

The Healthy Advantage

A PUBLICATION OF HEARTLAND REGIONAL MEDICAL CENTER



**Striving to serve
you better**

**The right doctors
for you—look
inside!**

**Become a
volunteer!**

Join an honored group

**You've found a
breast lump: Now what?**

Easing the sneezing
Surviving cold and flu season

The whole-grain truth

You've found a breast lump: Now what?

If the thought of finding a lump in your breast scares you, you're not alone. After all, many of us know someone who has had breast cancer. But some of us are so frightened that we avoid getting mammograms—the very habit that could save our lives if breast cancer develops. If you're in that group, you'll be glad to hear that four in five breast lumps turn out to be noncancerous. Here's a description of some common breast conditions:

Fibroadenoma: a smooth, solid, round painless lump that moves easily and can feel like a marble. Occurs most often in African-American women and women under age 30.

Fibrocystic breast changes: solid or fluid-filled lumps that

increase in size and tenderness five to seven days before each menstrual period.

Cyst: a smooth, fluid-filled lump often sensitive to the touch before the menstrual period. Typically appears in women between ages 35 and 50.

Lipoma: a soft and slow-growing painless lump that moves freely.

Intraductal papilloma: a small, wartlike growth near the nipple that may cause bleeding from the nipple. Occurs most often in women in their 40s.

Mammary duct ectasia: a thick, sticky, gray to green discharge from the nipple.

Mastitis: a warm, tender, lumpy area on the breast that appears red. Most often affects breast-feeding women.

Traumatic fat necrosis: painless, round, firm lumps that can result from a bruise or a blow to the breast. Occurs in older women and women with large breasts.

WHAT HAPPENS IF YOU FIND A LUMP?

If you find a lump, see your healthcare provider. He or she will do a clinical breast exam and may recommend one or more of the following tests and procedures:

Mammography, or breast X-ray, may be recommended to determine the lump's size and location.

Ultrasound examination can determine whether the lump is a fluid-filled cyst or a solid mass.

Fine-needle aspiration is an in-office procedure. Fluid is drawn out of the lump with a thin needle. If the fluid is clear and the cyst disappears, you won't need a biopsy. If the fluid is bloody or the mass is solid, your doctor probably will recommend biopsy.

Stereotactic biopsy removes a small tissue sample with a thin needle for analysis. Computerized imaging guides the needle with pinpoint accuracy to the exact location to be sampled.

Surgical biopsy usually is performed on an outpatient basis. Normally, the surgeon removes the whole lump, but in certain cases he or she will remove only part of it. The tissue is sent to a lab where a pathologist will examine it for cancerous cells.



The good news:
Four out of five
breast lumps turn out
to be noncancerous.



IF PREVENTION DOESN'T WORK

Both a cold and the flu typically involve a runny nose, sneezing, sore throat, cough and fatigue, but only flu characteristically features headache, high fever and that all-over-achy feeling.

Some people are at higher risk for complications from the flu than others and should get prompt medical care instead of trying to self-treat. These include:

- people over age 65
- children and adults with a chronic health condition, such as asthma or diabetes, or a weakened immune system
- pregnant women
- infants and young children
- anyone who lives with children or others at high risk
- healthcare workers and caregivers who are in contact with children or others at high risk

Prescription antiviral medications such as oseltamivir (brand name: Tamiflu) can help shorten the duration of the flu and prevent you from getting sicker if taken within the first 48 hours of symptoms.

If symptoms suddenly worsen, linger more than a week and are accompanied by a dry, hacking cough, the flu might have developed into viral pneumonia. Thick, rust-colored mucus along with a cough may signal bacterial pneumonia. Both types of pneumonia require medical attention.

Easing the sneezing

Surviving cold and flu season

Autumn is almost upon us. Soon it will be time to rake the leaves, pull out the sweaters and pray the kids don't catch something at school that knocks the whole family out of commission for a week.

But with a few simple precautions, parents and children can keep colds and flu away—or at least from spreading. Here are some basic tips to avoid getting sick, whether you're 2 years old or 90:

- Wash your hands several times a day with soap and water—and even more frequently if you're around anyone with a cold.
- Keep your hands away from your eyes, nose and mouth.
- Cover your mouth and nose with a disposable tissue when you sneeze or cough. Then wash your hands.
- Protect and strengthen your immune system by getting enough rest, exercising regularly and eating a healthy diet that includes lots of fruits and vegetables.
- Don't share eating utensils or drinking glasses.
- Avoid crowds of people where germs may spread.
- Most important: Keep annual flu vaccinations up to date.

Call your pediatrician or primary care provider if ...

Your sick child has any of these symptoms:

- labored breathing, often signaled by the abdomen rising and falling dramatically
- a fever of approximately 102° F that acetaminophen (brand name: Tylenol) can't control or that's present for more than three days
- inconsolable crying or irritability
- blood in vomit or stool
- recurring vomiting or loose stools
- greatly diminished food or fluid intake
- pulling or tugging at the ears, which may indicate an ear infection



Serving the needs of our community

Hearthland Regional Medical Center has a rich history in our community—one that spans more than 50 years. As one of the top employers in our region, the success of our hospital impacts the health of the people who live here and the local economy.

We're committed to making Southern Illinois a better place to live and work. We utilize local businesses, support local charities and pay hundreds of thousands of dollars in taxes that fund our schools, roads and communities.

We're honored to give back to our community because we know the impact that exceptional medical care, charity, education and wellness programs, corporate contributions and community partnerships have on the lives of real people. We decide to support programs based on their ability to improve the health and quality of life of those who live and work in our area.

But the real benefit is so much more than a dollar figure. We're finding ways to meet the community's needs.

Throughout our years of growth, we have continually met local healthcare needs with an intense commitment to compassionate care. In the coming years, Heartland Regional Medical Center will continue to grow and expand while offering advanced technology and quality healthcare to our patients.

We believe Heartland Regional Medical Center is and will continue to be the hospital of choice for Southern Illinois. Whether it's the excitement that accompanies the birth of a new baby or the challenges of undergoing life-saving open-heart surgery, we're here for you.

I speak for all of the employees and physicians at Heartland Regional Medical Center when I say we're totally committed to providing quality patient-centered care and customer service to you, our patients and your families.

Regards,

TIM SCHMIDT
Chief Executive Officer
Heartland Regional Medical Center



Tim Schmidt
Chief Executive Officer

THE FIRST 60 MINUTES:

The critical period in heart attack treatment

How do you know you're having a heart attack? For many people, it doesn't happen as it does in the movies, with a quick grab to the chest and a slump to the floor. Symptoms of heart attack can be more subtle—and therefore confusing. But it's crucial to call 911 if you even suspect you're having a heart attack, because every second counts. Clot-busting drugs and other treatments, which can stop a heart attack and save your life, must be given within an hour of the onset of symptoms to be most effective.

Unfortunately, too many people mistake heart attack warning signs for something else and delay calling for help. Others are embarrassed about "causing a scene" or aren't willing to admit they may be having a serious medical problem. If you experience any of these symptoms, don't wait—call for help immediately:

- **chest discomfort**, including pressure, fullness or pain in the center of the chest
- **shortness of breath** that occurs before or with chest discomfort
- **upper-body discomfort**, including pain or discomfort in one or both arms, the back, neck, jaw or stomach
- **nausea, sweating or light-headedness**, which may or may not accompany other symptoms

Remember, it's better to be safe than sorry. Knowing what to do in an emergency might just save your life or the life of someone you love.

PHYSICIAN SPOTLIGHT

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



PAULA GUINNIPI, M.D.
Cardiac Surgery

**CardioThoracic
Surgery Associates
HRMC Medical Office Building
3331 W. DeYoung St.
Suite 205
Marion
(618) 998-8573**

People who meet Paula Guinnip, M.D., will tell you that it's incredibly easy to talk to her. As a cardiac surgeon, saving lives is only a part of her passion. She also believes in making lives more productive and healthy. Her wonderful bedside manner and her compassion for people and medicine are contagious. "There are so many aspects of practicing medicine that I love. What I enjoy most is building relationships with my patients," says Dr. Guinnip. "After I perform open-heart surgery, I want to be there for them as they recover and resume an improved quality of life."

Dr. Guinnip enjoys practicing medicine in Southern Illinois. She lives in Marion with her husband, Carlisle, and three children, Elizabeth, age 6; Caroline, 5; and Gunnar, 3. The love she has for her children and husband is inspiring. "I have a very blessed life; I have a wonderful husband, terrific children and a great career," she says. "We love it here—everyone has been so friendly—and we're looking forward to getting more involved in the community."

Dr. Guinnip is board certified by the American Board of Surgery and American Board of Thoracic Surgery. She's a member of the Society of Thoracic Surgeons and Association of Women Thoracic Surgeons. She's a Fellow of both the American College of Surgeons and the American College of Chest Physicians.

HONORING OUR volunteers

The volunteers at Heartland Regional Medical Center (HRMC) are part of our family and vital members of our team. More than 200 men and women are active volunteers. From the men who pick up our guests in the parking lot to the women who volunteer in the gift shop, all volunteers are special to us. In 2005, hospital volunteers donated more than 35,000 hours.

It's our tradition to honor all of our volunteers with a luncheon during Hospital Week. This year, four of those volunteers were honored with the Volunteer Lifetime Achievement Award.

The Reverend Ivan Ryan was awarded for his volunteer work with the Chaplain's Corps. He served as president for three years and is currently the secretary. Effie Jean Barwick worked at Marion Memorial Hospital and HRMC for more than 29 years. Now she spends hours at the second floor Hostess Desk and in the Obstetrics Department making tiny hats for our newborn babies. Maxine Atkisson has volunteered for 40 years. During her years of service in the Auxiliary, she has held many offices. The final honoree, Jo Sawyer, has been a volunteer for 30 years. She devotes an amazing number of hours each week to serving patients, their families and employees at HRMC.

Volunteer!

If you're interested in becoming a volunteer, contact Jo Sanders at (618) 998-7031.

This year's Volunteer Lifetime Achievement Award winners are, from left: Jo Sawyer, Maxine Atkisson, Effie Jean Barwick and the Reverend Ivan Ryan.



HEALTHWISE QUIZ

How much do you know about Alzheimer's disease?

Take this quiz to find out.

1 Which example of memory loss may be a sign of Alzheimer's disease?

- a. forgetting where your keys are
- b. forgetting what month and year it is
- c. forgetting the name of a person you just met
- d. forgetting to return a phone call

2 British researchers have recently learned that drinking this beverage can inhibit enzymes associated with the development of Alzheimer's:

- a. orange juice
- b. coffee
- c. tea
- d. white wine

3 All the following may be early warning signs of Alzheimer's *except*:

- a. speaking in jumbled sentences
- b. getting lost in familiar areas
- c. having rapid mood swings for no apparent reason
- d. losing sense of balance or experiencing vertigo

4 Which health condition is suspected of increasing the risk of Alzheimer's?

- a. yo-yo dieting
- b. high blood pressure
- c. asthma
- d. low bone density

5 Which is the most misdiagnosed mental disorder in older adults?

- a. Alzheimer's disease
- b. depression
- c. anxiety attacks
- d. insomnia

ANSWERS: 1. B, 2. C, 3. D, 4. B, 5. A

NUMBER CRUNCHING

Managing high cholesterol



The bad news: High cholesterol plays a key role in whether you develop heart disease or suffer a heart attack or stroke. Excess cholesterol, a waxy, fatlike substance in your blood, builds up on artery walls, reducing blood flow. The good news: You can do something about it.

Many factors contribute to high cholesterol. While you can't change your genes, age or gender—which all affect cholesterol—you can take the following steps to improve your cholesterol levels and your health.

To lower your LDL, or bad, cholesterol and raise your HDL, or good, cholesterol:

- **Eat smart.** Saturated fat and trans fats raise LDL cholesterol levels. Instead, use polyunsaturated or mono-unsaturated fats like olive, safflower, sesame, soybean, canola and peanut oils. Eat no more than six ounces of lean meat, fish or skinless poultry a day. Choose plenty of fruits, vegetables and whole-grain foods. Switch to fat-free or low-fat dairy products and increase soluble fiber found in foods like oats, beans and citrus fruits.
- **Get regular exercise**—at least 30 to 60 minutes of physical activity a day.
- **If you smoke, quit.** Smoking lowers HDL cholesterol and increases the blood's tendency to clot.
- **Consider medication.** If lifestyle changes aren't enough, your healthcare provider may prescribe cholesterol-lowering drugs.

Leveling off your numbers

Aim for these desired cholesterol levels. If you already have heart disease or other risk factors, your doctor may set different goals for you.

Total cholesterol less than 200 mg/dL

HDL cholesterol greater than 50 mg/dL

LDL cholesterol less than 100 mg/dL

Triglycerides less than 150 mg/dL

Bad breaks

First aid for broken bones

If your child were to take a spill from a bike or your best friend turned an ankle while stepping off the curb and you suspected a bone is broken, would you know what to do? Try taking these actions:

- **Determine whether you need emergency help.** All fractures will need medical attention, but call for emergency help if the injury involves the head, neck, back, pelvis or upper leg; there's heavy bleeding; bone has pierced the skin; or a toe or finger on the injured arm or leg is numb or blue at the tip. Also, call for help if you can't transport the injured person by car because he or she can't sit upright or use safety or seat belts.
- **Remove clothing from the injured part.** Use scissors to cut clothing away; don't try to pull the limb out of clothes.
- **Stop any bleeding.** Use a sterile bandage or clean cloth



and apply constant pressure to the wound. Have the person lie down and don't wash the wound or poke the bone back into the skin.

- **Make a splint.** Keep the limb in the position you find it. Place soft padding around the injury with something firm (like a board or rolled-up newspaper) next to it, using first-aid tape. Make sure the splint extends past the joints above and below the injury.
- **Apply cold packs.** Wrap ice in a towel and place it on the injured area to control swelling and pain until help arrives.

In case of emergency ... We're here for you

There's no telling when an accident or a sudden illness will occur. But when it does happen, turn to us, the clear choice for emergency assistance. Our emergency department provides patients with fast, dedicated and compassionate care. What's more, our ER is backed and supported by an entire hospital dedicated to helping you get well.

In an emergency, every second counts. Call us for emergency help anytime you suspect someone needs urgent care.



The whole-grain truth

Think outside the breadbox to include more healthy foods in your diet

Grains like wheat, rice, oats and corn are a staple in the American diet and for much of the world. Whole grains

and foods made from whole grains are an important source of fiber, vitamins, minerals and other nutrients. When refined grains like white flour and white rice are processed, much of the fiber and nutrients are lost.

Eating more whole grains can help you lower cholesterol and control your weight, reducing risk of heart disease, stroke, diabetes, gastrointestinal problems and cancer. Aim to eat at least three servings of whole grains each day. The earthy, nutty flavors and chewy textures are a great way to add a new dimension to your menu. Whole-grain breads, cereals, tortillas and crackers are just the beginning. Explore a variety of whole grains like barley, groats, wheat berries, buckwheat, triticale, bulgur, millet and quinoa.

HOP ABOARD THE GRAIN TRAIN

Upping your intake of whole grains is easier than you think. Try making some of these simple diet switches:

- Start your day with a bowl of bran flakes, shredded wheat or oatmeal.
- Buy whole-grain breads, bagels, rolls, tortillas, muffins, waffles and pancakes.
- Substitute rolled oats or crushed bran flakes for bread crumbs in recipes.
- Switch to whole-wheat pasta.
- Bypass the potatoes and try bulgur, barley, quinoa or brown or wild rice.
- Snack on unbuttered popcorn or whole-wheat crackers or pretzels.
- Substitute barley or brown or wild rice for pasta or noodles in soups, stews, casseroles and salads.
- Use whole-wheat pastry flour in place of much of the all-purpose flour in recipes.

MEET OUR OB/GYN

Heartland Regional Medical Center's physicians are conveniently located to serve you and your family. We're proud to welcome our new Ob/Gyn to our medical staff.



LISA G. BEYER NOLEN, M.D.
Obstetrics/Gynecology

Heartland Women's Healthcare
HRMC Medical Office Building
3331 W. DeYoung St., Suite 301
Marion
(618) 997-5266

Lisa G. Beyer Nolen, M.D., with a patient.



Lisa G. Beyer Nolen, M.D., an Ob/Gyn, says there are two things she enjoys most about caring for obstetrics/gynecology patients at Heartland Women's Healthcare. "First, I'm included in a very private, extremely joyous moment in a family's life—the birth of a child. Doing a good job is very rewarding," she says. "Second, I have the opportunity to see patients who are truly interested in listening to my advice and working with me on a care plan." Dr. Nolen is dedicated to patient- and family-centered care. "That means that the patient, and whomever she defines as family, are members of the healthcare team," she says.

Dr. Nolen was born in Fort Belvoir, Va. She completed her undergraduate work at Ripon College in Ripon, Wis., and her medical degree at the Uniformed Services University of Health Science in Bethesda, Md. Her residency in obstetrics and gynecology was at the prestigious Walter Reed Army Medical Center. Dr. Nolen recently finished her military service as a decorated Lieutenant Colonel in the U.S. Army and as Chief of Obstetrics and Gynecology at Darnall Army Community Hospital. She's a board-certified member of the American Board of Obstetrics and Gynecology.

She's settling into her new life here in Southern Illinois. Her husband, C.B., and their five dogs moved to the area this past summer. Dr. Nolen says she's enjoying all that Southern Illinois has to offer. "I grew up in the Midwest so it's like coming home," says Dr. Nolen. "It's a beautiful area with extremely friendly people. It's also an opportunity to practice with a terrific group of healthcare providers."

70HRM



Heartland Regional Medical Center
3333 W. DeYoung St.
Marion, IL 62959

PRSR STD
U.S. POSTAGE
PAID
Lebanon Junction, KY
Permit 19

SUMMER 2006

The Healthy Advantage

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

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your healthcare provider.

Copyright © 2006 Heartland Regional Medical Center