


WINTER 2011

# Health Connection

BROUGHT TO YOU BY RED BUD REGIONAL HOSPITAL

A photograph of a family of three in winter attire. A man in the foreground is smiling broadly, wearing a blue and white striped beanie and a blue and white striped scarf. A woman behind him is also smiling, wearing a white knit hat with a blue pom-pom and a blue jacket. A young child in a yellow and green jacket and a striped beanie is laughing joyfully. They are standing in a snowy field with trees in the background.

Serving your  
needs, right  
here at home!

The right  
physicians for you

Tired of  
sleepless nights?  
Our sleep lab  
can help

Timing is  
everything  
in stroke care

 **RED BUD**  
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# Keep your PROSTATE HEALTHY

**S**ens. Bob Dole and John Kerry, baseball team manager Joe Torre—what do all these men have in common? They're all prostate cancer survivors.

Cancer of the prostate—a walnut-shaped gland located below the bladder—is one of the most common cancers found in men. It may be slow growing and require little or no treatment, or it may be aggressive and spread quickly to other parts of the body.

## THE PREVENTIVE APPROACH

While prostate cancer isn't completely avoidable, certain measures may help reduce your risk:

- **Stay active.** Daily exercise improves your overall health and helps keep your weight in check. Some research has shown that men who exercise regularly have a lower incidence of prostate cancer compared to men who don't.
- **Watch your weight.** A sobering fact: Men who are obese when diagnosed with prostate cancer are more likely to have advanced cases, which are more difficult to treat. But eating right and exercising can help you keep off excess pounds.
- **Talk with your physician.** Discuss any risk factors you have—being older than age 65, African-American or

obese, or having a family history of prostate cancer. Also, learn about the pros and cons of screening tests. A digital rectal exam and the prostate-specific antigen (PSA) test are two ways to identify cancer cases, but they can't tell a physician about the aggressiveness of the cancer. And prostate cancer treatments can have unpleasant side effects such as impotence and incontinence.

The American Cancer Society (ACS) recently revised its prostate cancer screening guidelines, encouraging more patient involvement in decisions about screenings:

- The ACS recommends that men at high risk of prostate cancer, including men with a family history of the disease, talk with their physicians sooner—as early as age 40.
- Men who do not have prostate cancer symptoms (trouble urinating, problems with urine stream, blood in urine or semen, leg swelling, pelvic discomfort, bone pain) and who are in relatively good health and are expected to live at least 10 more years should have the screening conversation with their physicians beginning at age 50.
- Men without symptoms who aren't expected to live 10 more years because of age or poor health shouldn't be offered the screening because the risks likely outweigh the benefits.

“  
**Daily exercise improves your overall health and helps keep your weight in check.**  
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## What to ask your physician about prostate health

**B**e prepared to ask some key questions at your next appointment:

- What is my risk of developing prostate cancer?
- Do you recommend I be tested?
- What is my PSA level (if you've had the test)?
- Will I need more tests? If so, which ones will I need?
- What do the test results mean?
- If I have cancer, what are my treatment options, and what are the pros and cons of each?

# Mammogram confusion

## Information on new screening guidelines

**W**e've all heard that early detection of breast cancer with mammograms saves lives. So it was surprising when in 2009, the U.S. Preventive Services Task Force (USPSTF)—an independent panel that makes recommendations about which preventive services should routinely be offered and to whom—recommended against routine mammograms for women ages 40 to 49 who weren't at increased risk for breast cancer. Traditionally, all women ages 40 and older were encouraged to get the screening.

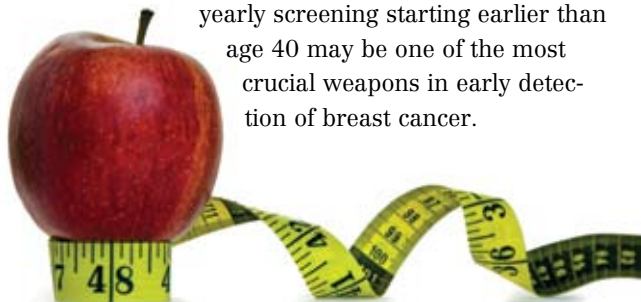
### THE FLIP SIDE

In disagreement with the USPSTF's recommendations were major professional health care organizations including the American Cancer Society. "I have tremendous difficulty in not recommending an intervention [mammography]," says Otis Brawley, M.D., chief medical officer of the American Cancer Society. "Women ages 40 and older should have a mammogram every year."

### NOW WHAT DO I DO?

Amid the confusion, you may be wondering about how to approach your own mammogram. Some words of advice: Talk with your physician.

The USPSTF's recommendations were just that—recommendations, not rules. Discuss your personal and family health history and how frequently you should get mammograms with your physician. And, if you're at high risk—see *Are you at risk?* at right—a yearly screening starting earlier than age 40 may be one of the most crucial weapons in early detection of breast cancer.



## Mammogram comfort

**T**ry these tips for a more comfortable mammogram, courtesy of the Centers for Disease Control and Prevention:

- Don't schedule your mammogram for the week before or during your period, which is when your breasts are likely to be tender or swollen, making mammograms less comfortable.
- Skip the deodorant, perfume and powder on the day of your mammogram. These may show up as white spots on the X-ray.
- For ease of undressing from the waist up, wear a blouse with a skirt or pants, instead of a dress.

## Are you at risk?

**A**ccording to the National Institutes of Health, breast cancer will affect one in eight women in their lifetime. Why breast cancer affects some women and not others isn't known; however, several known risk factors for the disease include:

- increasing age
- having the BRCA1 or BRCA2 genes; if your family members have had breast or ovarian cancer, talk with your physician about getting tested
- starting your period before age 12 or going through menopause after age 55
- being overweight
- using menopausal hormone therapy
- taking birth control pills
- drinking alcohol
- not having children or having your first child after age 35
- having dense breasts

# Comprehensive services, close to home

**R**ed Bud Regional Hospital's (RBRH) goal is to become the area's primary point for a wide range of health care services. To achieve this goal, we continue to develop comprehensive services addressing the diverse health care needs of our community.

## COMPREHENSIVE OUTPATIENT SERVICES

- > laboratory
- > Level III emergency department
- > long-term care facility (115 beds)
- > medical/surgical unit (25 beds)
- > radiology: X-ray, digital mammography, computed tomography (CT) scan, magnetic resonance imaging (MRI), bone density scanning and nuclear medicine
- > rehabilitation: physical, speech and occupational therapy
- > sleep lab
- > specialty clinic
- > surgery department
- > swing-bed program

## SURGICAL SERVICES

- > general surgery, including:
  - appendix (laparoscopic)
  - biopsy
  - colon resection
  - gallbladder (laparoscopic)
  - hernia repair

- mastectomy
- mole and skin lesion removal
- skin grafts
- vasectomy
- wound debridement and repair
- > ear, nose and throat, including:
  - ear tubes
  - sinus surgery
  - tonsillectomy
- > gastroenterology
  - esophagogastroduodenoscopy (EGD), colonoscopy
- > gynecology
  - hysterectomy (abdominal, vaginal and laparoscopic)
  - hysteroscopy
  - laparoscopy
  - sterilization procedures
  - urodynamics
- > orthopedic
- > pain management
- > plastic surgery
- > podiatry
- > carpal tunnel

RBRH's network of primary and specialty care providers supports our commitment to becoming the health care provider of choice for area residents. With the guidance of a strong medical staff, we'll continue to improve the health of those in the communities we serve.

## SPECIALTY CLINICS

- > cardiology
- > cosmetic and reconstructive
- > ear, nose and throat
- > gastroenterology
- > gynecology
- > nephrology
- > neurology
- > orthopedic
- > podiatry
- > pulmonary
- > urodynamic
- > vascular
- > wound care

## PRIMARY AND SPECIALTY CARE PROVIDER LOCATIONS

### Red Bud

- > **Nancy Birner, M.D.**, internal medicine and pediatrics
- > **Amber Harriman, P.A.-C.**, internal medicine and pediatrics
- > **Chung Khan, M.D.**, general surgery
- > **Andrew Mahtani, M.D.**, family medicine

- > **Amy Rohlfing, M.D.**, internal medicine and geriatrics
- > **Jessica Sheehan, N.P.**, internal medicine and geriatrics
- > **Stephanie Skelly, M.D.**, gynecology
- > **Susan Tuttle, A.N.P.**, wound care

### Sparta

- > **Shelly Kempfer, F.N.P.**, family medicine

### Waterloo

- > **Carol Glascock, N.P.**, gynecology
- > **Greg Hipskind, M.D., Ph.D.**, family medicine
- > **Chung Khan, M.D.**, general surgery
- > **Stephanie Skelly, M.D.**, gynecology

## ! Visit us online!

To learn more about the providers listed, visit [www.redbudregional.com](http://www.redbudregional.com) and click on "Find a Physician."

## MEET NEW RBRH PHYSICIANS



**ANDREW MAHTANI, M.D.**  
Family Medicine

**Blossom City Primary Care**  
415 West S. 4th St.  
Red Bud • (618) 282-7777

Specializing in family medicine, with a special interest in diabetes, obesity, women's health and disease prevention



**GREG HIPSKIND, M.D., Ph.D.**  
Family Medicine

**Red Bud Family Practice**  
1335 Jamie Lane  
Waterloo • (618) 939-1560

Specializing in family medicine, with a special interest in brain injury, neurological disorders, such as ADHD, and disease prevention

# A good night's sleep may be a study away



**M**any common health problems can be linked to sleep disorders. Fortunately, through sleep studies, board-certified physicians can work to identify medical reasons for sleep problems and prescribe appropriate therapy. Red Bud Regional Hospital has a two-room sleep lab that combines medical testing equipment with the comforts of home.

"Sleep is a time for the body to restore and regulate various internal functions that keep us healthy," says Nancy Birner, M.D., internal medicine and pediatric physician. "This includes muscle and tissue repair, removal of toxins from the body, hormone production and maintenance of the body's circadian rhythms [the 24-hour cycle of light and dark]. Lack of sleep can cause stress, make us more prone to illness and depression, decrease our energy level and affect our memory."

Don't assume that a good night's sleep is a thing of the past. See your physician if you:

- snore loudly
- have sleepiness during the day
- stop breathing while sleeping
- choke or gasp for breath during sleep
- frequently have headaches upon awakening
- have difficulty falling asleep
- have recently gained weight



Nancy Birner, M.D.  
Internal Medicine  
and Pediatrics  
Blossom City  
Primary Care  
(618) 282-7777

## ! Rest easy!

To learn more about Red Bud Regional Hospital's sleep lab, call (618) 282-5402.

## FROM US TO YOU

### Dear friends,

**O**ne of the accomplishments Red Bud Regional Hospital (RBRH) is most proud of is the improvements made in quality and service during 2010. When I joined the team in 2007, it was clear the staff members had a sincere passion to serve our patients. Because of that drive, we set our 2010 goals at the highest level and we made significant strides to exceed those goals.



Shane Watson  
Chief Executive Officer

### HOURLY ROUNDING

Part of this plan included an hourly nurse/aide rounding process to anticipate patient needs, including monitoring comfort and pain level, helping move or change positions and assisting with trips to the bathroom. We've found that when staff members check patients on an hourly basis, call lights are reduced and clinical outcomes are improved, delivering a more satisfying experience to the patient.

As CEO of a smaller facility, I'm fortunate to have the opportunity to perform administrative rounding on every inpatient. Since I began rounding, one of the key questions I always ask is if there's any staff member(s) the patient would like to recognize for providing exceptional care. At the start of 2010, patients repeatedly gave names of staff members I already knew as outstanding team players. As the year progressed, the response began to change. The response became, "They're *all* great." This is when I knew our efforts were paying off.

Our inpatient satisfaction levels increased to the highest levels we had ever achieved due to our team's commitment to hourly rounding. RBRH will continue to improve service in 2011, so each patient can have the best experience possible.

Sincerely,

*Shane Watson*

Chief Executive Officer  
Red Bud Regional Hospital

## HEALTHWISE QUIZ

How much do you know about **high blood pressure**?

Take this quiz to find out.

- 1** How many American adults have high blood pressure?
  - a. one in three
  - b. one in five
  - c. one in 10
  - d. one in 20
- 2** Most people with high blood pressure experience:
  - a. nausea
  - b. weakness
  - c. trouble concentrating
  - d. no symptoms
- 3** Healthy adults with no history of high blood pressure should have their blood pressure checked every:
  - a. six months
  - b. year
  - c. two years
  - d. 10 years
- 4** High blood pressure can increase your risk for:
  - a. dementia
  - b. eye damage
  - c. bone loss
  - d. all of the above
- 5** Which of the following statements is true?
  - a. After age 65, more women than men have high blood pressure.
  - b. After age 65, more men than women have high blood pressure.
  - c. After age 65, an equal number of men and women have high blood pressure.
  - d. After age 65, the number of men and women suffering from high blood pressure is unknown.

ANSWERS: 1. (a) 2. (b) 3. (d) 4. (d) 5. (a)

# Show your heart a little love

**Y**our heart works hard for you, pumping day in and day out to supply your body with the oxygen-rich blood you need for survival. So what are you doing to nurture it? Try these five tips to ensure better heart health:

**➔ Choose good-for-you foods.** Follow a diet such as Dietary Approaches to Stop Hypertension (DASH). This eating plan is centered on foods low in fat, cholesterol and salt; and rich in fruits and vegetables (aim for five to 10 servings a day), whole grains and low-fat dairy products. Foods that are good for the heart also include those with high levels of omega-3 fatty acids, a type of polyunsaturated fat, found in fish such as salmon, mackerel and sardines.

**➔ Give your heart a workout.** You don't need a gym membership to keep your heart in tip-top shape. Get the recommended 30 to 60 minutes of physical activity daily by walking, jogging or biking—and remember that everyday tasks such as gardening, vacuuming and taking the stairs count toward your activity goals. Activity, along with eating healthy foods, can help you maintain a healthy weight, which is another way that you can boost heart health.

**➔ Consider aspirin therapy.** A daily aspirin can benefit many people, but not everyone, so talk with your physician first about the risks and benefits. For example, aspirin can help prevent first and second heart attacks in older women and men of all ages, but only second heart attacks in women younger than age 65. Aspirin also may prevent certain types of strokes.

**➔ Quit smoking.** Tobacco smoke contains thousands of chemicals that damage the heart and blood vessels, including nicotine, which narrows blood vessels and makes your heart work harder. Within one year of quitting, you can expect to see your heart-disease risk drop dramatically.

**➔ Get checked.** Have your blood pressure and cholesterol checked regularly. Ask your physician how frequently you should be tested based on your health history.





## CLEAN UP your health

It's easy to focus on all the bad things we breathe in the air outside, such as pollen and pollutants. But what about what's lurking inside our houses? Household dust, mold and various chemicals can make breathing difficult. Here's what might be stirring up trouble at home:

**Dust mites.** In dust around the home lie dust mites—microscopic insects that are the most common cause of dust allergies. They can also trigger asthma and flu-like symptoms.

**Combat them:** Wipe dusty surfaces with a damp cloth, and vacuum once a week. Wash bedding once a week in hot water, and cover mattresses, box springs and pillows in mite-proof covers.

**Mold.** Mold spores thrive in damp areas such as basements and bathrooms. Along with dust mites, mold is considered a biological pollutant and can also trigger allergies and asthma.

**Combat it:** Use ventilation fans and dehumidifiers to keep humidity at 30 percent to 50 percent. Treat moldy bathrooms, basement walls and furniture with diluted bleach or other disinfectants.

**Volatile organic compounds (VOCs):** These gases are emitted from products such as paints and cleaning supplies. Health effects range from ear, nose and throat irritation to central nervous system damage.

**Combat them:** Use chemicals only in well-ventilated areas. Consider purchasing low-VOC paint.

### Don't let the bedbugs bite!



**B**edbugs are one souvenir you don't want to take home with you from vacation. But these flat, little reddish-brown pests, which are more common in places such as hotels, may find a way into your home by hitching a ride in your suitcase. Waiting to strike, they hide out in beds, box springs, headboards and bed frames. When they do bite, they can cause red, itchy, clustered bite marks on the face, neck, arms and hands. The best way to eliminate them is with a professional exterminator.

## DOUBTING diet soda

**D**iet soda: It's sugar and calorie free, so it must not be bad for you, right? Some recent research suggests otherwise. While most of these health concerns need further investigation, now might be a good time to either limit your diet-soda intake to the occasional indulgence, or switch to water, skim milk or diluted 100-percent fruit juice. Here's why:

**Tough on teeth.** Diet soda is just as acidic as regular soda, which can damage tooth enamel and promote decay.

**Wicked to waistlines.** Some studies have found that drinking diet soda regularly may be connected to obesity and type 2 diabetes. Researchers are unsure if diet soda actually causes obesity, but one study found that those who drank three or more of the beverages daily were more likely to gain weight than those who didn't.

**Unkind to kidneys.** One major study found that women who consumed two or more artificially sweetened sodas a day doubled their risk for kidney function decline. Drinking regular soda or only one diet soda daily did not decrease kidney function more than normal. However, for those prone to kidney stones, a separate study discovered that citrus-flavored diet sodas contain high levels of a compound that may inhibit stone formation.

**Bad to the bones.** According to the National Institutes of Health, people may be replacing bone-friendly, calcium-rich milk with soda, which may lead to decreased bone mass and an increased risk of fracture.



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# Stroke care you can count on

## RBRH improves process for patients



In 2008, Red Bud Regional Hospital (RBRH) joined the MidAmerica Stroke Network. Joining the Network has given the RBRH emergency department (ED) physicians direct access to stroke specialists at St. Louis University Hospital (SLU). RBRH physicians work collaboratively with SLU physicians by initiating treatment at RBRH and directly transporting patients for further care to SLU. This allows patients to be treated for stroke sooner and still receive the added benefit of more extensive treatment.

“Joining the MidAmerica Stroke Network makes sense not only for RBRH, but for our community,” says Steven Elster, M.D., medical director of RBRH’s ED. “It’s not always realistic for patients to directly seek treatment for acute stroke at a primary stroke center because of the time it would take to get there. The added stroke support provided by our membership in the Network helps RBRH diagnose and initiate treatment for stroke patients quickly.”



Steven Elster, M.D.  
Emergency Medicine

### THE RIGHT CARE, RIGHT AWAY

Time is critical for options available to treat stroke. With RBRH’s latest advancements in stroke care, our ED staff can help more patients who can benefit from treatment offered at a Certified Stroke Center.

“Our next step is to continue to increase awareness about warning signs and risk factors for stroke in our local communities,” says Kim Martin, ED director at RBRH. “We need to ensure that people recognize the warning signs quickly and seek emergency medical attention immediately, so that they have the best chance of survival. Over the long term, we need community members to recognize what underlying risk factors lead to stroke and address them.”

### ! Are you at risk?

Visit [www.redbudregional.com](http://www.redbudregional.com), and click on “Health Resources” to learn more about stroke.