

The Healthy Advantage



HEARTLAND REGIONAL
MEDICAL CENTER

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The Healthy Advantage gets a fresh look!

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Healthbriefs



tip

Walking

is a great way to reduce stress while you quit smoking. It aids in increasing mood and energy levels.

> New guidelines take the air out of ballooning obesity rates

More than two-thirds of adults and one-third of children are now considered to be overweight or obese. Excess weight raises the risk of serious health issues. To reverse this trend, the U.S. Department of Agriculture (USDA) and Department of Health and Human Services (HHS) updated their Dietary Guidelines for Americans in 2010. The guidelines focus on getting people to eat healthier and exercise more, and help policymakers create nutrition programs. The USDA and HHS released more consumer-friendly advice and tools, including a new food pyramid. They offer these simple strategies to help people change their habits and their weight:

- > Eat less.
- > Watch portion sizes.
- > Fill half of your plate each meal with fruits and veggies.
- > Switch to fat-free or low-fat milk.
- > Look for lower-sodium options.
- > Drink water instead of sugary drinks.



> Act F.A.S.T. to head off a stroke

Rapid medical care can help reduce the risk of brain damage from stroke. Physicians treat patients with a clot-busting drug that can help protect the brain against permanent damage, but the drug must be given within three hours of the stroke's onset. If someone is experiencing stroke symptoms, call 911. To help you remember stroke signs and determine whether someone you know has had a stroke, think **F.A.S.T.:**

- > **FACE:** Does the face look uneven? Can the person smile?
- > **ARMS:** Can the person raise both arms and keep them there?
- > **SPEECH:** Is the person's speech slurred or strange?
- > **TIME:** Call 911 if you notice any of these signs.

> Healthy diet may boost kids' IQs

Fish isn't the only food that's good for your brain. A new study says that other healthy selections might boost kids' intelligence. The flip side may also be true: If kids eat nothing but processed food, they might lose IQ points. Published in the *Journal of Epidemiology and Community Health*, the report collected information from parents on almost 4,000 children. Surveys were given when children were ages 3, 4, 7 and 8.5. The "processed" diet included foods high in fat and sugar. The "health-conscious" diet included foods such as salad, rice, pasta, fish and fruit. Those who ate a processed diet at age 3 scored slightly lower on IQ tests at age 8.5 than those who ate a health-conscious one at age 3. While the difference between the groups was small, it might be another reason to encourage picky eaters to eat a few more vegetables.



Treating an ACL injury

➤ The dreaded torn ACL, or anterior cruciate ligament, is a common injury

for athletes—especially female athletes, who may be at a disadvantage because of hormonal influences and their build—but it can happen to just about anyone.

What is an ACL tear?

Your ACL is one of four knee ligaments. It's located in the middle of your knee and prevents the top of the shin bone, or the tibia, from sliding out in front of the end of the thigh bone, or the femur, while lending stability to your knee. Most often, ACL injuries occur when you stop suddenly and change direction while running, pivoting or landing from a jump or overextending your knee. You can also injure your ACL during contact, such as receiving a blow to your knee during a sports game or any nonsport accident.

When you injure your ACL, you may hear a popping noise and feel your knee giving out. Typically, painful swelling, joint tenderness, pain while walking and the inability to fully move your knee occur. Elevating the joint above heart level, icing it and using pain relievers are recommended until the injury can be evaluated. If your physician suspects an ACL tear, he or she may order an MRI to confirm that no other parts of the knee have been injured.

Treatment

The ACL cannot be “fixed.” Often, physicians have to create a new ligament through surgery. Surgery is the most common treatment for an ACL injury, as untreated injuries may lead to further instability of the knee and the beginning of arthritis in that area.

However, what's best for you depends on the degree of injury (is it a

partial tear or a complete tear?) and your lifestyle.

For example, a sedentary 75-year-old who has suffered only an ACL injury and has no knee instability may be able to function fine without surgery. In this case, bracing the knee combined with physical therapy can help the patient get back on his or her feet.

An athlete will most likely need surgery to continue to compete in sports, as will those who've suffered injury to multiple ligaments in the knee. In these cases, the ligament is rebuilt using a tissue graft from your own tendons, such as the hamstring, or from a cadaver. Most ACL tears typically require physical rehabilitation. Overall, ACL surgery has a long-term success rate of 82 percent to 95 percent.

Prevention

It's not easy to prevent an ACL injury, but you can do your part to reduce the chance that one will occur by:

- warming up properly before a physical activity
- engaging in strength training, such as using weight machines, to gain muscle strength
- asking a trainer to teach you how to land on the balls of your feet if you participate in sports that involve jumping and landing ●



tip

Warming

up properly before physical activity may help prevent ACL injuries.

IN AN EFFORT TO RAISE AWARENESS ABOUT CANCER SCREENINGS, THINK PINK DAY PARTICIPANTS RECEIVE FREE PINK FLOWERS AND A GIFT BAG OF CANCER INFORMATION.



Breast cancer testing and follow up

What the tests mean

➤ **Beyond clinical breast exams and regular mammograms, several advanced methods exist for breast cancer screening, treatment and follow-up care.**

➤ **Digital mammography** records X-ray images in a digital format instead of on film, as in traditional mammograms. Images are displayed on a computer monitor and are more detailed, allowing a radiologist to rotate and magnify images for maximum visibility. A digital mammogram is administered in the same way as a traditional mammogram.

➤ **Ultrasound** uses high-frequency sound waves to produce a picture known as a sonogram. Ultrasound images can evaluate lumps that are hard to see on a mammogram, or distinguish between solid tumors and cysts.

➤ **Computer-aided detection (CAD)** uses computers to scan a mammogram with a laser beam, convert the image to a digital signal and display the image on a video

monitor, highlighting areas for examination and comparison with the original mammogram.

➤ **Magnetic resonance imaging (MRI)** creates detailed pictures of areas inside the body without radiation, using a magnet linked to a computer. MRI scans can produce hundreds of images of the breast from all angles. MRI is used primarily in breast cancer diagnosis to determine the extent of a tumor or to assess abnormal areas seen on a mammogram or after breast surgery or radiation therapy.

➤ **Positron emission tomography (PET) scans** create computerized images of chemical changes in the breast tissue using an injected substance and computer scanning. The patient lies on a table that moves through a PET scanner to create images for analysis. PET scans may help determine whether a breast mass is cancerous, may detect cancer when other imaging results have returned normal results and also may evaluate and stage recurrent cancer. ●

Mark your calendar!

Join Heartland Regional Medical Center for **Think Pink Day**, on **Monday, October 3, from 7:30 a.m. to 10:30 a.m.** at Dillard's at Marion Illinois Centre Mall for your free flower and gift bag of cancer information.

Time is on **your side**

➤ **Emergency medicine is about two things: skilled care and speed.**

Heartland Regional Medical Center (HRMC) knows the importance of prompt service—especially in the emergency room (ER). We're dedicated not only to offering quality care, but also to providing that care as efficiently and quickly as possible. That's why HRMC launched a 30-Minute ER Commitment in March.

The 30-Minute ER Commitment begins when a patient checks in at the ER desk and his or her arrival time is noted. Our pledge is that a clinical professional—a physician, physician's assistant or nurse practitioner—will see patients within 30 minutes of their arrival. When the patient is initially seen by a clinical professional, the time is logged on the patient's chart.

"While our goal is to initially see every patient within 30 minutes, the most critical health emergencies will always receive top priority," says Burt Jaffe, M.D., ER medical director.

"We believe this service pledge will distinguish us from other health care providers in the area and underline our commitment to the people who live and work in the community," says Dr. Jaffe. While HRMC is committed to prompt and appropriate care for ER patients, the 30-Minute ER pledge shouldn't be misinterpreted as an effort to rush patients through the ER. "Our process improvements focus on getting ER patients into a treatment room as quickly as possible, enabling our clinical professionals to see patients and begin diagnosis and treatment in a timely manner," says Dr. Jaffe. ●



See how we're doing!

You can view HRMC current ER wait times—based on a two-hour rolling average, updated every 15 minutes—on the billboard across the street from the hospital on Highway 13 West.

- Board-certified OB/GYN physicians
- Newly renovated private suites
- Board-certified neonatologists
- Certified lactation consultants
- Childbirth education

- All-in-one labor/delivery/recovery rooms
- Sleep sofa for Dad
- In-room Wi-Fi and flat screen TV
- Advanced electronic infant security system
- Free membership in Tiny Toes OB Club

If you're expecting, you can expect more from us.

To find an OB/GYN physician or to schedule a tour of our birthing center at Heartland Regional Medical Center, visit heartlandregional.com/tinytoes.

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Can heart attacks be 'silent'?

➤ **You're undergoing a routine heart test when your physician drops a bombshell:**

"You've had a heart attack."

These are words you didn't expect to hear, because you didn't know you'd ever had one. But that's the trouble with what experts call "silent heart attacks."

While they don't produce the telltale warning signs of heart trouble, they still damage your heart and the rest of your body.

Silence isn't golden

A heart attack occurs when an artery that supplies oxygen-rich blood to the heart becomes blocked. Besides chest pain and shortness of breath, some people experience nausea, extreme fatigue, discomfort in their extremities and sweating.

People who experience a silent heart attack—studies put the number of Americans who do at almost 200,000 a year—either have no symptoms or symptoms

so mild that they're not recognized as a heart attack. These people are more likely to be women and those who have conditions such as heart failure and diabetes. Silent heart attacks also tend to accompany a condition called silent ischemia—or a painless chronic shortage of blood and oxygen to the heart because of artery plaque.

The longer you don't receive treatment, the more likely it is that serious, irreversible damage is being done to heart muscle, which reduces its ability to pump and can greatly increase your risk of death down the road.

Some silent heart attacks may be picked up on an electrocardiogram (ECG) during a routine physician visit because the damage done to heart muscle produces a different "wave."

Breaking through the silence

Risk factors such as smoking, high cholesterol, high blood pressure, obesity and a sedentary lifestyle increase your risk for trouble. Your best bet to prevent a heart attack is to follow a heart-healthy lifestyle:

- Eat a diet rich in fruits, vegetables, whole grains, lean meats, fish and fat-free or low-fat dairy products; limit saturated fats, cholesterol and sodium.
- Work out regularly.
- Quit smoking.
- Manage your diabetes.
- Take any medications used to treat high cholesterol or blood pressure as prescribed. ●

HealthWise QUIZ

How much do you know about colon cancer?

➤ TAKE THIS QUIZ TO FIND OUT.

- 1 **Which of the following is known to raise your risk of colon cancer?**
 - a. exercising too much
 - b. being under the age of 50
 - c. being obese
 - d. being of Asian descent
- 2 **How often should healthy individuals ages 50 or older at average risk of colon cancer get a colonoscopy?**
 - a. once every three years
 - b. once every five years
 - c. once every seven years
 - d. once every 10 years
- 3 **A possible symptom of colon cancer is:**
 - a. narrower stools
 - b. fatigue
 - c. rectal bleeding
 - d. all of the above
- 4 **Although more research is needed, which of the following supplements may possibly help reduce the risk of colon cancer?**
 - a. folic acid
 - b. green tea
 - c. vitamin A
 - d. vitamin C
- 5 **A true statement about colon cancer is:**
 - a. It's the leading cause of cancer deaths in the United States.
 - b. It usually arises from growths called polyps.
 - c. Blood tests can be used to detect colon cancer.
 - d. all of the above

Answers: 1. (c) 2. (d) 3. (d) 4. (a) 5. (d)



Dangerous dishes

Keep your child safe from culinary choking hazards

➤ **Each year, more than 10,000 children younger than age 14 end up in the emergency room after choking on food.** That's because children lack the larger molars, stronger chewing ability and wider airways of older children and adults.

The American Academy of Pediatrics in 2010 recommended that hot dogs—one of the most common food choking hazards in children—carry a choking hazard warning on packaging, and that the hot dogs themselves be redesigned to make them less likely to get stuck in young throats.

But hot dogs aren't the only concern. Other choking hazards include peanuts, sausages, whole grapes, chewing gum, hard candy, whole cherry tomatoes, popcorn, tough meat, large pieces of raw fruits and vegetables and chips. You

can reduce the threat of injury or death by following these tips:

- Keep an eye on your child as he or she eats.
- Make sure your child is sitting up straight.
- Cut food into no more than ½-inch pieces.
- Teach children to chew and swallow properly.
- Cook vegetables until they're soft or grate them.
- Be on the lookout for stuffed cheeks—a sign your child is storing large quantities of food in his or her mouth and not swallowing. ●



In case of emergency

It's always a good idea to be prepared in case of a choking emergency. Visit www.redcross.org/www-files/Documents/pdf/Preparedness/ConsciousChokingPoster_EN.pdf to print out a chart that shows you what to do if an adult, child or infant is choking.

The truth about cereal

Is your breakfast bowl a dietary disaster?

➤ **Just how healthy are the cereals you and your child eat?** Sure, the box promises plenty of whole grains and fiber, but that might not be the reality.

Cereal can be a tasty and fast way to get your day started healthfully. But you need to look carefully at the nutrition label when making your purchase. First, carefully note the serving size; otherwise, you may be eating double the calories shown. Then, look for other key information:

➤ **Sugar.** Excess sugar is a major source of extra calories in the American diet. It also promotes tooth decay and may raise triglyceride levels—a type of blood fat—which can boost heart disease risk. Opt for cereal with 5 grams or less of sugar per serving. Skip cereals that list sugar at the top of the ingredients list or that contain many types of added sugar, such as high-fructose corn syrup.

➤ **Calories.** To avoid calorie overload, choose cereals with 120 calories or less per serving. Just remember, some cereals can be slightly higher in calories and still be healthy.



➤ **Fiber.** Ideally, you should purchase cereal that has at least 5 grams of fiber per serving, but be sure there are no less than 3 grams per serving. Why? This important nutrient may help lower your cholesterol and reduce your risk of heart disease, diabetes and some types of cancer. Make sure you're using fat-free or low-fat milk instead of whole milk or you could be canceling out those healthy benefits!



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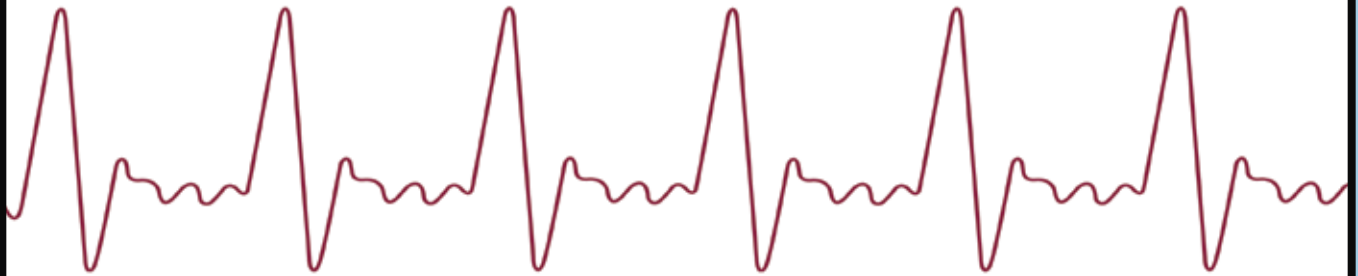
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Advanced technology. Advanced services.
In the fight against heart disease,



the line is drawn here.

Don't pass us by! Time is muscle. With a combination of high-tech cardiac equipment, advanced lifesaving procedures and skilled cardiologists, the River to River Heart Group at Heartland Regional Medical Center is your partner in diagnosing and treating heart disease. **For more information, call 618-998-7600.**



Quality heart care, close to home

If you need a cardiologist, call River to River Heart Group at **(618) 998-7600** or visit their office at Heartland Regional Medical Center.