

SPRING 2006

# The Healthy Advantage

A PUBLICATION OF HEARTLAND REGIONAL  
MEDICAL CENTER

**Quality care,  
close to home**

**Introducing our  
new specialists**

**We're Marion's  
Business and  
Industry of  
the Year**

**Good day,  
sunshine!**

Greet the day  
with an SPF

# Good day, sunshine!

## Greet the day with an SPF

**Y**ou 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

**W**ith 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?

**Y**our 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?



Tim Schmidt, CEO

## Quality care, close to home

It's hard to believe we just celebrated our third anniversary at our new facility. Over the years, we've expanded our services to meet Southern Illinois' health-care needs. Admissions and surgeries have more than doubled. In 2005, over 1,150 babies were welcomed into the world here, we saw over 20,000 people in our ER and over 86,000 people were registered as outpatients.

While patients benefit from us being close by, the whole community prospers from our presence. Whether it's through the more than 600 people we employ, the local businesses we utilize, the local charities we support or the hundreds of thousands of dollars we pay in taxes that fund our local schools, roads and communities, we're committed to making Southern Illinois a better place to live and work.

This past year we welcomed several new physicians to our growing, caring and highly qualified medical staff. Additional physicians allow us to provide more—and more specialized—services. We have a new open-heart group made up of six surgeons from some of the top medical schools in the country. We have the area's only spine surgeon, Jason Bergandi, M.D., who's introduced in this issue. Longtime area physicians Adiraju Palagiri, M.D., Michael Delaney, M.D., Randy Cowart, M.D., and Muhammad Kamran, M.D., now have offices in our facility. Family practice physician Suzanne Kaarsberg, M.D., and cardiologists Parag Madhani, M.D., and Azim Saquib, M.D., recently joined us. We added emergency medicine physicians including our new ER Director, Todd Engdahl, M.D. Our recruitment doesn't end there; we've already signed several physicians who'll start in 2006.

We're proud to play a part in the growth of this region and to have the opportunity to serve you. We sincerely appreciate your trust. We're deeply committed to our mission statement: "To be the medical provider of choice, by being the medical employer of choice in Southern Illinois." Our business is all about people. Caring people ... caring for people. There's more to our new building than bricks and mortar. You can build it ... and they will come, but the people bring them back.

Regards,

TIM SCHMIDT  
Chief Executive Officer

## MEET OUR NEW DOCTORS

The experienced, dedicated physicians of Heartland Regional Medical Center (HRMC) can keep your family healthy. We'd like to introduce you to three of them.

### CARDIOLOGISTS



**PARAG MADHANI, M.D., J.D.**  
**Invasive Cardiologist**

**HRMC Medical Office Building  
Suite 304, Marion  
(618) 993-0475  
215 N. Logan, Suite B  
West Frankfort  
(618) 937-1250**

Dr. Madhani is a Southern Illinois University and SIU Law School graduate. His residency and fellowship was at Lutheran General Hospital in Park Ridge. He has more than five years experience and is board certified with the American Board of Internal Medicine, the American Board of Legal Medicine and is a member of the American College of Physicians. Before HRMC, he was at Condell Medical Center, Victory Memorial Hospital and Evanston Northwestern Healthcare. At Condell, he was chairman of cardiology and developed its open heart program.

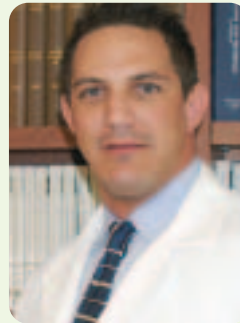


**AZIM SAQUIB, M.D.**  
**Interventional Cardiologist**

**HRMC Medical Office Building  
Suite 308, Marion  
(618) 998-0052**

Dr. Saquib has more than 15 years experience and is board certified in cardiology, interventional cardiology and internal medicine and is a fellow of the American College of Cardiology. His fellowship was at Deborah Heart and Lung Center in Browns Mills, N.J., and his interventional cardiology training was at Los Angeles' St. Vincent Medical Center. Prior to joining Heartland, he was in private practice for 12 years in Bay City, Mich.

### SPINAL SURGERY SPECIALIST



**JASON BERGANDI, M.D.**  
**Southern Illinois Orthopedic Center  
510 Lincoln Drive, Herrin  
(618) 997-6800**

Heartland Regional Medical Center (HRMC) in Marion is proud to announce its affiliation with Jason Bergandi, M.D., an orthopedic surgeon fellowship-trained in spine surgery. He treats all disorders of the cervical, thoracic and lumbar spine. Dr. Bergandi comes to HRMC from one of the top spine programs in the country. He could've taken his expertise anywhere, but as a Southern Illinois University graduate, he prefers the lifestyle and friendly people of Marion.

Dr. Bergandi, along with a specialized team of nurses, surgical technicians and staff, provides a high level of care with new procedures and techniques. Dr. Bergandi has a "good, caring and competent nursing staff" because they enjoy what they're doing and are excited about the advanced medicine and procedures performed at HRMC.

In his general orthopedic practice, he sees children and adults of all ages with everything from hand and open-fracture injuries to infections, tumors and spine fractures. Many patients tend to be older because of age-related degenerative problems. Younger patients usually have accident- or sports-related injuries.

Surgical procedures Dr. Bergandi performs at HRMC include: decompression fusion surgeries to relieve spinal cord compression; micro- and open discectomies for herniated discs and back and leg pain; kyphoplasty, which reduces pain and restores height lost from spinal fractures caused by osteoporosis; laminoplasty, which enlarges the spinal canal to treat spinal cord and bone marrow diseases and degenerative spinal diseases; dynesis, a more flexible alternative to traditional spinal fusion; and epidurals and steroid injections.

Dr. Bergandi joins a staff of 11 physicians at Southern Illinois Orthopedic Center. He's on-call to treat orthopedic-related cases and traumatic spine problems through the HRMC emergency department.

For a list of doctors, visit [www.heartlandregional.com](http://www.heartlandregional.com), or call (618) 998-7500.

## 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



**W**hat'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

**F**or 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

# Heartland named Business and Industry of the Year



**T**he Marion Chamber of Commerce recently honored Heartland Regional Medical Center (HRMC) as its Business and Industry of the Year for 2005. Each year at the Annual Chamber

Banquet, the chamber honors a business for its contributions to the community and the chamber.

HRMC was recognized as an important part of economic development for Marion and the region. With more than 600 employees, the hospital is one of the area's largest employers with a \$29 million payroll. That equates to an economic impact on the local economy of more than \$130 million. Additionally, the hospital was acknowledged as a good community citizen for its contribution of over \$200,000 to the

Marion Cultural and Civic Center, over \$150,000 to the Women's Health Conference and for its many contributions which total over \$100,000 on an annual basis to local groups, charities and organizations. The hospital was also singled out for being very active in the promotion of health and wellness in the community for the numerous programs and screening events it conducts throughout the year.

HRMC CEO Tim Schmidt, in accepting the award, thanked the hospital's employees, physicians and volunteers for their hard work and dedication.



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## The Healthy Advantage

*The Healthy Advantage* is published as a community service of Heartland Regional Medical Center. There is no fee to subscribe.

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