

Health Connection

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McKENZIE REGIONAL HOSPITAL

A sharper image

Technology offers better
view of the heart

Meet our doctors

Real-world strategies
to control your weight

Protecting against
female cancers

8 easy ways
to get more
exercise

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.



Convenient, quality care



David Rasmussen
Chief Executive Officer

McKenzie Regional Hospital provides a substantial financial benefit to the local economy by employing area residents, providing charity care and reinvesting revenue at the local level. To continue providing these essential benefits, we sometimes must ask you to assist us in this financial responsibility.

A program has been introduced to help patients make payments on their outstanding balances, while at the same time not creating a financial burden for their families. We understand that paying deductibles and co-pays sometimes can be difficult due to life situations, so patients will be referred to a representative who can help identify possible financial assistance. The representative can help develop a payment plan that is satisfactory to both the patient and the hospital.

For your convenience, we accept cash, checks and credit cards (Visa, MasterCard, American Express and Discover). We also have introduced a program called Easy Pay, a safe, secure method of payment that will allow the balance of the bill after insurance disbursements to be set up in installments and be automatically deducted from your checking account or billed to a credit card on a monthly basis.

The primary focus of our emergency room is just that—emergency care for critically ill or injured patients. Our nurses and physicians aren't involved in the collection process, since their only concern is the clinical care of their patients. With that in mind, if the medical team performs a medical screening examination and determines the patient doesn't have an emergency medical condition, the registration clerk may ask for payment.

The McKenzie community has always been extremely supportive of our facility and, we, in turn, are dedicated to serving you now and in generations to come.

By collecting payments in a timely manner, hospital costs are kept down and these savings can then be reinvested to help operate the hospital, pay for new medical technology and maintain the facility—all of which benefit our patients and the community.

Regards,

DAVID RASMUSSEN
Chief Executive Officer
McKenzie Regional Hospital

Identifying and treating heart disease early is important

because often the first heart attack is fatal. In the United States, heart disease is the leading cause of death in both men and women. The good news: McKenzie Regional Hospital's radiology department offers advanced cardiac imaging services, including echocardiography and nuclear cardiac stress testing, which allow doctors to identify and treat heart disease before it's too late.

Coronary artery disease occurs when arteries that supply blood to the heart become hardened and narrowed due to plaque build-up on their inner walls. If enough plaque builds up, blood flow to the heart can be obstructed. And when there's significant interruption in this blood flow, a heart attack occurs.

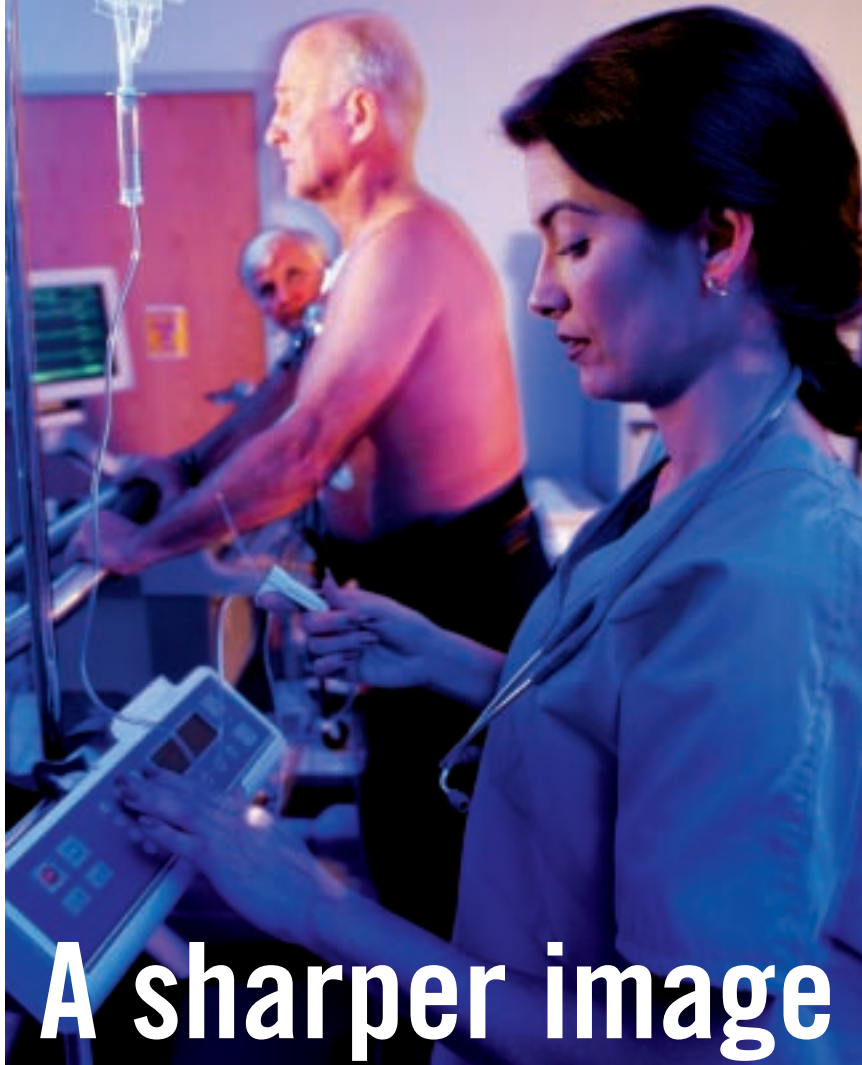
'SOUND' IMAGES

Echocardiography uses sound waves to produce an image of the heart and to see how it's functioning. Depending on the type of echocardiography, doctors can learn about your arteries and the size, shape and movement of your heart.

During the 45-minute echocardiogram, the technician will place electrodes on your chest to monitor your heart rhythm and will apply a thick gel. Using a transducer, the technician will take a picture of your heart. You shouldn't feel any pain or discomfort.

A STRESS TEST FOR THE HEART

A nuclear stress test allows doctors to view pictures of



A sharper image

Technology offers better view of the heart

your heart at rest and also to see how your heart responds to stress. The test provides doctors with information about coronary arteries, the size of heart chambers, how well the heart pumps blood and possible heart damage.

Before taking the nuclear stress test, your doctor probably will tell you to wear comfortable clothing, not to eat or drink that morning and not to take certain medications (usually heart and blood pressure medications).

The two- to three-hour test is similar to a treadmill stress test, except you'll also receive a small

amount of a radioactive substance, which isn't harmful. A technologist will take a picture of your heart at rest or a baseline image, as well as an electrocardiogram (EKG) and your blood pressure. Then the doctor will ask you to exercise on a treadmill until you reach a certain heart rate. A technologist will give you a second injection of the radioactive substance. The doctor will monitor you for a short time after exercise and take more pictures. After the test, you may eat, drink and resume normal activities.

Testing for heart disease is an important step to preventing more serious problems later. At McKenzie Regional Hospital, our advanced technology can help.

Keep your heart healthy!

For more information about cardiac imaging, call (731) 352-4192.

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.

THE RIGHT DOCTORS FOR YOU

The experienced, dedicated doctors of McKenzie Regional Hospital can help keep your family healthy. We'd like to introduce two of them to you.



LUIS F. PAGOAGA, M.D.
Family Practice

Family Medicine Clinic of McKenzie
201 Hospital Drive
McKenzie
(731) 352-4127
Hours: Monday through Thursday,
8 a.m. to 5 p.m. (closed on Fridays)

Dr. Pagoaga specializes in family medicine. He and his wife, Jennifer, a registered nurse, live in Milan and have two children, Sergio and Emma. Board certified in family medicine, Dr. Pagoaga completed his family medicine residency at the University of Tennessee in Memphis. His hobbies include jogging and sports like basketball.



DAVID MARTIN, D.O.
Family Practice

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205 Hospital Drive
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(731) 352-7907
Hours: Tuesday through Friday,
8 a.m. to 5 p.m.

Dr. Martin graduated from Midwestern University's Chicago College of Osteopathic Medicine in Chicago, Ill. He completed his internship at the Madigan Army Medical Center in Tacoma, Wash. He and his wife, Cathy, and children, Alex and Dana, reside in McKenzie. His hobbies include doing yard work and working on his Italian sports car.

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