

WINTER 2007

Health Connection

FROM YOUR FRIENDS AT DYERSBURG REGIONAL MEDICAL CENTER

Technology helps
fight osteoporosis

Bringing the
care home

Taking DRMC into
the community

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physicians

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minor surgery

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How to handle an
emergency



DYERSBURG

REGIONAL MEDICAL CENTER

QUALITY CARE. RIGHT HERE.

Preparing for outpatient surgery

Thanks to the miracle of science, surgeries that once required a hospital stay can now be done on an outpatient basis. That's good news for those who recover better in the comfort of home, but it also means that any necessary arrangements must be made before the surgery date. If you or a loved one is facing outpatient surgery, try the suggestions below to help make the experience as smooth as possible.

PLAN AHEAD

As surgery day draws closer, you'll find it helpful to have certain things taken care of. Once you know your surgery date and time, ask yourself these questions:

- **Do I need to make any changes in my house's setup?** You may have to set up a temporary bedroom on the first floor if you think you'll have difficulty climbing stairs, for instance.
- **Do I have enough food in the house?** Stock up on meals in the freezer (either homemade or store-bought) so you

won't have to worry about food preparation. Ask your doctor about dietary restrictions or recommendations.

- **Will I need help in the house?** Plan to have a friend or a family member drive you home from the hospital. It's also a good idea to have someone stay with you during the first 24 hours. After that, schedule your visitors. They'll brighten your mood but may also cut into your resting time. Be sure to limit visits based on how you feel.
- **Is there anyone I'm responsible for?** If you have baby-sitting or caretaking responsibilities, remember to make other arrangements for your recovery period.

THE DAY BEFORE

Your doctor will probably instruct you not to eat or drink within eight hours of surgery. Ask your doctor whether you should abstain from taking medication or bring a day's dosage with you to the hospital.

If you're recovering from or coming down with a cold, tell your doctor. Your surgery may be postponed until you feel healthy.

Because skin-tone changes can sometimes be a sign of postsurgery problems, don't wear any makeup the day of surgery, including eye makeup and nail polish. Also, plan to wear loose clothing to the hospital.

AFTER SURGERY

Tell your healthcare team about any discomfort, irritation or pain you feel. How long you stay at the hospital will depend on your ability to drink fluids, walk and urinate. The amount of pain you're in will also affect your discharge. Before you leave, get a written list of postoperative instructions, symptoms to monitor and in-case-of-emergency phone numbers.





A strong, stable core helps reduce your risk of injury and prevent back pain.

At the core of fitness

Head of core conditioning? It's the "apple-a-day" way for you to ensure that your body stays strong and steady. Simply put, core conditioning is a series of exercises that target your core—the body's center of power that starts just below your shoulders and ends just below your hips. You work out to gain strength in the muscles that control your trunk and spine while improving balance, agility and flexibility. Adding core strength helps you perform daily functions like lifting grocery bags, playing with your kids and getting in and out of your car. A strong, stable core also helps reduce your risk of injury and prevent back pain.

Try these exercises to build the back, abdominal, thigh and buttock muscles associated with a strong core. Check with your physician first to be sure you're starting at a fitness level that's right for you.

• **Yoga.** This ancient practice involves stretching and holding

postures that focus on building flexibility, balance and strength.

• **Tai chi.** This Chinese ritual involves precise, relaxed exercises to increase both agility and balance.

• **Pilates.** It's the latest craze, involving the use of certain exercises to create longer and stronger muscles without the bulk.

• **Weight training.** Focus on exercises that target your core muscles. Start light and increase the intensity of your workout over time. You may want to consult with a personal trainer to develop a program tailored to your needs.

• **Stability ball.** Sometimes

called a Swiss ball or a resist-a-ball, this large, rubber exercise ball is one of the best ways to actively target and stabilize your core. Start with the ball slightly deflated or secure it against a wall until you're ready to add more challenge to your balance. Choose a ball that comes with a video of basic exercises.

• **BOSU ball.** Shaped like a stability ball cut in half—flat on one side, domed on the other—the BOSU ball is designed to activate and strengthen your core as you perform exercises on it. Many gyms offer BOSU ball classes, and you can also buy video and DVD workouts to use with the BOSU at home.

• **Stability equipment.** Other light equipment ranging from foam rollers, balance pads and discs and mini-trampolines (ideal for beginners) to balance and wobble boards (for the more advanced) can help you improve core strength and stability.

Fighting osteoporosis with technology at DRMC



Jennifer Jackson, Dyersburg Regional Medical Center radiology technologist, demonstrates the Lunar Bone Densitometer, the latest technology in bone density screening equipment, with the help of Janie Fowler, radiology secretary.

Twenty-five million Americans have osteoporosis, a disease that causes bones to become fragile and more likely to fracture. Millions are at risk because osteoporosis, the most common bone disease, is silent and grows painfully and progressively worse until a bone breaks—typically in the hip, spine or wrist.

Fortunately, new technology to measure bone density is available at Dyersburg Regional Medical Center. With the newly purchased Lunar Bone Densitometer from GE Healthcare, physicians can measure a patient's bone density and follow it over time.

"In just 30 seconds, this highly precise densitometer helps us identify risk at a much earlier stage," says Pete Thompson, M.D., board-certified radiologist. "It can also evaluate response to treatment so we know whether therapy is effective or if we need to modify our approach."

CONTROLLING BONE LOSS

If the patient's bone density is low or decreases at an abnormally fast rate, medication, diet and exercise may be necessary to prevent further deterioration.

"Recent research findings demonstrate the effectiveness of new treatments," Dr. Thompson says. "And new diagnostic devices, such as the Lunar Bone Densitometer, improve early detection and treatment of osteoporosis."

If you're concerned about osteoporosis, Dr. Thompson suggests you make an appointment at Dyersburg Regional

Medical Center to have your bone density checked. "It's a key step in stopping bone deterioration. There's no special preparation for the exam—it's a very brief and comfortable procedure."

Did you know ...

- 25 million Americans have osteoporosis.
- 50,000 Americans die each year from osteoporosis.
- Men suffer from osteoporosis, but women are four times more likely to develop the disease.
- The disorder affects nearly half of all postmenopausal women, the largest at-risk group.
- Osteoporosis results in more than 1 million hip, spine and wrist fractures annually.

Need a screening?

To schedule your bone density exam, contact the Dyersburg Regional Medical Center radiology department at (731) 285-2223.

All the vibrant hues of autumn's leaves now lie beneath a feathery, white blanket of snow. While most of us bundle up and easily continue on with everyday tasks, for some that's not possible. To address medical needs, some people must battle the brisk winds and frigid air far more often than they want to.

For some people, it takes overwhelming effort to leave home, but it's crucial to receiving medical attention. However, home healthcare may be one option, depending upon the service patients need and their health insurance guidelines. Medicare, for example, allows for home care to be provided to those patients who find it "taxing" to leave their homes.

CARE AT YOUR DOOR

Home care provides an array of services, such as physical therapy, skilled nursing, teaching and education, wound care, medical social work and home health aids.

Physicians can refer patients for services. Often, patients are referred to home care when they're discharged from the hospital. While physicians must approve home care, family members or even patients themselves may make the referrals. The home care agency then contacts the primary care physician for approval to evaluate or admit the patient.

Once approved for home care, patients receive quality care from one of the agency's qualified staff



BRINGING CARE TO YOUR DOORSTEP:

Regional Home Care of West Tennessee

members. For most patients, home care visits don't just provide a skilled nurse or therapist, they bring a dear friend who tenderly cares for both their physical and emotional needs.

The need for home care isn't limited to the winter months; it's a vital part of healthcare and is available no matter what the season.



Learn more!

For more information about Dyersburg Regional Medical Center's home care services, call (731) 287-2307 or toll free at (800) 287-2705.

HEALTHWISE QUIZ

How much do you know about **menopause**?

Take this quiz to find out.

1 The average age when women in the United States reach menopause is:

- a. 51
- b. 55
- c. 48
- d. 64

2 The single biggest risk factor for osteoporosis, or brittle bone disease, is menopause. All of the following are signs that you may have osteoporosis except which one?

- a. height loss
- b. tooth loss
- c. joint pain
- d. backaches

3 One of the few reasons you should consider using hormone therapy is to:

- a. prevent ovarian cancer
- b. relieve severe menopausal symptoms such as hot flashes
- c. protect against heart disease
- d. lower your risk of breast cancer

4 The transitional period of two to 10 years before menopause, characterized by hormone fluctuations that can cause menopausal symptoms, is called:

- a. premature menopause
- b. premenopause
- c. perimenopause
- d. postmenopause

5 Of the following remedies, which is the only one approved by the U.S. Food and Drug Administration to relieve hot flashes?

- a. soy
- b. black cohosh
- c. phytoestrogens
- d. hormone therapy

Take control!

7 steps to healthy blood pressure and cholesterol

Heat disease and stroke kill millions of Americans each year. Unless you take steps to control your blood pressure and cholesterol levels, you may be at risk for these diseases. Get on the road to better health today with these seven simple steps:

- 1 Take a walk.** Exercise helps control your blood pressure and improves your cholesterol. Choose activities you enjoy and strive for at least 30 minutes of moderate-intensity physical activity on most days of the week.
- 2 Manage your weight.** Reducing your weight by just 10 pounds may help lower your blood pressure and reduce bad cholesterol. Since dropping pounds may be easier when working with a group, ask your healthcare provider to refer you to experts, groups or classes that can help.
- 3 Toss the cigarettes.** Smoking causes blood vessels to narrow and blood pressure to rise. It also makes it easier for cholesterol-rich plaque to stick to artery walls. A smoking cessation class can offer extra support.
- 4 Eat well.** Enjoy vegetables, fruits, whole grains, beans and legumes, along with moderate amounts of lean protein and healthy fats like those in salmon and olive oil. Avoid foods high in saturated fat, cholesterol, sodium, sugar and trans fatty acids.
- 5 Try soy.** A recent study shows that two servings a day of uncooked soy protein—found in tofu, soy milk or soy powder—lowers cholesterol levels by as much as 9 percent.
- 6 Limit your liquor.** Women should consume no more than one drink a day and men no more than two drinks a day.
- 7 Get screened.** Routinely checking your blood pressure and cholesterol levels keeps you on top of your cardiovascular disease risks. If your blood pressure's high, ask your doctor about buying a blood pressure monitor for home use.





First-aid foresight

Would you know what to do?

Sooner or later, we all face a medical problem that calls for immediate first aid and clear thinking. Knowing what to do next is a health skill everyone needs.

Bleeding. Apply pressure to the wound with a thick, clean cloth and raise the wound above the heart. If bleeding is severe or isn't controlled in five minutes or if the wound is very dirty, longer than an inch or gaping, get immediate medical care.

Puncture wounds. Don't self-treat deep puncture wounds since they can result in deep-tissue injury or infection.

Burns. Run cool water over minor burns, immerse in cold water or wrap the burned area in a cold, wet cloth for about 10 minutes or until pain subsides. Apply an antibiotic ointment and cover with a bandage. Call your doctor if blisters form.

Poisoning. Before doing anything, call the National Poison Control Hotline at 1-800-222-1222. Induce vomiting only if instructed.

Shock. Shock may cause cold, clammy skin; weakness; confusion; a rapid heartbeat; or deep, shallow or irregular breathing. Keep the victim warm and lying down on his or her back until help arrives. Don't give the victim anything to drink.

Electrical injuries. Do not touch someone who has just been electrocuted—the current may pass through you. While waiting for help to arrive, try to turn off the source of electricity.

Sprains and strains. To treat sprains and strains, follow the RICE method: rest, ice, compression and elevation. Apply ice packs or cold-water compresses to relieve swelling. Wrap the injury in an elastic bandage and keep it elevated above the heart.

Broken bones. Quickly call for emergency assistance. It's best not to move the person or attempt to straighten a broken bone.

Dine the Greek way

Although many of their meals consist of 40 percent fat, residents of the Greek isle of Crete who eat a traditional diet live longer than most other ethnic groups. In fact, Greeks who haven't succumbed to Western-style meals are 20 percent less likely to die of coronary artery disease and about 30 percent less likely to die of cancer than Americans are.

These stats make nutritionists take note, and what they've found is that the traditional Greek diet is one of the healthiest eating styles you can choose. The diet focuses on:

- vegetables, fruits, fish, grains, beans, nuts and legumes like chickpeas
- olive oil as the sole source of added fat
- only a few weekly servings of poultry, eggs and sweets
- daily, small to moderate amounts of cheese and yogurt
- red meats saved for special occasions only

What's more, the Greek diet is tasty—a sign that you don't have to give up good food to stay healthy.

BEWARE OF TROJAN HORSES

But be cautious: Some Greek foods found in the United States don't fit the heart-healthy profile of traditional



Greek cuisine. The nonprofit Center for Science in the Public Interest analyzed typical restaurant-size portions of some popular Greek meals. What they found could stop your heart. For example, spanakopita (spinach pie in phyllo dough) has 410 calories and 24 grams of fat, beef or lamb gyro (sandwich) has 760 calories and 20 grams of fat and moussaka (a meat and eggplant casserole) has 830 calories and 48 grams of fat!

Taking DRMC into the community

Welcome to another edition of *Health Connection*, the Dyersburg Regional Medical Center newsletter. As winter winds down, we look forward to spring and the new beginnings it brings. Dyersburg Regional Medical Center continues to look for new opportunities to grow and expand to meet your healthcare needs. We're constantly seeking ways to take our hospital "outside the walls" by participating in community events, sponsoring local health fairs and simply lending a helping hand to those in need of our healthcare services.

Our hospital's goal is twofold: to help people in time of illness or injury and restore them to health and to continue challenging ourselves to offer preventive measures to ensure our community is as free from illness as possible.

We're always open to your thoughts and suggestions. Please drop us a line or come by and see us. Dyersburg Regional Medical Center is committed to seeking ways to make Dyer County a better place when it comes to your health.

Best regards,

COLEMAN FOSS
Chief Executive Officer
Dyersburg Regional Medical Center



THE RIGHT DOCTORS FOR YOU

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



J. MERREL PAGAN, M.D., F.A.C.P.
Internal Medicine

J. Merrel Pagan, M.D., F.A.C.P., graduated from the University of Tennessee Medical School in Memphis, Tenn., and completed his residency at Baptist Memorial Hospital in Memphis. He's

board certified by the American Board of Internal Medicine.

Dr. Pagan is associated with MedSouth Healthcare P.C., Inc., and has been a member of Dyersburg Regional Medical Center's active staff since 2003. He's accepting new patients at his office at 1700 Woodlawn Ave., Dyersburg. Call (731) 287-4500 for an appointment.



RAUF M. BABA, M.D.
Endocrinology

Rauf M. Baba, M.D., board certified in endocrinology, graduated from the Government Medical College, Srinagar Jammu and Kashmir. He completed his fellowship/residence at Nassau

University Medical Center in East Meadow, N.Y. He specializes in managing diabetes, thyroid disorders and osteoporosis.

See Dr. Baba at Dyersburg Diabetes Clinic, 315 Tickle St., Suite B, Dyersburg. Call (731) 285-1933 for an appointment.



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