

# Health Connection

BROUGHT TO YOU BY MCKENZIE REGIONAL HOSPITAL

**When it comes to babies,  
we deliver!**

**Meet our sports  
medicine specialist**

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

**How to spot—and  
stop—a stroke**

**Fire up the grill!  
But read these  
food-safety tips first**

# Good day, sunshine!

## Greet the day with an SPF

**Y**ou 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

**W**ith 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?

**Y**our 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?



## MIDWIFE SUPPORT

At McKenzie Regional Hospital, important members of the medical team are the two nurse midwives, Anita Baker-Ross, R.N., and Amy Papszycki, R.N.

A resident of McKenzie and a certified nurse midwife since 2003, Baker-Ross received her training at the Frontier School of Midwifery and Family Nursing in Hyden, Ky. She's also presently completing her Master of Nursing at the Frontier School. Prior to becoming a midwife, Baker-Ross was a registered nurse at the McKenzie and Jackson hospitals and was a well-child nurse at McKenzie Medical Center (MMC). She's married to Patrick Ross and has five children, Morgan, Beau, Blake, Sydney and Nicholas.

Papszycki, who lives in Paris and has been a certified nurse midwife since 2002, also received her training at the Frontier School of Midwifery and Family Nursing. She earned a Master of Science from Stonybrook University in Stonybrook, N.Y. Prior to becoming a midwife, Papszycki worked as a registered nurse in McKenzie and Paris and on a high-risk obstetrical floor in Nashville, Tenn. She and her husband, Tom, have two children: a daughter, Bailey, and a son, Coleson.

Both Baker-Ross and Papszycki are employed through MMC and have the complete professional support of physicians. We invite you to call and make an appointment with one of these providers.

For complete, experienced care for you and your baby, come to McKenzie Regional Hospital's Family Birth Center.

# Giving your baby a healthy start

*The prospect of a new life ... a small bundle of love and joy ... the wonderful miracle of birth ... the sensation of holding your own small wonder in your arms for the first time ...*

**M**ckenzie Regional Hospital's Family Birth Center offers a unique, home-like atmosphere where mom and family can share the intimate experience of a baby's birth. With private delivery rooms where the mother experiences labor, delivery, recovery and postpartum care, there's no need to move from room to room. We encourage the "rooming in" concept, where the baby may stay in the same room with the family or in a nursery.

## LEADING-EDGE CARE

We've recently added new top-of-the-line fetal monitors, which allow nurses to check on a mother in one room while keeping a watchful eye on an expectant mother in another room. On-site anesthesia services provide pain management options that include epidurals.

In addition to obstetrical services, the hospital provides breastfeeding instruction, prenatal classes and plenty of encouragement from the staff.

## Learn more!

**F**or more information, call the Family Birth Center at (731) 352-4149. To make an appointment with our midwives, call (731) 352-7907 or (800) 273-3510.



"There's nothing greater than experiencing the birth of a child. I'm humbled and honored that women allow me to share in such a joyful time in their lives," says Amy Papszycki, a certified nurse midwife at MRH.



"Being a midwife allows me to bond with my patients throughout pregnancy and to share with them the miracle of birth," says Anita Baker-Ross, a certified nurse midwife at MRH.

## Improvements brought to life

I'd like to tell you about some recent changes and an anniversary here at McKenzie Regional Hospital. In January, we celebrated the first anniversary of our new emergency department (ED). This ED has served us well in the past year. We had more than 7,400 patient visits, and patients were discharged in just over two hours per visit. This year, we're working to get that time under two hours. We feel our new ED provides quality care and our nurses help us do that.

This spring, we also added a four-bed progressive care unit (PCU), designed to handle sicker patients who need specialty care in nursing, medicine and monitors. PCU nurses receive intensive care training to handle patients who need advanced levels of care.

This level of care allows our patients to remain here at McKenzie instead of being transferred to another facility. This

saves patients time and is a great help to their families, who won't have to drive out of town to see their loved one.

The last area I want to tell you about is changes in our surgery department. We've installed a new sealed floor, new surgical lights and additional operating equipment. With this remodeling, we now have a second procedure room.

So, as you can see, we're continually making positive steps to improve who we are and the care we deliver.

Congratulations to all the parents of this month's graduating seniors. You've worked hard to reach this milestone in your children's lives. This is a month during which you, as parents, can beam with pride as your kids graduate.

Have a great summer,

DAVID RASMUSSEN  
Chief Executive Officer  
McKenzie Regional Hospital



## A circle of friends

Senior program offers classes, discounts, activities and more!

What program helps you get fit, save money, protect your health—and lets you make new friends while you're at it? McKenzie Regional Hospital's Senior Circle program, a nonprofit association for adults ages 50 and over. Our chapter was established on June 1, 2003. With 240 members, this program is growing every day.

We offer games, educational meetings, plays, movies, visits to mansions, cruises, motor coach trips, trips abroad, use of the Wellness Center, discounts at local merchants, an EyeMed vision plan discount, ScriptSave prescription discount card and a quarterly magazine, *Inside Circle*.

Membership is only \$15 per year or \$27 for two years. For couples, the cost is \$27 for a year. For more information, call Sandra Pate at (731) 352-4173.

## 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

**W**hat'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

**F**or 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

# Meet our new sports medicine coordinator

## Ty Butler joins McKenzie Regional's staff

**M**ckenzie Regional Hospital is proud to welcome the new rehab/sports medicine coordinator Ty Butler. A native of McKenzie and 1988 graduate of McKenzie High School, Butler received his master's degree from Murray State University, in Murray, Ky. He earned his bachelor's degree from the University of Tennessee at Martin and his associate's degree from Southern Illinois University. Butler is a state and nationally licensed physical therapist assistant and athletic trainer.

He has worked as the Athletic Training Services Coordinator for Premier Medical Group in Clarksville, where he was a liaison between athletics in the city of Clarksville and the multispecialty physician group. Working with Austin Peay State University, Premier provided physician services and sports coverage for five AAU summer basketball tournaments and the semi-pro Clarksville Gunners soccer team.

Butler has extensive sports medicine and rehabilitation experience with athletes in both professional and



**Ty Butler**  
Rehab/Sports Medicine  
Coordinator

recreational competition. He's also a state officer for the Tennessee Athletic Trainers Association, an organization that promotes ethics and professional growth of athletic trainers in Tennessee.

"We're coming up with new ideas of how to expand our services to best serve our community. We have excellent new leadership here at the hospital and I think our staff is the most qualified in the area to treat orthopedic and sports-related injuries," says Butler. "We're here to serve the community we all love and give exceptional customer service. I hope everyone takes another look at our local hospital and the services we provide. McKenzie Regional Hospital is constantly striving to improve our services."

Butler and his wife, Samantha, have two sons, Colton and Corbin.

**Learn more!**

**F**or more information,  
call (731) 352-4189.



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# Health Connection

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