

HealthConnection

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*Health
Connection
gets a fresh
look!*

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Healthbriefs



tip

Walking

is a great way to reduce stress while you quit smoking. It aids in increasing mood and energy levels.

> New guidelines take the air out of ballooning obesity rates

More than two-thirds of adults and one-third of children are now considered to be overweight or obese. Excess weight raises the risk of serious health issues. To reverse this trend, the U.S. Department of Agriculture (USDA) and Department of Health and Human Services (HHS) updated their Dietary Guidelines for Americans in 2010. The guidelines focus on getting people to eat healthier and exercise more, and help policymakers create nutrition programs. The USDA and HHS released more consumer-friendly advice and tools, including a new food pyramid. They offer these simple strategies to help people change their habits and their weight:

- > Eat less.
- > Watch portion sizes.
- > Fill half of your plate each meal with fruits and veggies.
- > Switch to fat-free or low-fat milk.
- > Look for lower-sodium options.
- > Drink water instead of sugary drinks.



> Act F.A.S.T. to head off a stroke

Rapid medical care can help reduce the risk of brain damage from stroke. Physicians treat patients with a clot-busting drug that can help protect the brain against permanent damage, but the drug must be given within three hours of the stroke's onset. If someone is experiencing stroke symptoms, call 911. To help you remember stroke signs and determine whether someone you know has had a stroke, think **F.A.S.T.:**

- > **FACE:** Does the face look uneven? Can the person smile?
- > **ARMS:** Can the person raise both arms and keep them there?
- > **SPEECH:** Is the person's speech slurred or strange?
- > **TIME:** Call 911 if you notice any of these signs.

> Healthy diet may boost kids' IQs

Fish isn't the only food that's good for your brain. A new study says that other healthy selections might boost kids' intelligence. The flip side may also be true: If kids eat nothing but processed food, they might lose IQ points. Published in the *Journal of Epidemiology and Community Health*, the report collected information from parents on almost 4,000 children. Surveys were given when children were ages 3, 4, 7 and 8.5. The "processed" diet included foods high in fat and sugar. The "health-conscious" diet included foods such as salad, rice, pasta, fish and fruit. Those who ate a processed diet at age 3 scored slightly lower on IQ tests at age 8.5 than those who ate a health-conscious one at age 3. While the difference between the groups was small, it might be another reason to encourage picky eaters to eat a few more vegetables.



Treating an ACL injury

➤ The dreaded torn ACL, or anterior cruciate ligament, is a common injury

for athletes—especially female athletes, who may be at a disadvantage because of hormonal influences and their build—but it can happen to just about anyone.

What is an ACL tear?

Your ACL is one of four knee ligaments. It's located in the middle of your knee and prevents the top of the shin bone, or the tibia, from sliding out in front of the end of the thigh bone, or the femur, while lending stability to your knee. Most often, ACL injuries occur when you stop suddenly and change direction while running, pivoting or landing from a jump or overextending your knee. You can also injure your ACL during contact, such as receiving a blow to your knee during a sports game or any nonsport accident.

When you injure your ACL, you may hear a popping noise and feel your knee giving out. Typically, painful swelling, joint tenderness, pain while walking and the inability to fully move your knee occur. Elevating the joint above heart level, icing it and using pain relievers are recommended until the injury can be evaluated. If your physician suspects an ACL tear, he or she may order an MRI to confirm that no other parts of the knee have been injured.

Treatment

The ACL cannot be “fixed.” Often, physicians have to create a new ligament through surgery. Surgery is the most common treatment for an ACL injury, as untreated injuries may lead to further instability of the knee and the beginning of arthritis in that area.

However, what's best for you depends on the degree of injury (is it a

partial tear or a complete tear?) and your lifestyle.

For example, a sedentary 75-year-old who has suffered only an ACL injury and has no knee instability may be able to function fine without surgery. In this case, bracing the knee combined with physical therapy can help the patient get back on his or her feet.

An athlete will most likely need surgery to continue to compete in sports, as will those who've suffered injury to multiple ligaments in the knee. In these cases, the ligament is rebuilt using a tissue graft from your own tendons, such as the hamstring, or from a cadaver. Most ACL tears typically require physical rehabilitation. Overall, ACL surgery has a long-term success rate of 82 percent to 95 percent.

Prevention

It's not easy to prevent an ACL injury, but you can do your part to reduce the chance that one will occur by:

- warming up properly before a physical activity
- engaging in strength training, such as using weight machines, to gain muscle strength
- asking a trainer to teach you how to land on the balls of your feet if you participate in sports that involve jumping and landing ●



tip

Warming

up properly before physical activity may help prevent ACL injuries.

Make your next mammogram a more pleasant one



STEPHANIE SKELLY, M.D.,
(618) 939-1551

➤ **Breast cancer often makes itself known in its early stages, when**

there's a good chance for a cure. But here's the catch: You must be doing the right screenings to detect it. That includes monthly breast self-exams, regular clinical breast exams and regular mammograms.

In 2009, Red Bud Regional Hospital (RBRH) upgraded our imaging to include digital mammography, making us the first hospital in Randolph County to go digital. Stephanie Skelly, M.D., gynecologist and well-woman care provider,

knows the importance of regular breast exams and was one of the first patients to receive a mammogram with digital mammography. "Digital mammography is the preferred technique for those women with denser breast tissue," she says. "Clinical studies have shown that digital mammograms are more sensitive in detecting abnormalities in this subset of patients."

Digital mammography benefits

With digital mammography, our radiologist reviews electronic images of the breast, using special high-resolution monitors. The physician can adjust the brightness, change contrast and zoom in for close-ups of specific areas of interest. Being able to manipulate images is one of the main benefits of digital technology.

Another convenience of digital mammography over film-based systems is that it may reduce the need for retakes due to over- or underexposure, which potentially saves additional time and reduces your exposure to X-rays. In fact, some women may find digital mammography to be more comfortable because it may require less compression of the breast between the plates of the mammography machine to record an image of the breast tissue.

Because they're electronic, digital mammography images can be transmitted quickly across a network. Digital images can also be easily stored or copied without any loss of information and transmitted and received in a more streamlined manner, eliminating dependence on only one set of "original" films. ●

"Digital mammography is the preferred technique for those women with denser breast tissue."

—STEPHANIE SKELLY, M.D.



What's the schedule?

National Mammography Day (the third Friday in October each year) serves as a reminder to think about whether you're due for a mammogram and to schedule one if you are. The American Cancer Society recommends that women ages 40 and older have a mammogram every year. Women with a family history of breast cancer should check with their physicians because they may need earlier, more frequent screening or additional screening tests, such as magnetic resonance imaging.

To schedule your mammogram today, contact your physician or call **(618) 282-4900**.



The hospital next door

➤ **Life in a rural community has its perks.** Bumper-to-bumper traffic and parking meters are few and far between. But Red Bud Regional Hospital (RBRH) knows the value of having “big city” services right here, in your own backyard.

RBRH wants to make our services convenient and comprehensive. We’ve built a wide range of health care services and developed a network of primary and specialty care physicians in a variety of fields.

You can find the care you need, close to home, by visiting www.RedBudRegional.com or calling **(618) 282-3831**. ●

Meet our new physicians



➤ **Michael Kaye, D.P.M.**
Podiatrist and Wound Care Specialist



➤ **Ryan Pitts, M.D.**
Orthopedic Surgeon

Drs. Kaye and Pitts are seeing patients at the Hospital Specialty Clinic. To learn more about these specialists and other services provided at the Hospital Specialty Clinic, call **(618) 282-4900**.

From us TO YOU



DEAR FRIENDS,

In 2011, the leadership team at Red Bud Nursing Home (RBNH) welcomed Christy Utterback as administrator and Amy Rohlfling, M.D., as medical director. In 2009, Dr. Rohlfling was certified in long-term care by the American Medical Directors Certification Program, making her one of the few physicians with this certification. With years of experience working in geriatric environments, Utterback and Dr. Rohlfling bring valuable insight that has enabled the team to improve processes, increase resident satisfaction and establish a 4-star rating according to the Centers for Medicare & Medicaid Services (visit www.medicare.gov/NHCompare to learn more).

RBNH offers long-term as well as short-term care, respite and hospice care. As a convenience to our residents, we have dually certified 110 of our 115 beds as Medicare skilled beds and we’ll continue to look for enhancements that are in the best interest of our residents.

Expanding for you

Our nursing home mascot, a beautiful golden retriever named Wilson, is anxiously awaiting this year’s renovations. He’s not the only one! With a \$575,000 investment, RBNH will expand the dining area, purchase new furnishings and modernize the therapy department to include a kitchen.

The nursing home team also calls BINGO at the Senior Center. If you haven’t had an opportunity to meet our team or see our facility, please call **(618) 282-3891** to schedule a tour. We’d be glad to show you around.

Sincerely,

Shane Watson

*Chief Executive Officer
Red Bud Regional Hospital*

SHANE WATSON
Chief Executive Officer

Can heart attacks be 'silent'?

➤ **You're undergoing a routine heart test when your physician drops a bombshell:**

"You've had a heart attack."

These are words you didn't expect to hear, because you didn't know you'd ever had one. But that's the trouble with what experts call "silent heart attacks."

While they don't produce the telltale warning signs of heart trouble, they still damage your heart and the rest of your body.

Silence isn't golden

A heart attack occurs when an artery that supplies oxygen-rich blood to the heart becomes blocked. Besides chest pain and shortness of breath, some people experience nausea, extreme fatigue, discomfort in their extremities and sweating.

People who experience a silent heart attack—studies put the number of Americans who do at almost 200,000 a year—either have no symptoms or symptoms

so mild that they're not recognized as a heart attack. These people are more likely to be women and those who have conditions such as heart failure and diabetes. Silent heart attacks also tend to accompany a condition called silent ischemia—or a painless chronic shortage of blood and oxygen to the heart because of artery plaque.

The longer you don't receive treatment, the more likely it is that serious, irreversible damage is being done to heart muscle, which reduces its ability to pump and can greatly increase your risk of death down the road.

Some silent heart attacks may be picked up on an electrocardiogram (ECG) during a routine physician visit because the damage done to heart muscle produces a different "wave."

Breaking through the silence

Risk factors such as smoking, high cholesterol, high blood pressure, obesity and a sedentary lifestyle increase your risk for trouble. Your best bet to prevent a heart attack is to follow a heart-healthy lifestyle:

- Eat a diet rich in fruits, vegetables, whole grains, lean meats, fish and fat-free or low-fat dairy products; limit saturated fats, cholesterol and sodium.
- Work out regularly.
- Quit smoking.
- Manage your diabetes.
- Take any medications used to treat high cholesterol or blood pressure as prescribed. ●

HealthWise QUIZ

How much do you know about colon cancer?

➤ TAKE THIS QUIZ TO FIND OUT.

- 1 **Which of the following is known to raise your risk of colon cancer?**
 - a. exercising too much
 - b. being under the age of 50
 - c. being obese
 - d. being of Asian descent
- 2 **How often should healthy individuals ages 50 or older at average risk of colon cancer get a colonoscopy?**
 - a. once every three years
 - b. once every five years
 - c. once every seven years
 - d. once every 10 years
- 3 **A possible symptom of colon cancer is:**
 - a. narrower stools
 - b. fatigue
 - c. rectal bleeding
 - d. all of the above
- 4 **Although more research is needed, which of the following supplements may possibly help reduce the risk of colon cancer?**
 - a. folic acid
 - b. green tea
 - c. vitamin A
 - d. vitamin C
- 5 **A true statement about colon cancer is:**
 - a. It's the leading cause of cancer deaths in the United States.
 - b. It usually arises from growths called polyps.
 - c. Blood tests can be used to detect colon cancer.
 - d. all of the above

Answers: 1. (c) 2. (d) 3. (d) 4. (a) 5. (d)



Dangerous dishes

Keep your child safe from culinary choking hazards

➤ **Each year, more than 10,000 children younger than age 14 end up in the emergency room after choking on food.** That's because children lack the larger molars, stronger chewing ability and wider airways of older children and adults.

The American Academy of Pediatrics in 2010 recommended that hot dogs—one of the most common food choking hazards in children—carry a choking hazard warning on packaging, and that the hot dogs themselves be redesigned to make them less likely to get stuck in young throats.

But hot dogs aren't the only concern. Other choking hazards include peanuts, sausages, whole grapes, chewing gum, hard candy, whole cherry tomatoes, popcorn, tough meat, large pieces of raw fruits and vegetables and chips. You

can reduce the threat of injury or death by following these tips:

- Keep an eye on your child as he or she eats.
- Make sure your child is sitting up straight.
- Cut food into no more than ½-inch pieces.
- Teach children to chew and swallow properly.
- Cook vegetables until they're soft or grate them.
- Be on the lookout for stuffed cheeks—a sign your child is storing large quantities of food in his or her mouth and not swallowing. ●



In case of emergency

It's always a good idea to be prepared in case of a choking emergency. Visit www.redcross.org/www-files/Documents/pdf/Preparedness/ConsciousChokingPoster_EN.pdf to print out a chart that shows you what to do if an adult, child or infant is choking.

The truth about cereal

Is your breakfast bowl a dietary disaster?

➤ **Just how healthy are the cereals you and your child eat?** Sure, the box promises plenty of whole grains and fiber, but that might not be the reality.

Cereal can be a tasty and fast way to get your day started healthfully. But you need to look carefully at the nutrition label when making your purchase. First, carefully note the serving size; otherwise, you may be eating double the calories shown. Then, look for other key information:

➤ **Sugar.** Excess sugar is a major source of extra calories in the American diet. It also promotes tooth decay and may raise triglyceride levels—a type of blood fat—which can boost heart disease risk. Opt for cereal with 5 grams or less of sugar per serving. Skip cereals that list sugar at the top of the ingredients list or that contain many types of added sugar, such as high-fructose corn syrup.

➤ **Calories.** To avoid calorie overload, choose cereals with 120 calories or less per serving. Just remember, some cereals can be slightly higher in calories and still be healthy.



➤ **Fiber.** Ideally, you should purchase cereal that has at least 5 grams of fiber per serving, but be sure there are no less than 3 grams per serving. Why? This important nutrient may help lower your cholesterol and reduce your risk of heart disease, diabetes and some types of cancer. Make sure you're using fat-free or low-fat milk instead of whole milk or you could be canceling out those healthy benefits!

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www.RedBudRegional.com

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Healthy Woman is working to keep up with you

So you can keep up with us!

➤ We know women have busy schedules and it's not always

easy to keep up with friends and family, let alone health information and community programs. So how can women keep up with hospital happenings and Healthy Woman events? It's easier than ever!

Check out the new Healthy Woman section of our hospital website at www.RedBudRegional.com/HealthyWoman. We also have a new e-mail program to keep women even more up to date. And,

when registering for upcoming Healthy Woman events, you'll get a confirmation e-mail with a map. You can even register your friends as guests!

If you're not a Healthy Woman member yet, join today. Membership is free and the benefits can last a lifetime. Go to www.RedBudRegional.com/HealthyWoman or call **(618) 282-5486**.



Welcome our new physician

Red Bud Regional Hospital is proud to welcome Scott Hinze, D.O., general surgeon. Dr. Hinze is passionate about preventive care. He's experienced in laparoscopic surgery, a minimally invasive technique resulting in shorter recovery time. His services include:

- biopsy
- colon resection
- gallbladder and appendix removal
- general procedures
- hernia repair
- mastectomy

- mole/skin lesion removal
- skin grafts
- vasectomy
- wound debridement/repair

In his free time, he enjoys playing golf, reading (he's a history buff) and spending time with his wife, Laura, and their children. To learn more or to make an appointment, call **(618) 282-5270**.



SCOTT HINZE, D.O.

Dine with us!

Join us for the next Healthy Woman dinner, "After the Mammogram," presented by Scott Hinze, D.O., general surgeon, on Thursday, Oct. 27, from 6 to 7 p.m. in the hospital auditorium.

Registration is required. Call **(618) 282-5486**.