

Health Connection

FROM YOUR FRIENDS AT DYERSBURG REGIONAL MEDICAL CENTER

Putting the *care*
in critical care

The doctor is in

Boost your
bone health

Faster tests,
improved diagnosis
DRMC acquires new EEG
technology for the brain



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REGIONAL MEDICAL CENTER

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Minimally invasive surgery

Less pain, faster recovery

Minimally invasive surgery (MIS) is the buzzword in healthcare right now. And with good reason.

With advancing technology and surgical techniques, patients now have the benefit of undergoing procedures that require just a few small incisions. In years past, those same procedures would have required large cuts and left equally large scars.

HOW IT WORKS

MIS—sometimes referred to as laparoscopic surgery—mirrors the techniques of traditional surgery but decreases the patient's surgical trauma. Because surgeons using MIS lose some visibility with smaller incisions, they have to create a larger workspace. They do this by making a small cut in the skin, then gently expanding the body cavity with a gas (such as carbon dioxide). A small camera (laparoscope) is then inserted through the incision and into the newly expanded space to help surgeons see where to operate.

While MIS isn't suited for all types of surgery, it has been used for such procedures as appendectomies, hernia repair, gallbladder surgery, hysterectomies, brain tumors, herniated spinal discs, knee and hip replacements, sinus surgery and certain types of heart procedures.

MINIMAL TRAUMA, MAXIMUM BENEFITS

The goal of MIS is to treat patients with the least amount of trauma. In addition to minimized scarring, this type of surgery also:

- **Minimizes bleeding.** Decreased blood loss means a decreased chance of blood transfusion.



- **Lessens pain.** Small incisions reduce trauma to the skin and underlying muscles, meaning less postoperative pain.
- **Reduces infections.** Unlike a traditional operation, where the body is wide open, tissue isn't exposed to the air for extended periods during MIS.
- **Shortens hospital stays.** Reducing bleeding, pain and the chance for infection means you'll get to walk out of the hospital sooner.
- **Hastens recovery.** MIS can dramatically reduce recuperation time—in some cases, by half.

Other minimally invasive procedures

Endoscopic surgery is similar to laparoscopic surgery because it also requires a small camera. However, the equipment (endoscope) passes through an existing opening such as the mouth, anus or urethra.

Robotic laparoscopic surgery uses techniques identical to laparoscopic surgery but allows surgeons to use robotic arms to perform the procedure.

Ablation targets and destroys diseases, such as kidney and prostate cancer, with high-frequency energy, leaving normal tissue nearby intact. It's also been used to correct benign heart arrhythmias.

WAITING TO INHALE

Breathing problems you shouldn't ignore

Take a deep breath." The command sounds easy, but for some people it's not so simple.

Being unable to breathe deeply or feeling short of breath may be a sign of a serious condition.

If you have any of the following symptoms, get them checked out by a physician:

- inability to take a deep breath
- shortness of breath without exertion
- shortness of breath after mild exertion, such as climbing a short flight of stairs
- wheezing
- tightness in the chest
- pain or discomfort when inhaling and exhaling
- a chronic cough or clearing of the throat
- difficulty breathing when you lie down
- a lack of energy
- coughing up blood or mucus

Difficulty breathing shouldn't be taken lightly. Lung disease is the number three killer in the United States.

It takes on many forms, including:

- Asthma, a chronic disease in which the passages that

carry air in and out of your lungs become sore and swollen. Asthma is characterized by wheezing, coughing, chest tightness and trouble speaking.

- Chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. In COPD, your airways and air sacs lose their shape and become floppy, like a stretched-out rubber band. Coughing up mucus is often a first sign of this disease. COPD is typically caused by cigarette smoking.
- Pneumonia, an inflammation of the lungs, usually caused by an infection. It's normally accompanied by shortness of breath and a cough or a fever.
- Lung cancer, which can take years to develop. If it's diagnosed early, before it spreads, the survival rate is almost 50 percent.

Breathing difficulties can also be a sign of heart disease or a heart disorder, such as congestive heart failure, heart arrhythmia or pulmonary hypertension.

In these or any other case of breathing distress, your physician can help you find the source of the problem with a thorough physical exam.



If you're having trouble catching your breath, it's time to see your doctor.

When cough drops don't do the trick

A chronic cough—one that lasts more than three weeks—may be your body's way of telling you a problem exists. Your cough could be the result of:

- allergies, particularly postnasal drip, which often triggers coughing
- asthma
- heartburn, where acid from your stomach backs up into your throat
- medicines, including beta-blockers for high blood pressure, migraines and glaucoma and ACE inhibitors



Sonja Bullard, R.N., CCRN (left), ICU director at DRMC; Paulita Anthony, R.N.; Leslee Martin, R.N.; and Phoebe Bishop, monitor technician (seated), work together to review a cardiac rhythm strip.

Putting the *care* in critical care

It takes a special team to care for the critically ill. Dyersburg Regional Medical Center's (DRMC) intensive care unit (ICU) takes pride in its ability to care for patients with special needs. DRMC's ICU recently scored in the top 1 percent of U.S. hospitals on the Health Care Acquisition Performance System survey, with highest scores in overall satisfaction with hospital stay, courtesy and respect to patients, pain control, explanations of medications and answering call buttons.

RESPONDING TO YOUR NEEDS

"The ICU is a great example of quality patient care," says Tripp Smith, assistant chief executive officer and Community Cares director. "Our goal is to provide advanced care to each patient. We ask our patients and family members for feedback. It's important for us to know how we can continually improve our medical services for the community."

"The ICU staff is dedicated to providing quality care," says Sonja Bullard, R.N., CCRN, ICU director at DRMC, "but I believe what sets us apart from other hospitals is a shared belief in our mission—to ensure all patients are treated with the same care and concern that we'd want our own families to receive. I'm thankful to work with such a skilled and dedicated team."

! DRMC is here for you!

When you're critically ill, it's good to know that quality care is right here. For more information, call (731) 287-2512.

Faster tests, improved diagnosis

DRMC acquires EEG technology for the brain

Brain waves can reveal a lot about your health. That's why Dyersburg Regional Medical Center (DRMC) now provides you with electroencephalogram (EEG) results on the same day. An EEG can diagnose epilepsy, check for issues with loss of consciousness, study sleep disorders, check for brain waves in comatose patients and patients under general anesthesia and detect physical disorders with the brain, spinal cord and nervous system.

THE SYSTEM'S ADVANCES

The software automatically uploads your files for processing and downloads the reports back to the facility. Reports can be put on CDs and sent to the patient's physician. "Improvements in our EEG services exemplify our ongoing commitment to the quality services we provide for our patients," says James Lawrence, director of respiratory therapy. "This new technology turns around EEG reports in less than 24 hours."

! Get tested!

For more information about an EEG or our sleep lab, call respiratory therapy at (731) 287-2378.



Annette Bonds, certified respiratory therapist, records brain waves from an EEG test and downloads them for reading and diagnosis.

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.



PANKAJ SRIVASTAVA, M.D.
Internal and Critical Care Medicine

1716 Parr Ave., Suite A, Dyersburg
104 E. Main St., Halls
211 Anthony St., Ripley
(731) 285-3300

Dyersburg Regional Medical Center's chief of staff for the year, Pankaj Srivastava, M.D., completed medical school at the All India Institute of Medical Science in New Delhi, India, and his residency at the State University of New York in Buffalo, N.Y. He finished a cardiovascular disease fellowship at the University of Florida Health Science Center in Jacksonville, Fla.

Dr. Srivastava has been a member of the Dyersburg community since 2001. He and his wife, Angeli, have two children, ages 6 months and 4 years old. He enjoys cooking, yard work and traveling.

Dr. Srivastava serves patients in Dyersburg at 1716 Parr Ave., Suite A; in Halls at 104 E. Main St.; and in Ripley at 211 Anthony St. To make an appointment, call (731) 285-3300.



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

Mid South Surgical, PC
1718 Parr Ave., Suite A
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(731) 286-4445

Bernie L. Brunson, M.D., FACS, is currently vice chief of staff at Dyersburg Regional Medical Center. Dr. Brunson graduated from the University of Louisville School of Medicine in Louisville, Ky., and continued postgraduate training at Good Samaritan Hospital in Cincinnati, Ohio, where he was chief resident of general surgery from 1992 to 1993. Dr. Brunson is board certified by the American Board of Surgery and is a Fellow of the American College of Surgeons.

A Dyersburg resident for three years, Dr. Brunson and his wife, Angela, have two children and two grandchildren. They enjoy music, motorcycles, scuba diving, boating, fishing and camping.

Dr. Brunson's office, Mid South Surgical, PC, is located at 1718 Parr Ave., Suite A, in Dyersburg. For an appointment, call Dr. Brunson at (731) 286-4445.

HEALTHWISE QUIZ

How much do you know about **sleep disorders**?

Take this quiz to find out.

1

Lack of sleep may put you at a higher risk for:

- a. type 2 diabetes
- b. low blood pressure
- c. asthma
- d. gastric ulcers

2

Which of the following changes in your sleep routine may be a result of an underlying heart problem?

- a. waking up during the night to urinate
- b. waking up during the night due to shortness of breath
- c. not being able to fall asleep
- d. both a and b

3

Restoring your body with sleep has been shown to:

- a. improve skin tone
- b. improve red blood-cell count
- c. reduce eye strain
- d. improve reaction time and attention span

4

Women diagnosed with obstructive sleep apnea often experience these symptoms:

- a. snoring loudly with periods of gasping or snorting
- b. waking up with a sore throat
- c. waking up with a headache
- d. all of the above

5

The most common treatment for sleep apnea is:

- a. antihistamine medication
- b. surgery
- c. a continuous positive airway pressure (CPAP) mask worn at night
- d. analgesic medication

ANSWERS: 1. A; 2. D; 3. D; 4. D; 5. C



WOMEN: Is a heart attack in your future?

A heart attack may seem to come out of the blue. Yet your personal risk factors and lifestyle habits may hold clues to your heart's health and what your odds are of suffering from a heart attack.

LOOK FOR THE SIGNS

High blood pressure (140/90 mm Hg and above) and high blood cholesterol (240 mg/dL and above) are significant clues that you may be developing heart blockages in the form of plaque. Being postmenopausal and having diabetes or rheumatoid arthritis can also increase heart attack risk.

Talk with your healthcare provider about what risk factors are significant for you. He or she can help you control your blood pressure and cholesterol levels and may also recommend testing for metabolic syndrome. Recent research shows this condition may be useful for detecting signs of heart disease in women who might appear healthy. The signs of metabolic syndrome include a waist size greater than 35 inches, higher-than-normal levels of triglycerides and glucose, and insufficient levels of HDL, or good cholesterol.

Also, be aware of what a heart attack might feel like for a woman, as some symptoms can differ from those of men. Chest pain or pressure; nausea; vomiting; indigestion; cold sweat; shortness of breath; light-headedness; fatigue; or discomfort in the arms, back, neck, jaw or stomach are all possible signs.

GO HEART SMART

- Aim for a normal weight.
- Exercise for 30 minutes every day.
- Quit smoking and avoid secondhand smoke.
- Avoid foods high in saturated or trans fat and curb refined carbohydrates—cookies, white bread, sweet drinks—sometimes referred to as “high-glycemic-index” foods.



Greg Lowe
Chief Executive Officer

Dear friends,

My name is Greg Lowe, and I'm pleased to now be serving our community as chief executive officer (CEO) at Dyersburg Regional Medical Center (DRMC). I want to express my appreciation to the people in this community who have extended such a warm welcome to me and my family.

In a short time, you've helped make Dyersburg and the surrounding communities feel like home.

STAY HEALTHY THIS SEASON

One benefit of being a hospital CEO is the tremendous amount of health information that I get to share with friends and family. It's with this in mind that I remind you that the winter months bring colder temperatures and, unfortunately, flu season. Stay warm, get plenty of rest and get your flu shot. Also encourage your children to properly wash their hands to avoid the spread of contagious illnesses.

NEW HIGH-TECH ADVANCES

The strides in medicine and technology are providing access to better healthcare for local communities. In this issue, you'll learn about our latest electroencephalogram technology in our respiratory therapy department and news from our intensive care unit. We also feature Pankaj Srivastava, M.D., chief of staff, and Bernie L. Brunson, M.D., FACS, vice chief of staff.

UPGRADING FOR YOU

In this exciting time, we're moving forward with plans to construct a new cardiac catheterization lab while we continue our search for full-time cardiologists. We're also planning updates and renovations. Finally, on October 1, our facility and campus became smoke free to promote good health. We'll continue to inform you about developments at DRMC as we strive to improve services to meet your healthcare needs.

Please drop by or visit www.dyersburgregionalmc.com.

Best regards,

Greg Lowe
Chief Executive Officer
Dyersburg Regional Medical Center



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