

WINTER 2006

PREMIERE ISSUE!

Health Connection

A PUBLICATION OF LAKEWAY REGIONAL HOSPITAL



**A better
kind of hip
replacement**

**5 factors
that hurt
your health**

**Look inside our new
Women's Imaging Center**

**When is the ER
your best option?**



Nimble body, nimble mind

Question:

To fight memory loss and dementia, it's a good idea to:

- A. do a crossword puzzle
- B. take up a new hobby
- C. exercise regularly
- D. all of the above

If you answered D, you're right. Scientists now know it takes more than mental stimulation to keep your brain sharp well into your later years. Physical activity gives your body and your brain a boost. A half-hour of moderate exercise—walking, golfing, gardening, performing household chores—on most days of the week can help you think more clearly and feel better at any age.

HOW EXERCISE HELPS

Exercise increases blood flow to your brain, promoting brain-cell growth, and helps reduce stress—important since chronic stress causes the release of hormones that can damage your brain over time. Some studies suggest exercise increases levels of important chemicals that maintain brain health. Other studies on mice show that exercise appears to delay or prevent plaque development in brain regions used in memory, thinking and decision making.

Regular exercise also helps preserve healthy brain functioning by:

- **Reducing your risk for heart disease.** Exercise lowers homocysteine, an amino acid in your blood that makes

nerve cells in the brain stop working and die.

- **Controlling your blood sugar.** Diabetes is linked with several types of dementia, including Alzheimer's and vascular dementia (common to stroke survivors). Both aerobic and weight-bearing exercises control your blood sugar by increasing your metabolism.
- **Lowering your blood pressure.** Unchecked, high blood pressure can damage blood vessels in your brain and reduce its oxygen supply, leading to a decline in decision making, memory and verbal skills.
- **Controlling your body weight and improving physical fitness.** Studies show a link between dementia and being overweight, possibly because overweight individuals have more cardiovascular risk factors associated with dementia than people at a healthy weight.

DIVERSITY IS KEY

For the most brain benefits, vary your exercise routine often. It's not how hard you exercise but how many activities you participate in that's key to preventing cognitive decline. Johns Hopkins University found that adults ages 65 and older who were involved in a number of activities (such as walking, biking, swimming, dancing and bowling) experienced less dementia than people who participated in fewer activities. One explanation could be that the variety of activities keeps more parts of the brain active.

So don't worry about how much you're sweating or how vigorously you're moving—just enjoy a variety of activities every day and keep trying new ones.

With good health habits and a little luck, you may never face a sudden medical crisis. But sooner or later, many of us find ourselves involved in one. Suppose it's chest pain, stomach cramps or a nasty kitchen accident—what's the right response? Should you get emergency help or just go see your family doctor?

A true medical emergency is a situation that's life threatening or could cause permanent harm if not treated immediately. Every minute counts. That's the difference between cases needing instant, emergency room intervention and those your doctor can handle in the office.

Doctors say there are no wrong reasons to call for medical assistance in a real emergency, especially if it's heart related. At such a critical time, don't drive yourself to the ER or get someone else to drive you—it could be dangerous. Plus, you need the expertise and equipment that's in an ambulance.

Below are examples of symptoms that constitute a medical emergency. Call for emergency assistance right away if you or a friend experiences any of them. And remember, if you're ever in doubt, play it safe and get help. It could save a life.

SEEK EMERGENCY TREATMENT ...

In cases of trauma:

- uncontrollable bleeding
- wounds with gaping edges



- wounds that involve the face or hands
- wounds caused by a puncture or wounds in which glass, metal or other objects have pierced the body
- severe burns
- head, neck or back injuries
- abdominal injuries or sudden, severe abdominal pain
- problems with movement or feeling after injury
- suspected broken bones
- animal or human bites
- contact with poisonous substances
- sunburn with nausea, vomiting, fever and chills

When the ER is your best option

Medical conditions that require emergency care

Any time these symptoms are present:

- chest discomfort
- difficulty breathing or shortness of breath
- nausea, dizziness, fainting or profuse sweating, especially when combined with chest pain and breathing difficulty—classic signs of heart attack
- sudden numbness on one side of the face or limbs, confusion, slurred speech, vision loss, severe headache or dizziness—all signs of a possible stroke
- severe allergic reactions from insect bites, food or beverages
- sudden or persistent vomiting or diarrhea
- coughing up or vomiting blood
- fainting, dizziness or hallucinations
- convulsions or seizures
- stiff neck with fever or headache
- sudden severe fever coupled with sensitivity to light
- stupor or dazed behavior
- drug or alcohol overdose
- attempted suicide or suicidal threats or statements



Lakeway Regional Hospital cuts the ribbon for a new era in women's health. From left: Eric Manuel, director of radiology; Sankar Lakshman, M.D.; Priscilla Mills, CEO; Jenny Yount; April Farley; and Stanley Stowden, Morristown Area Chamber of Commerce president

The new Women's Imaging Center

Mammograms in a peaceful and private setting

Women in need of a mammogram will find a calming environment and leading-edge technology at the new Women's Imaging Center at Lakeway Regional Hospital (LRH). The center, which features a fountain at the main entrance and lush décor, was designed for privacy and convenience.

"With LRH and the Healthy Woman Program focusing on women's health, this was a natural step for us to take," says Priscilla Mills, chief executive officer of LRH. "Mammography is the most effective method of screening for breast cancer, and we wanted to offer the community a personalized space complete with the best technology to assist in early detection."

SAVING LIVES

Breast cancer is estimated to strike one in seven women. In 2004, more than 215,000 new cases of breast cancer occurred in the United States and 40,000 women are expected to die from this disease this year. Early detection is the key to higher survival rates and lower treatment costs.

The center boasts the latest technology, including a GE Diamond mammography unit combined with an "ImageChecker" L5 computer-aided detection (CAD) system.

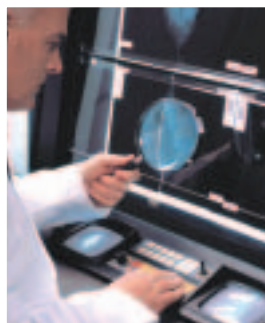
The number one reason for second mammo-grams is incorrect positioning of the breast. With the Easy Compression System (ECS), it's easier to

before the exposure is finalized, greatly reducing the number of retakes for incorrect photocell placement. Each of the eight photocells has 12 subdetectors (diodes) that ensure perfect exposure every time.

A SECOND LOOK

The ImageChecker system uses CAD to analyze medical images using software that highlights suspicious areas. The ImageChecker technology—the first FDA-approved CAD system for mammography—acts as a second set of eyes in interpreting your mammogram, pointing out areas that otherwise might go undetected. Fewer retakes decrease patient anxiety.

"Use of the ImageChecker system could result in earlier detection of up to 23.4 percent of cancers currently detected with screening mammography in those women who had a prior screening mammogram nine to 24 months earlier," an FDA-approved claim states.



Make an appointment

Women's Imaging Center

810 W. 5th St., Morristown

(lower level of East Tennessee OB/GYN)

To schedule an appointment, call

(423) 318-9128.

Back on your feet

New device means less pain, faster recovery after hip replacement

Patients at Lakeway Regional Hospital (LRH) who are receiving a hip replacement may be back on their feet more quickly, thanks to a new specialized operating table. The OSI PROfx table allows special positioning of the hip during surgery, which was not possible with conventional operating tables. LRH is the first hospital in East Tennessee to acquire the equipment.

A SWIFT RECOVERY

“The OSI PROfx table will revolutionize hip replacement surgery in this entire region,” says Priscilla Mills, chief executive officer of LRH. “LRH continually strives to do the right thing for our patients; in this case, offering thousands the opportunity to be back walking days after the procedure. To be the first healthcare facility to offer this procedure to patients in all of East Tennessee is an incredible honor and is humbling to us as healthcare providers to be able to witness someone walking again, in only a few days.”

EASING THE PAIN

Patients can benefit from this new technique for hip replacements immediately, according to Stefan Prada, M.D., with HealthStar Physicians. “The procedure shortens recovery time by reducing the size of the



Stefan Prada, M.D., orthopedic surgeon, and Priscilla Mills, CEO, Lakeway Regional Hospital, roll in the new PROfx hip replacement table.

surgical incision and by reducing the disruption of soft tissue structures in the leg.” The new mini-incision technique results in less bleeding, pain and scarring and a quicker recovery.

“Today, doctors are focusing on ways to help reduce recovery time and improve comfort after the operation,” says Dr. Prada. “Every patient responds differently, but our goal is to cut the three-month recovery time in half or more.”

Unlike other minimally invasive procedures, this approach allows the surgeon to view and access the patient’s anatomy without the use of X-rays. “I can see and

feel what I’m doing, directly, which eliminates X-rays,” Dr. Prada says.

Currently, Dr. Prada and LRH are the only ones performing this cutting-edge procedure in East Tennessee.

Learn more!

To learn more about the procedure, call Lakeway Regional Hospital at (423) 522-6000 or Dr. Prada at (423) 586-7509.

HEALTHWISE QUIZ

How much do you know about **asthma**?

Test your knowledge and learn more about asthma.

- 1** Which of the following statements about asthma is *not* true?
- Cockroaches are a major trigger of asthma symptoms.
 - Asthma can develop at any age.
 - Approximately 4,000 Americans die from asthma each year.
 - People with severe asthma should avoid exercise.

- 2** Which of the following is a risk factor for asthma?
- hay fever
 - chronic sinusitis
 - obesity
 - all of the above

- 3** Asthma is the most common chronic childhood disease. According to the American Academy of Allergy, Asthma & Immunology, the number of U.S. children estimated to have asthma is:
- 1.5 million
 - 5 million
 - 10 million
 - 20 million

- 4** All of the following are asthma triggers *except*:
- stress
 - home appliances that use natural gas as fuel
 - corticosteroid medications
 - mold

- 5** If someone is having an asthma attack, one of the first things you should do is:
- Take him or her outside for fresh air.
 - Have him or her breathe into a paper bag.
 - Help the sufferer get his or her prescribed asthma drugs and inhaling equipment.
 - Use the sufferer's Epi-Pen to administer an injection of epinephrine.

Conspiracy theory

How 5 risk factors join forces against your health

When it comes to heart disease, you know that risk factors like family history and being overweight don't work in your favor. Now, experts say a combination of five factors—a condition called metabolic syndrome—also conspire against you, adding up to a far greater chance of suffering a heart attack, stroke or diabetes.

You have metabolic syndrome if you have three or more of the following problems:

- **abdominal obesity**—a waist circumference of 40 inches or more for men; 35 inches or more for women
- **high blood pressure**—135/85 mm/Hg or higher
- **high triglyceride levels**—150 mg/dL or more
- **abnormal cholesterol**—HDL cholesterol levels of less than 40 mg/dL for men and 50 mg/dL for women
- **high blood glucose or insulin resistance**—a fasting glucose, or blood sugar, level of 100 mg/dL or higher

Studies show people with metabolic syndrome are twice as likely to suffer a heart attack or stroke than people without these factors.

WHAT YOU CAN DO

You can head off future trouble if you take these steps now:

- **Lose weight.** Losing as little as 5 percent to 10 percent of your body weight can reduce insulin levels and bring blood pressure down.
- **Eat healthier.** Include more fiber-rich foods like whole grains, beans, fruits and vegetables to aid weight loss and lower insulin levels. Reduce the salt, calories and fat you consume.
- **Exercise.** Get at least 30 minutes of moderately strenuous activity most days of the week.
- **Kick the habit.** Smoking increases insulin resistance and worsens many health problems.
- **Schedule regular checkups.** Get timely checks on your blood pressure, blood sugar and cholesterol levels.
- **Consider drug therapy.** Your doctor may prescribe aspirin therapy or medication to control risk factors.



MATCH GAME

Finding the right doctor for you and your family

Different stages of life bring different medical scenarios. Still, one factor remains a constant: the need for a primary care provider who knows you well and can treat you and your family best. So, how should you go about choosing a primary care doctor?

The first step is to put together a list of candidates. Ask friends, family members, co-workers or people you know who work in the medical community. You'll need to find out which doctors are on your health plan.

Once you've chosen a few candidates, call their offices and find out more by asking:

1. Which hospital does the doctor use?
2. What are the practice's office hours?
3. How far in advance do I have to book a routine visit?

4. If I'm sick, will the doctor see me the day I call?
5. Who covers for the doctor when he or she isn't available?
6. How long is the average waiting room time?
7. What is the office policy on appointment cancellations?
8. What do I do if I have an emergency after office hours?
9. Does the doctor give advice over the phone for common problems?
10. How long will I have to wait for a call back from the doctor or a staff member?

Consider your interaction with staff during your phone calls. Were they friendly, efficient and knowledgeable?

Narrow your list to one or two physicians and make an appointment to talk to them. Most likely, you'll have to pay for these visits. As you talk to the doctor, notice whether he or she pays attention to your questions or seems distracted, giving "stock" answers.

Now you should be ready to choose the doctor who can treat you and your family best—and give you peace of mind.

Food for thought

Eating right can help you control diabetes

If you're one of the 16 million Americans who have diabetes, you understand that nutrition should always take center stage. Healthy food choices, along with exercise and medication, are vital to keeping your blood sugar, or glucose, in line and avoiding complications.



hydrate intake, sugary sweets and desserts helps control blood sugar levels. However, you must consume a moderate amount of carbohydrates to supply your body with the valuable energy they provide. But choose quality fuel. Variety among all food groups is key: fresh fruits and vegetables in abundance; beans,

brown rice and whole-grain breads and cereals; lean meat, poultry and fish; and low-fat dairy products.

Drink plenty of water, too, and avoid sweetened drinks. If you drink citrus juice, limit the serving to no more than 6 ounces. If you drink soda, switch to a diet variety.

It's important to stick to proper portion sizes. Learn how to measure and weigh portions. Read food labels, paying particular attention to serving sizes and total carbohydrates. A diabetes educator or dietitian can help you develop an eating plan. By learning to eat properly and controlling your weight and blood sugar levels, you can avoid most diabetes complications.

WHEN YOU EAT

If you have diabetes, you should eat three balanced meals and two snacks a day. Spacing food and trying to eat meals at the same time each day will help control blood sugar and weight. Eating reasonable portions of carbohydrates throughout the day—instead of consuming all your servings at one meal—will keep blood sugar levels stable.

WHAT YOU EAT

Planning what you'll eat at each meal will help you keep blood sugar within a healthy range all day. Limiting carbo-



Short wait time when minutes count.

er+

When you have an emergency, you don't want to sit in the waiting room. You want to be seen as soon as possible. Our knowledge and expertise in emergency care mean quality care with a low wait time. When minutes matter, we make them count.

Emergency services at

LAKEWAY
REGIONAL HOSPITAL

QUALITY CARE. RIGHT HERE.

www.lakewayregionalhospital.com

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