

The Healthy Advantage

A PUBLICATION OF HEARTLAND
REGIONAL MEDICAL CENTER

Know the signs of
thyroid disorders

6 ways to raise
a healthy eater

Meet a
general surgeon

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Caring for you

This HRMC surgeon is proud to call Marion home



Udaya Liyanage, M.D.
General Surgeon

Udaya Liyanage, M.D., general surgeon, arrived at Heartland Regional Medical Center (HRMC) in 2006 with impressive credentials from some of the country's top surgical residency programs, such as the Massachusetts Institute of Technology in Cambridge, Mass.; Harvard University in Cambridge; and Washington University in St. Louis, Mo. Dr. Liyanage is

now proud to call Marion home.

AT HOME IN MARION

"I'm very proud to be here in southern Illinois. I grew up in a small town in Sri Lanka so I feel right at home here in Marion," says Dr. Liyanage. "I want to be the person you call when you need help. Being a general surgeon allows



me to help so many people whenever they need it."

It's also important to Dr. Liyanage to dispel the mystery of medicine. "It's my goal to explain healthcare information to my patients in a way they can understand."

! The right physicians for you!

To find the right physician for your medical needs, visit www.heartlandregional.com.

Could it be Lyme disease?

Lyme disease is a bacterial infection often transferred by brushing against immature deer ticks in high grasses or heavily wooded areas. While most cases respond successfully to antibiotics, Lyme disease can cause serious complications—including heart and neurological problems—if undetected and untreated.

Know the two most common symptoms of early Lyme disease: a bull's-eye rash and flu symptoms, including headache, fever and nausea. If you experience symptoms after possible exposure, see a physician.

AVOID TICKS

The best way to deal with Lyme disease is to avoid tick bites. After you've spent time outdoors, check your body, including your scalp, for ticks. If you find an attached tick, remove it with tweezers, grabbing close to your skin and slowly lifting straight up. Save the tick and take it to your physician, who can check to see if the insect is infected.

Whenever you're in wooded areas or tall grasses, wear a light-colored hat, shoes, socks and long pants tucked into your socks. Put clothes worn outdoors into a hot dryer for 20 minutes before washing to kill any ticks attached to fabrics. Ticks can also land on pets and then transfer to you. Also consider using repellents and insecticides formulated against ticks.

! Find more resources!

To find more ways to stay healthy, visit www.heartlandregional.com.



The subtle signs of thyroid disorders

Believe it or not, a delicate, butterfly-shaped gland at the base of the neck is ultimately responsible for controlling weight gain and loss, how quickly your body burns calories and the functioning of many organs. Called the thyroid, this gland controls all those things by producing vital hormones. But when the thyroid itself goes awry, you may miss the subtle symptoms. It's estimated that one in five Americans has a thyroid condition (more often women than men) but often doesn't know it.

OVERACTIVE THYROID

A common thyroid disorder is overactive thyroid, or hyperthyroidism, says Randall Pass, M.D., family practitioner, at Heartland Regional Medical Center. The most common form of hyperthyroidism is Graves' disease, which causes weight loss, nervousness, a rapid heartbeat, diarrhea and shaky hands. In some cases, eye problems—ranging from minor irritation to bulging eyes—may occur.

Family history and medication can play a role in developing the condition, and diagnosis is based on symptoms and a blood test. "Radioactive iodine can be used in some patients to destroy part of the thyroid gland," says Dr. Pass. "Patients can also take medications to suppress the thyroid, and surgery may be an option for some patients."

UNDERACTIVE THYROID

An underactive thyroid, or hypothyroidism, fails to produce enough hormones, and the condition's symptoms are so slow to appear that about half of the people who have them simply accept them as normal signs of aging, menopause or stress. "Patients who have hypothyroidism feel tired or run down, lack energy, experience weight



gain, feel cold all the time and have dry skin," says Dr. Pass. "The metabolism slows when the thyroid isn't producing enough hormones."

The most common cause of hypothyroidism is an autoimmune condition called Hashimoto disease, in which the thyroid gland is slowly destroyed by the body's immune system. "Hashimoto disease eventually shuts down the gland," says Dr. Pass. As with overactive thyroid, a simple blood test can detect the condition, and hypothyroidism can be treated with medicine.

Is it menopause—or your thyroid?

Two tests can help you and your physician identify whether your symptoms are caused by menopause or by thyroid disease. A thyroid-stimulating hormone (TSH) test evaluates thyroid function and a follicle-stimulating hormone (FSH) test evaluates your ovarian function.

! Don't suffer in silence

For more information or to schedule an appointment with Randall Pass, M.D., call Pass Family Medicine at (618) 997-9093.



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We put our hearts into helping our patients.
We put our lives into helping the people
in the Southern Illinois area.



Community Benefit Report 2008

Providing Quality Care:

ER Patient Visits	18,779
Inpatient Visits	7,027
Outpatient Visits	131,000

Financial Benefits:

Payroll (591 Employees)	\$34,737,867
Capital Investments	\$3,440,436
Property & Sales Taxes	\$372,591

Caring for Our Community:

Charity & Uncompensated Care	\$14,739,004
Dollars Spent Locally	\$16,762,669
Donations to the Community	\$59,992

Total Community Investment \$70,112,559*

*Dollar amounts are approximate.

Every year, we treat thousands of people from our community. And while patients benefit from our being close by, ultimately it's the whole community that 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 Southern Illinois area a better place to live and work – and that's the best benefit of all.



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