**High-tech care for
mom and baby**

**A more comfortable
breast biopsy**

**The right doctors
for you—look inside!**

**Good day, sunshine!
Greet the day with an SPF**



LAKEWAY
REGIONAL HOSPITAL

Good day, sunshine!

Greet the day with an SPF

You don't have to be a sun worshipper to take sun protection seriously—even limited exposure can cause damage. Skin cancer is the most common kind of cancer in the United States, affecting nearly half of all Americans who live to age 65. Although most cancers don't appear until after age 50, skin cancer results from years of accumulated sun damage. However, you can avoid sun damage and enjoy your favorite outdoor activities by taking sensible precautions and using a sunscreen that protects your skin from damaging ultraviolet rays.

THE ABCS OF SPFS

Sunscreen products are rated according to their sun protection factor (SPF)—the length of time a product will protect you from sunburn caused by ultraviolet B (UVB) rays. But sunscreens don't provide complete protection. You still need to be cautious about timing and limiting your sun exposure.

Your best bet when shopping for a sunscreen is to choose a product with an SPF of at least 15, according to the American Cancer Society. Check the label to make sure it provides “broad-spectrum” protection, which protects against UVB rays and ultraviolet A (UVA) rays. UVB rays cause sunburns that can lead to superficial skin cancers known as basal cell carcinomas and squamous cell carcinomas. They can also lead to the more deadly skin cancer, melanoma. UVA rays penetrate even more deeply into the skin, damaging connective tissue.

SAVE-YOUR-SKIN TIPS

If you'll be outside, slather on sunscreen and find a shady spot, but keep in mind that sunlight reflects off surfaces such as water, sand and pavement. Avoid the sun between 10 a.m. and 4 p.m., when rays are strongest. To block sunlight,



wear sunglasses, a broad-brimmed hat and clothing made from tightly woven fabric, preferably long-sleeved shirts and pants. For your sunscreen to be most effective:

- Apply about 30 minutes before going outdoors.
- Use liberally. Apply 1 ounce of sunscreen to cover all exposed areas of your body, including your neck, ears and scalp.
- Reapply every 90 minutes—more often if you sweat heavily or go swimming.
- Use even on cloudy days—UV rays can still reach you.

Harmful UV rays can pass through car windows, too, so apply sunscreen to exposed skin if you'll be driving during peak sun hours.

Make applying sunscreen a habit—like brushing your teeth—but don't rely on sunscreen for full protection against skin cancer. Be sure to examine your skin each month for unusual changes and see your dermatologist if you spot any irregularities.

“When outside, apply sunscreen liberally every 90 minutes.”



Bouncing back from joint pain

With all the wear and tear we place on our joints, it's no wonder that almost 639,000 people underwent hip or knee replacement surgery in 2003, according to the Centers for Disease Control and Prevention. Knees and hips, in particular, are prone to problems—largely because they play a part in almost everything we do—but shoulder, finger, ankle and elbow joints can need replacement as well.

WHY ARE JOINT REPLACEMENTS NEEDED?

Joint replacement surgery, also known as arthroplasty, becomes necessary when conditions such as arthritis destroy the cartilage that cushions and separates bones. Over time, the friction of bone against bone wears away the joint, causing it to become stiff and painful.

Additionally, sports-related injuries and falls can create the need for surgery. Generally, arthroplasty becomes an option when joint pain disrupts your daily routine.

GETTING NEW PARTS

Surgeons can create a new joint, relieving your pain and providing greater freedom of movement. During the procedure, destroyed bone and tissue are removed and replaced with prosthetics, or artificial parts. The parts are made from durable metal, plastic or ceramic and can last up to 20 years.

Newer minimally invasive techniques are being performed more often, using smaller incisions—just 3 to 5 inches, compared with 6 to 12 inches in standard procedures—and reducing recovery time. Your hospital stay may be reduced to one or two days from four or three, and some patients go home the same day as surgery. However, minimally invasive surgery is not for everyone; patients who are overweight, elderly or frail or who have bone abnormalities do not make good candidates.

With hip or knee replacement surgery, expect to use a walker, crutches or a cane initially after the procedure. As you recuperate, a physical therapist will help you perform exercises to strengthen the joint, guiding your movements so you don't accidentally dislocate the replacement. Barring the unforeseen, you should be walking unassisted two to six weeks later. And though grueling workouts like 10-mile runs may still be too tough for artificial hips or knees, make plans to resume long-lost activities like dancing or strolling on the beach within six months.



Do you need joint replacement surgery?

Your overall health and age and the condition of your joints will help you and your healthcare provider decide whether you're suitable for joint replacement. If you can answer yes to any of the following questions, you may want to consider surgery.

- Are you still in pain even after losing excess weight?
- Does your pain keep you awake nights?
- Does your pain interfere with your ability to earn a living?
- Has your quality of life suffered because of your pain—your ability to travel, perform household chores or visit with friends or family?
- Have you exhausted all other options, including anti-inflammatory drugs to relieve joint pain, walking with a cane, power-walking or swimming instead of jogging?

A more comfortable breast biopsy

LRH helps women avoid unnecessary breast surgery



doctor places the Mammotome probe through a small incision about the size of a match head. Using ultrasound or X-ray imaging, the doctor can accurately pinpoint the suspicious tissue and gently vacuum, cut and remove it for further examination. Only a small adhesive bandage is needed to cover the incision. The procedure typically takes less than an hour, and women can return to normal activity immediately following the biopsy.

More than 1.6 million breast biopsies are performed each year in the

Lakeway Regional Hospital offers women faced with a suspicious mammogram or breast lump a less-invasive biopsy that helps avoid the scarring of traditional open surgical biopsy.

“We are committed to offering women the services combined with the training and compassion they deserve,” says Priscilla Mills, CEO, Lakeway Regional Hospital. “Stereotactic breast biopsy is a service we want to provide to the women of our community.”

The procedure is done with the Mammotome® Breast Biopsy System, a minimally invasive breast biopsy device that allows doctors to biopsy suspicious tissue through a tiny incision in less than an hour with immediate recovery. Studies show biopsies performed with the Mammotome are as diagnostically reliable as open surgical biopsies in determining if a woman has breast cancer.

In the procedure, a woman lies on a table while the

United States; fortunately, about 80 percent of them turn out to be benign. According to the American Cancer Society, more than 203,500 women will be diagnosed with breast cancer this year and nearly 40,000 will die from the disease.

“Mammograms are not enough in many cases to make a definitive diagnosis,” says William T. Cummins, M.D., general surgeon with HealthStar Physicians. “And now with the advent of minimally invasive breast biopsies, there should be no reason for women to avoid a biopsy that can help them detect breast cancer at its earliest stages, when it’s most curable.”

Women should consult with their doctors to see which type of breast biopsy procedure is appropriate for them.

For more information about stereotactic breast biopsies, contact your physician or Lakeway Regional Hospital at **(423) 522-6000**.

High-tech monitoring for baby and mom-to-be



“Lakeway Regional Hospital is the first healthcare facility to bring this high level of technology to the area.”

Lakeway Regional Hospital recently introduced the Centricity Perinatal Central Monitoring System on the Women’s Pavilion. The system gives physicians 24-hour access to their maternal patients’ heart rate, blood pressure, pulse oximetry and contractions, along with the baby’s fetal heart rate and response to contractions via a secure Internet connection.

The Centricity System provides a continuum of care unique to this area. “Lakeway Regional Hospital is very proud to be the first healthcare facility to bring this high level of technology to the area,” says Priscilla Mills, CEO, Lakeway Regional Hospital.

When an expectant mom arrives at the Women’s Pavilion, her nurse enters her prenatal medical history into the system. Once the mother is comfortable in the birthing suite, her heart rate, blood pressure, pulse oximetry and contractions, along with the baby’s fetal heart rate and response to contractions, are monitored and recorded in the system immediately. This creates a complete paperless historical record of her birthing experience in real time.

In addition to increasing the quality of patient care, the system offers enhanced physician office integration with the Women’s Pavilion. The most unique quality of the Centricity System is the 24-hour real-time access by physicians.

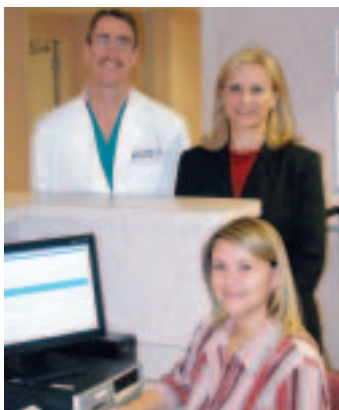
“This system is truly the cutting edge of medicine. It allows me as a physician to be seconds from evaluating a patient instead of minutes as before,” says Peter Clark, M.D., an obstetrician/gynecol-

ogist with East Tennessee OB. “The system is amazing in that instantly we [physicians] are interpreting the vital sign histories, personally, in seconds.”

The system’s OB Link allows a physician to monitor fetal activity and maternal vital signs and data 24 hours a day from anywhere via a secure Web site. The system offers immediate historical information and allows physicians to view it in real time.

The recent addition of the Centricity Central Monitoring System combined with the privacy and security of the Women’s Pavilion, the oversized birthing rooms and highly trained staff create an ideal environment.

To learn more about the Centricity System or about the Women’s Pavilion at Lakeway Regional Hospital, call (423) 522-6520.



Sheila Sturgill, CNO and director of the Women’s Pavilion, demonstrates the capabilities of the Centricity Monitoring System to Peter Clark, M.D., and Priscilla Mills, CEO, Lakeway Regional Hospital.

HEALTHWISE QUIZ

How much do you know about ADHD?

Take this quiz to find out how much you know about attention deficit hyperactivity disorder (ADHD).

- 1 Which of the following is *not* a symptom of attention deficit hyperactivity disorder?
 - a. hyperactivity
 - b. obsession
 - c. impulsivity
 - d. inattention
- 2 ADHD is thought to be caused by:
 - a. poor parenting
 - b. a genetic disorder
 - c. rheumatic fever
 - d. all of the above
- 3 Other disorders may accompany ADHD in as many as one in three cases. These include:
 - a. Tourette's syndrome
 - b. learning disabilities
 - c. bipolar disorder
 - d. all of the above
- 4 Most children who have ADHD begin to show signs and symptoms of the disorder between ages:
 - a. 1 and 2 years
 - b. 4 and 6 years
 - c. 9 and 12 years
 - d. 13 and 15 years
- 5 Adults can also suffer from ADHD. To be diagnosed with the disorder, a person must:
 - a. have shown symptoms of ADHD in childhood
 - b. have suffered from a serious illness as a child
 - c. have trouble holding down a job
 - d. be a reckless driver

ANSWERS: 1. B; 2. B; 3. D; 4. B; 5. A



STROKE SMARTS

How to spot a stroke

A stroke is similar to a lightning strike—it can happen suddenly and without warning. However, there are sometimes warning signs that lightning is imminent, such as storm clouds, rain and thunder.

Warning signs can signal a stroke, too. If you spot them and act quickly, you may prevent severe disability or death. If you or someone around you show any of these symptoms, seek emergency medical treatment immediately:

- sudden numbness or weakness in the face, arm or leg, especially on one side of the body
- sudden confusion, trouble speaking or understanding
- sudden trouble seeing in one or both eyes
- sudden trouble walking, dizziness, loss of balance or coordination
- sudden, severe headache with no known cause

These signs point to a stroke in progress. Blood and oxygen are not getting to a part of the brain as a result of a burst blood vessel or a blood clot, and that portion of the brain begins to die. Speedy medical care may minimize brain damage.

RISK FACTORS

Lifestyle factors and other health conditions that weaken blood vessels or contribute to blood clots increase your risk for stroke. You can control or treat some of them, such as high blood pressure, smoking, diabetes, carotid or other artery disease, abnormal heart rhythm, transient ischemic attacks (mini-strokes), certain blood disorders, sickle cell disease, high blood cholesterol, high triglycerides, physical inactivity, obesity and substance abuse.

Factors you can't change include increasing age, gender (more men suffer strokes), family history, race (African-Americans face greater risk) and having had a prior stroke or heart attack. Talk to your doctor about ways to reduce your risk for stroke and be prepared to act quickly if warning signs appear.

Outward bound

10 play-safe tips for your kids

What's one of the best things to say to your child? Go outside and play! Close supervision, proper protective gear and these simple precautions will help your kids safely enjoy the great outdoors:

- 1 Apply a sunscreen with an SPF of at least 15 every day—even on cloudy days—and reapply every 90 minutes, especially after swimming or sweating.
- 2 Outfit kids with brimmed hats and don't forget the sunglasses.
- 3 Keep babies under age 6 months out of direct sunlight and in the shade.
- 4 Avoid using swimming aids such as "floaties." They don't substitute for a life vest and can give kids a false sense of security.
- 5 When kids are swimming, keep a portable phone and rescue equipment like a shepherd's hook and life preserver nearby.
- 6 Supervise kids at all times near water and stay within arm's length of babies and toddlers. If you have to step



away even for a moment, get everyone out of the pool area and take little ones with you.

- 7 Insist kids wear proper protective equipment, especially a helmet, wrist guards and knee and elbow pads when bicycle riding, skateboarding and in-line skating.
- 8 Teach kids to bike skillfully. Enroll your children in a class to practice basic skills, such as balance and braking, on a smooth surface away from traffic.
- 9 Visit playgrounds that have soft surfaces like wood mulch or chips, shredded rubber tires or sand to lessen the impact of falls. Avoid play equipment on asphalt, concrete, packed dirt and grass.
- 10 Don't let kids wear helmets, necklaces, backpacks, scarves or clothing with drawstrings while on playgrounds.



Fire up the grill!

But read these food-safety tips first

For many people, summertime fare means fresh, fast, no-fuss meals cooked outdoors. However, warm temperatures can set the stage for a nasty bout of food poisoning. Take these

precautions to make sure your meals are safe:

- **Defrost thoroughly.** Place frozen foods in the refrigerator for safe thawing. If meats are out too long, bacteria can produce illness-causing toxins that remain active even during cooking.
- **Marinate right.** Keep foods refrigerated while marinating.
- **Transport safely.** When traveling, use an insulated cooler with enough ice or cold packs to maintain a temperature of at least 40° F. Wait until you're ready to leave to

pack refrigerated foods in the cooler. Then place it in the coolest part of the car—not the trunk. When you arrive at your destination, move the cooler into the shade, avoid opening it frequently and replenish ice as needed.

- **Bring extra plates and tools.** Use one

platter and spatula, tongs and sauce brush for raw foods and a different platter and utensils for cooked foods.

Don't use a fork to turn meats since puncturing can introduce surface bacteria into the meat.

- **Keep clean.** Bring paper towels and disposable wipes or a sanitizing gel for convenient hand washing and surface cleanup.

- **Prepare the grill.** Light the coals and allow the cooking surface to heat up to kill microorganisms before putting on the food.

Is it done?

Use an instant-read meat thermometer to test meat's doneness. Grill precooked meats such as hot dogs to 165° F until steaming hot. Refer to the chart at right to determine when cooked meat is safe to eat.

Meat product	Safe temperature
poultry	180° F
pork	160° F
beef, ground	160° F
beef, steaks or roasts	145° F
veal	145° F
lamb	145° F

THE RIGHT DOCTORS FOR YOUR FAMILY

The experienced, dedicated physicians of Lakeway Regional Hospital can help your family stay healthy. We'd like to introduce you to two of them.



MICHAEL BRATTON, M.D.
Orthopedic Surgeon

HealthStar Orthopedics
420 East Morris Blvd., Suite D
Morristown
(423) 586-7509

Michael Bratton, M.D., a board-certified orthopedic surgeon, recently celebrated his tenth year treating patients in the Lakeway area.

Dr. Bratton's top priority is patient respect, and he and his staff are committed to treating all patients like family members. Dr. Bratton cares for a range of patients, from children with broken bones to older patients needing hip and knee replacements. He performs a variety of orthopedic procedures at our facility, including the new minimally invasive hip replacement procedure; knee replacement procedures; knee and shoulder arthroscopy, including rotator cuff repair; carpal tunnel surgery; foot and ankle surgery; and surgical repair of fractures.

Dr. Bratton is a graduate of the University of Tennessee and the University of Tennessee Medical School. He completed his internship and orthopedic surgery residency at the Naval Medical Center in San Diego, Calif.



PAUL L. JETT, M.D.
Physical Medicine and Rehabilitation

Advanced Spine and
Rehabilitation Center
A Division of HealthStar Physicians
420 W. Morris Blvd., Suite 130
Morristown
(423) 581-3939

Paul Jett, M.D., came to the Lakeway area last year. He is a specialist in physical medicine and rehabilitation—also known as physiatry—with HealthStar Physicians.

Dr. Jett's patient-centered approach to care combines the latest technology and treatments with the compassion needed to offer patients a positive healthcare experience. Dr. Jett and his staff deliver comprehensive treatment for a variety of musculoskeletal and neurological impairments.

We also welcome Dr. Jett to our hospital leadership as co-director of our inpatient rehabilitation center. His vast knowledge of rehabilitation medicine is a huge asset to our patients.

Dr. Jett graduated from the University of Kentucky and the University of Louisville School of Medicine. He completed his internship in internal medicine and his residency in physical medicine and rehabilitation at the Carolinas Medical Center and the Charlotte Institute of Rehabilitation, respectively, in Charlotte, N.C.

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