

Health Connection

FROM YOUR FRIENDS AT DYERSBURG REGIONAL MEDICAL CENTER

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

**Bouncing back
from joint pain**

**New programs
to get you healthy**

Meet our doctors

**A commitment to
quality care**



DYERSBURG

REGIONAL MEDICAL CENTER

QUALITY CARE. RIGHT HERE.

Good day, sunshine!

Greet the day with an SPF

You 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

With 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?

Your 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?

Get healthy with us!

Dyersburg Regional Medical Center offers **two** great programs for consumers—
Senior Circle and Healthy Woman

Senior Circle

Senior Circle is a national, nonprofit organization committed to enriching the lives of adults ages 50 and older. Our goal is to offer you the opportunity to participate in activities and share common interests with other seniors while at the same time promoting health and wellness. When you join Senior Circle for an annual fee of just \$15, you'll enjoy these benefits:

- Convenient parking for Senior Circle members
- Free private room upgrade (when available)
- Complimentary meal at the hospital for spouse or caregiver
- Day and overnight trips, plus discounts
- Special planned events, such as cooking demonstrations, birthday parties and workshops
- Free health screens, support groups, social activities, holiday parties and wellness classes
- ScriptSave Prescription and EyeMed discount cards
- Year-round 10 percent hospital cafeteria discount



- Free subscription to *Senior Circle* newsletter and *Inside Circle* magazine
- Free photocopying, faxing and notary services for important papers
- Insurance claims assistance
- Local merchant-sponsored discounts
- Volunteer opportunities
- Travel opportunities
- National benefits, such as the ADT personal response system

HEALTHY WOMAN

Healthy Woman is a new program for women ages 24 to 54—the family healthcare leaders who want up-to-date information to make educated choices. Created to improve the emotional, physical and fiscal well-being of women and their families, Healthy Woman's mission is to empower women with the knowledge and confidence to make informed healthcare decisions. The program provides free monthly seminars, health fairs, educational programs and interactive events to help educate women on the need for a healthy body, mind and spirit. Membership is free.

The Healthy Woman kick-off event is scheduled for September 21. For more information, call Suzanne Grueser at **(731) 287-2101**.



MEET OUR PHYSICIANS

The experienced, dedicated physicians of Dyersburg Regional Medical Center can help your family stay healthy. We'd like to introduce you to two of them.



BERNIE L. BRUNSON, M.D., FACS
General Surgery

Dr. Brunson graduated from the University of Louisville School of Medicine and completed his residency at Good Samaritan Hospital, Cincinnati, Ohio. He is board certified by the American Board of Surgery.

Dr. Brunson, who began practicing in Dyersburg in November 2004, provides expert, compassionate care in general surgical procedures. His office is at 1716 Parr Avenue, Suite F, Dyersburg. For an appointment, call (731) 286-4445.



RAVINDER MACHRA, M.D.
Internal Medicine

Dr. Machra graduated from the Medical College, Srinagar, University of Kashmir, India. She completed her internal medicine residency at Bronx Lebanon Hospital, Albert Einstein College of Medicine, New York, and is board certified by the American Board of Internal Medicine.

Dr. Machra is affiliated with the Dyersburg Internal Medicine Clinic at 315 East Tickle Street, Dyersburg, and at their clinic at 103 South Church Street, Halls. She became a member of the hospital's medical staff in November 2004.

For an appointment, call (731) 285-9938 or (731) 836-1239.

Quality care— close to home

At Dyersburg Regional Medical Center, we are committed to our patients' health and safety. That's why we have a quality improvement program to continually monitor and evaluate our patient care and services. Ultimate authority and accountability for the quality and safety of patient care and services lies with the Governing Board and is delegated through the quality improvement program to the medical staff, administration and hospital staff.

We recognize that care and services can be improved and that everyone is responsible for quality of care and services and patient safety. We accept recommendations to resolve problems and opportunities to improve the quality and safety of patient care and services, and assess the effectiveness of actions taken by initiation or ongoing monitoring.

The quality improvement program measures and assesses activities of the medical staff, nursing, ancillary and all other hospital departments. We identify opportunities for improvement by continuously assessing and measuring the services and processes we provide.

We take appropriate actions when a problem is



identified, and the effectiveness of any actions are assessed and documented.

Dyersburg Regional Medical Center uses internal and external customer feedback to improve services to excel in a competitive healthcare environment. We will continue to focus on improving patient safety and quality of care and strive to improve the satisfaction of our patients, physicians and employees.

ER+ patient satisfaction scores by department—fourth quarter, 2005:

• Emergency nurses	96.4%
• Environmental services	95.9%
• Laboratory	97.0%
• Radiology	94.2%
• Registration	97.4%
Overall patient satisfaction:	93.9%

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

What'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

For 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

Dear readers,



Coleman Foss
Chief Executive Officer

We trust that as you receive this you are in good health. Unfortunately, as the winter season begins to dwindle and spring is around the corner, our part of the country is being overwhelmed by the flu. Be sure to take all precautions to stay healthy through this difficult flu season. However, should you need medical attention, know that we are willing and able to meet the needs of you and your family.

Dyersburg Regional Medical Center has many exciting challenges ahead for the springtime. In May, we expect to have the grand opening for our new emergency room, which we hope will significantly raise the bar on the level of care. Additionally, we've requested permission from the state to have a diagnostic cardiac cath lab for patients who need minimally invasive tests to rule out heart disease. We feel strongly that the people of Dyer County and northwest Tennessee should have this service available on a regular basis without needing to drive an hour. Cardiology is an essential piece of the healthcare spectrum, and it's time for it to come to Dyersburg!

Our Senior Circle membership continues to grow, and we are proud to sponsor this initiative. We hope in the very near future to be able to announce other healthcare initiatives we're working on as well.

I also want to extend a huge thank you to the employees and staff of Dyersburg Regional Medical Center. We've come through another winter with the staff working through personal illnesses and hardships to bring the best possible care to you, close to home. Thanks to all for their dedication.

Yours truly,

COLEMAN FOSS
Chief Executive Officer

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