

Health Connection

FROM YOUR FRIENDS AT DYERSBURG REGIONAL MEDICAL CENTER

**Celebrating 50 years
of family care**

Meet our physicians



DYERSBURG

REGIONAL MEDICAL CENTER

QUALITY CARE. RIGHT HERE.

**Hats off to our
Volunteers
of the Year**

Number crunching
Managing high cholesterol

Bad breaks
First aid for broken bones

You've found a breast lump: Now what?

If the thought of finding a lump in your breast scares you, you're not alone. After all, many of us know someone who has had breast cancer. But some of us are so frightened that we avoid getting mammograms—the very habit that could save our lives if breast cancer develops. If you're in that group, you'll be glad to hear that four in five breast lumps turn out to be noncancerous. Here's a description of some common breast conditions:

Fibroadenoma: a smooth, solid, round painless lump that moves easily and can feel like a marble. Occurs most often in African-American women and women under age 30.

Fibrocystic breast changes: solid or fluid-filled lumps that

increase in size and tenderness five to seven days before each menstrual period.

Cyst: a smooth, fluid-filled lump often sensitive to the touch before the menstrual period. Typically appears in women between ages 35 and 50.

Lipoma: a soft and slow-growing painless lump that moves freely.

Intraductal papilloma: a small, wartlike growth near the nipple that may cause bleeding from the nipple. Occurs most often in women in their 40s.

Mammary duct ectasia: a thick, sticky, gray to green discharge from the nipple.

Mastitis: a warm, tender, lumpy area on the breast that appears red. Most often affects breast-feeding women.

Traumatic fat necrosis: painless, round, firm lumps that can result from a bruise or a blow to the breast. Occurs in older women and women with large breasts.

WHAT HAPPENS IF YOU FIND A LUMP?

If you find a lump, see your healthcare provider. He or she will do a clinical breast exam and may recommend one or more of the following tests and procedures:

Mammography, or breast X-ray, may be recommended to determine the lump's size and location.

Ultrasound examination can determine whether the lump is a fluid-filled cyst or a solid mass.

Fine-needle aspiration is an in-office procedure. Fluid is drawn out of the lump with a thin needle. If the fluid is clear and the cyst disappears, you won't need a biopsy. If the fluid is bloody or the mass is solid, your doctor probably will recommend biopsy.

Stereotactic biopsy removes a small tissue sample with a thin needle for analysis. Computerized imaging guides the needle with pinpoint accuracy to the exact location to be sampled.

Surgical biopsy usually is performed on an outpatient basis. Normally, the surgeon removes the whole lump, but in certain cases he or she will remove only part of it. The tissue is sent to a lab where a pathologist will examine it for cancerous cells.



The good news:
Four out of five
breast lumps turn out
to be noncancerous.



IF PREVENTION DOESN'T WORK

Both a cold and the flu typically involve a runny nose, sneezing, sore throat, cough and fatigue, but only flu characteristically features headache, high fever and that all-over-achy feeling.

Some people are at higher risk for complications from the flu than others and should get prompt medical care instead of trying to self-treat. These include:

- people over age 65
- children and adults with a chronic health condition, such as asthma or diabetes, or a weakened immune system
- pregnant women
- infants and young children
- anyone who lives with children or others at high risk
- healthcare workers and caregivers who are in contact with children or others at high risk

Prescription antiviral medications such as oseltamivir (brand name: Tamiflu) can help shorten the duration of the flu and prevent you from getting sicker if taken within the first 48 hours of symptoms.

If symptoms suddenly worsen, linger more than a week and are accompanied by a dry, hacking cough, the flu might have developed into viral pneumonia. Thick, rust-colored mucus along with a cough may signal bacterial pneumonia. Both types of pneumonia require medical attention.

Easing the sneezing

Surviving cold and flu season

Autumn is almost upon us. Soon it will be time to rake the leaves, pull out the sweaters and pray the kids don't catch something at school that knocks the whole family out of commission for a week.

But with a few simple precautions, parents and children can keep colds and flu away—or at least from spreading. Here are some basic tips to avoid getting sick, whether you're 2 years old or 90:

- Wash your hands several times a day with soap and water—and even more frequently if you're around anyone with a cold.
- Keep your hands away from your eyes, nose and mouth.
- Cover your mouth and nose with a disposable tissue when you sneeze or cough. Then wash your hands.
- Protect and strengthen your immune system by getting enough rest, exercising regularly and eating a healthy diet that includes lots of fruits and vegetables.
- Don't share eating utensils or drinking glasses.
- Avoid crowds of people where germs may spread.
- Most important: Keep annual flu vaccinations up to date.

Call your pediatrician or primary care provider if ...

Your sick child has any of these symptoms:

- labored breathing, often signaled by the abdomen rising and falling dramatically
- a fever of approximately 102° F that acetaminophen (brand name: Tylenol) can't control or that's present for more than three days
- inconsolable crying or irritability
- blood in vomit or stool
- recurring vomiting or loose stools
- greatly diminished food or fluid intake
- pulling or tugging at the ears, which may indicate an ear infection



COMMITTED TO THE COMMUNITY

Dyersburg Regional Medical Center celebrates 50 years of family care

Celebrating our golden anniversary

Hospital employees celebrated 50 years of family care on April 11. Students at Dyersburg Middle School—the hospital’s Adopt-A-School—participated in the celebration by designing posters commemorating the anniversary. Adopt-A-School winners were Tyler Wilbanks, grand prize; Aaron Adkins, first place; Erik Velazquez, second place; and Priscilla Gardner, honorable mention.



Poster contest winners (left to right) are Tyler Wilbanks, Aaron Adkins, Erik Velazquez and Priscilla Gardner.

Tornado relief: Lending a hand

On April 2, Dyer County was at the center of one of the worst storms in recent memory. The tornado caused 16 deaths, more than 30 storm-related injuries and destroyed hundreds of homes.

To support recovery efforts and the people whose lives were touched by the storm, Dyersburg Regional Medical Center (DRMC) made a \$25,000 donation to United Way of West Tennessee Disaster Recovery Fund. United Way assists those affected by the storms in Dyer, Gibson, Weakley, Haywood, Carroll and Henderson counties.

“As you might expect, having to deal with one of the largest natural disasters in Tennessee’s history has been hard for everyone,” says Coleman Foss, DRMC’s CEO. “But we’re a tight-knit community, and we’ll be stronger for the experience. I am proud of how our community, emergency services, hospital and physicians responded to this difficult situation.

“Everyone performed well under very trying circumstances, so I know that the strength of character that carried us through this storm will help us overcome its aftermath.”

Dyersburg Regional Medical Center managers, United Way representatives and community leaders were present for the presentation of a \$25,000 check to United Way of West Tennessee Disaster Recovery Fund. This donation further demonstrates Dyersburg Regional Medical Center’s commitment to our community.



Community benefit report: 2003–2005

Every year, we treat thousands of people from our community. And while patients benefit from our being close by, ultimately the whole community prospers from our presence.

Whether it’s through the people we employ, the local businesses we use or the charities we support, we’re committed to making the Dyersburg area a better place to live and work—and that’s the best benefit of all.

Providing quality care	
Patient encounters	168,755
Financial benefits	
Payroll (530 employees)	\$55,901,707
Capital investments	\$7,286,538
City, county and state taxes	\$2,275,142
Property taxes	\$1,190,117
Caring for our community	
Charity and uncompensated care	\$16,826,634
Dollars spent locally	\$3,482,123
Donations to the community	\$119,357
Support education	\$30,138
Total community investment	\$87,111,756*

*Dollar amount is approximate.

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.

JOHNNY JOYNER, M.D.
DENNIS WIECK, M.D.

Dyersburg Regional Women's Center
315 E. Tickle St., Dyersburg
(731) 285-2100

Dr. Joyner, board certified by the American Board of Obstetrics and Gynecology, is a Fellow of the American College of Obstetricians and Gynecologists and a member of the American Association of Gynecologic Laparoscopists. He is a graduate of UT College of Medicine in Memphis, completed his family medicine residency in



Johnny Joyner, M.D., (left) and Dennis Wieck, M.D.

Jackson, Tenn., and completed his Ob/Gyn residency at Erlanger Medical Center in Chattanooga, Tenn.

Dr. Wieck, board certified by the American Board of Obstetrics and Gynecology, is a Fellow of the American College of Obstetricians and Gynecologists and a member of the American Association of Gynecologic Laparoscopists. He is a

graduate of the UT College of Medicine in Memphis, and completed his Ob/Gyn residency at Ohio Valley Medical Center.

The doctors are accepting new patients; same-day appointments are available.

Hats off to Volunteers of the Year

Dyersburg Regional Medical Center (DRMC) honored its many volunteers during National Volunteer Week with a breakfast and awards on April 27. Hospital employees and volunteers chose the award recipients.

Polly Harness won the Geraldine H. Reaves Volunteer of the Year award. Ms. Harness has been a volunteer for six years, and she currently works in the hospital gift shop and serves as the gift shop's manager. Barbara Smith was named ICU Hostess of the Year and has been a volunteer for three years. Yvonne Cooper was named Pink Lady of the Year and has been a volunteer for three years. She works in the hospital gift shop and serves as a Senior Circle Ambassador.

Bill McCaslin was named the Red Coat of the Year and has been a volunteer for approximately six years. Red Coats transport patients in wheelchairs and run other errands when needed. Holly Wilkerson was named Teen Volunteer of the Year. Holly has worked in the obstetrics department as part of her involvement with the Dyersburg High School Key Club.



2006 Volunteers of the Year, standing left to right, are Bill McCaslin, Yvonne Cooper and Barbara Smith. Seated left to right are Holly Wilkerson and Polly Harness.

"The hospital couldn't do what it does without our volunteers and the many hours of their time and valuable service they contribute," says Coleman Foss, DRMC's CEO.

Congratulations to these very deserving volunteers.

Want to lend a helping hand?

If you're interested in becoming a volunteer at Dyersburg Regional Medical Center, call Suzanne Grueser at (731) 287-2101.

HEALTHWISE QUIZ

How much do you know about Alzheimer's disease?

Take this quiz to find out.

1 Which example of memory loss may be a sign of Alzheimer's disease?

- a. forgetting where your keys are
- b. forgetting what month and year it is
- c. forgetting the name of a person you just met
- d. forgetting to return a phone call

2 British researchers have recently learned that drinking this beverage can inhibit enzymes associated with the development of Alzheimer's:

- a. orange juice
- b. coffee
- c. tea
- d. white wine

3 All the following may be early warning signs of Alzheimer's *except*:

- a. speaking in jumbled sentences
- b. getting lost in familiar areas
- c. having rapid mood swings for no apparent reason
- d. losing sense of balance or experiencing vertigo

4 Which health condition is suspected of increasing the risk of Alzheimer's?

- a. yo-yo dieting
- b. high blood pressure
- c. asthma
- d. low bone density

5 Which is the most misdiagnosed mental disorder in older adults?

- a. Alzheimer's disease
- b. depression
- c. anxiety attacks
- d. insomnia

ANSWERS: 1. B, 2. C, 3. D, 4. B, 5. A

NUMBER CRUNCHING

Managing high cholesterol



The bad news: High cholesterol plays a key role in whether you develop heart disease or suffer a heart attack or stroke. Excess cholesterol, a waxy, fatlike substance in your blood, builds up on artery walls, reducing blood flow. The good news: You can do something about it.

Many factors contribute to high cholesterol. While you can't change your genes, age or gender—which all affect cholesterol—you can take the following steps to improve your cholesterol levels and your health.

To lower your LDL, or bad, cholesterol and raise your HDL, or good, cholesterol:

- **Eat smart.** Saturated fat and trans fats raise LDL cholesterol levels. Instead, use polyunsaturated or mono-unsaturated fats like olive, safflower, sesame, soybean, canola and peanut oils. Eat no more than six ounces of lean meat, fish or skinless poultry a day. Choose plenty of fruits, vegetables and whole-grain foods. Switch to fat-free or low-fat dairy products and increase soluble fiber found in foods like oats, beans and citrus fruits.
- **Get regular exercise**—at least 30 to 60 minutes of physical activity a day.
- **If you smoke, quit.** Smoking lowers HDL cholesterol and increases the blood's tendency to clot.
- **Consider medication.** If lifestyle changes aren't enough, your healthcare provider may prescribe cholesterol-lowering drugs.

Leveling off your numbers

Aim for these desired cholesterol levels. If you already have heart disease or other risk factors, your doctor may set different goals for you.

Total cholesterol less than 200 mg/dL

HDL cholesterol greater than 50 mg/dL

LDL cholesterol less than 100 mg/dL

Triglycerides less than 150 mg/dL

Bad breaks

First aid for broken bones

If your child were to take a spill from a bike or your best friend turned an ankle while stepping off the curb and you suspected a bone is broken, would you know what to do? Try taking these actions:

- **Determine whether you need emergency help.** All fractures will need medical attention, but call for emergency help if the injury involves the head, neck, back, pelvis or upper leg; there's heavy bleeding; bone has pierced the skin; or a toe or finger on the injured arm or leg is numb or blue at the tip. Also, call for help if you can't transport the injured person by car because he or she can't sit upright or use safety or seat belts.
- **Remove clothing from the injured part.** Use scissors to cut clothing away; don't try to pull the limb out of clothes.
- **Stop any bleeding.** Use a sterile bandage or clean cloth



and apply constant pressure to the wound. Have the person lie down and don't wash the wound or poke the bone back into the skin.

- **Make a splint.** Keep the limb in the position you find it. Place soft padding around the injury with something firm (like a board or rolled-up newspaper) next to it, using first-aid tape. Make sure the splint extends past the joints above and below the injury.
- **Apply cold packs.** Wrap ice in a towel and place it on the injured area to control swelling and pain until help arrives.

In case of emergency ... We're here for you

There's no telling when an accident or a sudden illness will occur. But when it does happen, turn to us, the clear choice for emergency assistance. Our emergency department provides patients with fast, dedicated and compassionate care. What's more, our ER is backed and supported by an entire hospital dedicated to helping you get well.

In an emergency, every second counts. Call us for emergency help anytime you suspect someone needs urgent care.



The whole-grain truth

Think outside the breadbox to include more healthy foods in your diet

Grains like wheat, rice, oats and corn are a staple in the American diet and for much of the world. Whole grains

and foods made from whole grains are an important source of fiber, vitamins, minerals and other nutrients. When refined grains like white flour and white rice are processed, much of the fiber and nutrients are lost.

Eating more whole grains can help you lower cholesterol and control your weight, reducing risk of heart disease, stroke, diabetes, gastrointestinal problems and cancer. Aim to eat at least three servings of whole grains each day. The earthy, nutty flavors and chewy textures are a great way to add a new dimension to your menu. Whole-grain breads, cereals, tortillas and crackers are just the beginning. Explore a variety of whole grains like barley, groats, wheat berries, buckwheat, triticale, bulgur, millet and quinoa.

HOP ABOARD THE GRAIN TRAIN

Upping your intake of whole grains is easier than you think. Try making some of these simple diet switches:

- Start your day with a bowl of bran flakes, shredded wheat or oatmeal.
- Buy whole-grain breads, bagels, rolls, tortillas, muffins, waffles and pancakes.
- Substitute rolled oats or crushed bran flakes for bread crumbs in recipes.
- Switch to whole-wheat pasta.
- Bypass the potatoes and try bulgur, barley, quinoa or brown or wild rice.
- Snack on un buttered popcorn or whole-wheat crackers or pretzels.
- Substitute barley or brown or wild rice for pasta or noodles in soups, stews, casseroles and salads.
- Use whole-wheat pastry flour in place of much of the all-purpose flour in recipes.

A MESSAGE FROM OUR CEO

Ever-improving care

As we wrap up the summer and our children return to school, the hospital continues to prepare to meet the healthcare needs of you and your family.

At Dyersburg Regional Medical Center, we focus on giving our patients the best possible care every day. We have many programs in place to review the care we give and always explore opportunities to improve every aspect of our hospital. This is even more important in a community of our size, because we often take care of our neighbors, family members, coworkers and church families. Consequently, we want the very best for each of you and take our commitment very seriously. It's not enough for us to just meet your needs—we want to exceed your expectations.

If you have concerns about any aspect of our care, please let us know. We strive to be your healthcare resource, from preventive health measures to helping you through a medical crisis. We trust that this coming school year will be a healthy and happy experience for all, but we're here if you need us.

Yours truly,

COLEMAN FOSS
Chief Executive Officer
Dyersburg Regional Medical Center



Meet Dr. Baba, internist



Another member of Dyersburg Regional Medical Center's highly skilled and dedicated staff is Rauf M. Baba, M.D. Dr. Baba, board certified in internal medicine, completed his internship and

residency in internal medicine and a fellowship in endocrinology and metabolism at State University of New York.

Dr. Baba specializes in managing:

- high cholesterol
- diabetes
- thyroid disorders
- osteoporosis
- high blood pressure
- hormonal disorders

Same-day appointments with Dr. Baba are available at Dyersburg Diabetic Clinic/Dyersburg Internal Medicine Clinic at 315 E. Tickle St., Dyersburg. Reach him at (731) 285-1933.

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