

WINTER 2006

PREMIERE ISSUE!

The Healthy Advantage

A PUBLICATION OF HEARTLAND
REGIONAL MEDICAL CENTER

Meet our
new heart team

When it comes to
babies, we deliver!

5 factors that
hurt your health





Nimble body, nimble mind

Question:

To fight memory loss and dementia, it's a good idea to:

- A. do a crossword puzzle
- B. take up a new hobby
- C. exercise regularly
- D. all of the above

If you answered D, you're right. Scientists now know it takes more than mental stimulation to keep your brain sharp well into your later years. Physical activity gives your body and your brain a boost. A half-hour of moderate exercise—walking, golfing, gardening, performing household chores—on most days of the week can help you think more clearly and feel better at any age.

HOW EXERCISE HELPS

Exercise increases blood flow to your brain, promoting brain-cell growth, and helps reduce stress—important since chronic stress causes the release of hormones that can damage your brain over time. Some studies suggest exercise increases levels of important chemicals that maintain brain health. Other studies on mice show that exercise appears to delay or prevent plaque development in brain regions used in memory, thinking and decision making.

Regular exercise also helps preserve healthy brain functioning by:

- **Reducing your risk for heart disease.** Exercise lowers homocysteine, an amino acid in your blood that makes

nerve cells in the brain stop working and die.

- **Controlling your blood sugar.** Diabetes is linked with several types of dementia, including Alzheimer's and vascular dementia (common to stroke survivors). Both aerobic and weight-bearing exercises control your blood sugar by increasing your metabolism.
- **Lowering your blood pressure.** Unchecked, high blood pressure can damage blood vessels in your brain and reduce its oxygen supply, leading to a decline in decision making, memory and verbal skills.
- **Controlling your body weight and improving physical fitness.** Studies show a link between dementia and being overweight, possibly because overweight individuals have more cardiovascular risk factors associated with dementia than people at a healthy weight.

DIVERSITY IS KEY

For the most brain benefits, vary your exercise routine often. It's not how hard you exercise but how many activities you participate in that's key to preventing cognitive decline. Johns Hopkins University found that adults ages 65 and older who were involved in a number of activities (such as walking, biking, swimming, dancing and bowling) experienced less dementia than people who participated in fewer activities. One explanation could be that the variety of activities keeps more parts of the brain active.

So don't worry about how much you're sweating or how vigorously you're moving—just enjoy a variety of activities every day and keep trying new ones.

With good health habits and a little luck, you may never face a sudden medical crisis. But sooner or later, many of us find ourselves involved in one. Suppose it's chest pain, stomach cramps or a nasty kitchen accident—what's the right response? Should you get emergency help or just go see your family doctor?

A true medical emergency is a situation that's life threatening or could cause permanent harm if not treated immediately. Every minute counts. That's the difference between cases needing instant, emergency room intervention and those your doctor can handle in the office.

Doctors say there are no wrong reasons to call for medical assistance in a real emergency, especially if it's heart related. At such a critical time, don't drive yourself to the ER or get someone else to drive you—it could be dangerous. Plus, you need the expertise and equipment that's in an ambulance.

Below are examples of symptoms that constitute a medical emergency. Call for emergency assistance right away if you or a friend experiences any of them. And remember, if you're ever in doubt, play it safe and get help. It could save a life.

SEEK EMERGENCY TREATMENT ...

In cases of trauma:

- uncontrollable bleeding
- wounds with gaping edges



When the ER is your best option

Medical conditions that require emergency care

- wounds that involve the face or hands
- wounds caused by a puncture or wounds in which glass, metal or other objects have pierced the body
- severe burns
- head, neck or back injuries
- abdominal injuries or sudden, severe abdominal pain
- problems with movement or feeling after injury
- suspected broken bones
- animal or human bites
- contact with poisonous substances
- sunburn with nausea, vomiting, fever and chills

Any time these symptoms are present:

- chest discomfort
- difficulty breathing or shortness of breath
- nausea, dizziness, fainting or profuse sweating, especially when combined with chest pain and breathing difficulty—classic signs of heart attack
- sudden numbness on one side of the face or limbs, confusion, slurred speech, vision loss, severe headache or dizziness—all signs of a possible stroke

- severe allergic reactions from insect bites, food or beverages
- sudden or persistent vomiting or diarrhea
- coughing up or vomiting blood
- fainting, dizziness or hallucinations
- convulsions or seizures
- stiff neck with fever or headache
- sudden severe fever coupled with sensitivity to light
- stupor or dazed behavior
- drug or alcohol overdose
- attempted suicide or suicidal threats or statements

Heartland celebrates open-heart collaboration



Heartland's open-heart team provides life-saving care, close to home.

A new partnership between Heartland Regional Medical Center (HRMC) in Marion and CardioThoracic Surgery Associates, PC, is taking HRMC to new levels in heart surgery care within the region. The new group brings to HRMC an advanced level of training and credentials from some of the nation's finest institutions, including Mayo Clinic, Harvard Medical School and Washington University School of Medicine. "The caliber of surgeons we now have on staff 24 hours a day, seven days a week, is equivalent to what you would see in the big cities," says Tim Schmidt, HRMC chief executive officer.

The six-physician group performs more than 900 open-heart surgeries each year in the St. Louis metropolitan area. They've been honored by Healthgrades, a private health-care quality-rating service, for

outstanding quality and outcomes. Paula Flummerfelt Guinnip, M.D., a board-certified cardiothoracic surgeon, has recently joined the group and will lead the team at Heartland. One of the heart team's cardiothoracic surgeons, Bill Daily, M.D., says having quality, advanced heart care close to home is beneficial to both patients and family members. "Keeping people home is so important, particularly with open-heart surgery patients," says Dr. Daily. "It takes a lot of pressure off the family when they don't have to worry about hotels, travel and meals hundreds of miles from home."

Dr. Daily says patients not only will receive the same quality of care they would get from a larger hospital, they'll benefit from having familiar faces to help them through the healing process. "Their primary doctor will be able to follow them and help them with this advanced care," he says. "They stay near their loved ones. Their pastors and others who provide support are available. All these things are important in healing. Healing is more than just physical. Having family and friends close by in familiar surroundings definitely speeds the recovery process."

"We've also been very impressed with Heartland's staff, who've demonstrated skill, enthusiasm and a willingness to learn and work with our new protocols," continues Dr. Daily. "What we've seen here are so many people who take pride in their work and what they want done at their hospital. Taken together, all of these factors give us a high level of confidence in the bright future of HRMC's heart surgery program."

Learn more!
For more information or to make an appointment, call (618) 998-8573.

MEET OUR NEW HEART TEAM

Heartland Regional Medical Center (HRMC) is proud to welcome CardioThoracic Surgery Associates to Marion. This team of world-class surgeons was trained at some of the nation's finest institutions, including Mayo Clinic, Harvard Medical School and Washington University School of Medicine.

The addition of CardioThoracic Associates brings advanced heart and thoracic surgical services to HRMC. Performing more than 900 surgeries a year, this team provides quality services and surgical outcomes that have received the highest rating possible from a national quality-rating service.

CARDIOTHORACIC SURGERY ASSOCIATES, PC

Heartland Regional Medical Center | Medical Office Building, Suite 205 | 3331 W. DeYoung St., Marion



BILL B. DAILY, JR., M.D., PH.D.

Dr. Daily was born in Oceanside, Calif. He received his medical degree and Ph.D. from Washington University School of Medicine, where he also completed his general and cardiothoracic surgery residencies. He's board certified by the American Board of Surgery and the American Board of Thoracic Surgery and is a member of the Society of Thoracic Surgery and a fellow of the American College of Surgeons.



DAVID A. THEODORO, M.D.

Dr. Theodoro is from Festus, Mo. He received his medical degree from Washington University School of Medicine and completed his cardiothoracic surgery residency at Mayo Clinic and Foundation in Rochester, Minn. He's board certified by the American Board of Surgery and the American Board of Thoracic Surgery and is a member of the Society of Thoracic Surgeons and a fellow of the American College of Surgeons.



PAULA FLUMMERFELT GUINNIPI, M.D.

Dr. Guinnip was raised in Auburn, N.Y. She received her medical degree at Georgetown University School of Medicine in Washington, D.C. She completed her general and cardiothoracic surgery residencies at the State University of New York in Buffalo. She's board certified by the American Board of Surgery and American Board of Thoracic Surgery. She's a member of the Society of Thoracic Surgeons, Association of Women Thoracic Surgeons and is a fellow of both the American College of Surgeons and the American College of Chest Physicians.



SEIICHI NODA, M.D.

A native of Kobe, Japan, Dr. Noda earned his medical degree from the University of Chicago, Pritzker School of Medicine. He completed his cardiothoracic surgery residency at Brigham and Women's Hospital and Harvard Medical School. He's board certified by the American Board of Surgery and the American Board of Thoracic Surgery. Dr. Noda is a fellow of the American College of Surgeons and a member of the Society of Thoracic Surgeons.



JOHN D. SADOFF, M.D.

Dr. Sadoff was born in Ithaca, N.Y. He received his medical degree from Albany Medical College in New York and served his surgical residency at UMDNJ-Robert Wood Johnson Medical School in New Jersey. He completed his cardiothoracic surgery residency at the University of North Carolina School of Medicine. Dr. Sadoff is board certified by the American Board of Surgery and the American Board of Thoracic Surgeons. He's a member of the American College of Chest Physicians and the Society of Thoracic Surgeons and a fellow of the American College of Surgeons.



HON CHI SUEN, M.D.

Dr. Suen is originally from Hong Kong. He received his medical degree from the University of Hong Kong and served as a research fellow in general thoracic surgery at Massachusetts General Hospital and Harvard Medical School. He completed his cardiothoracic surgery fellowship at Beth Israel Deaconess Medical Center and Harvard Medical School and completed his cardiothoracic surgery residency at Washington University School of Medicine. He's board certified by the American Board of Surgery and the American Board of Thoracic Surgery and is a member of the Society of Thoracic Surgeons.

TO MAKE AN APPOINTMENT, CALL (618) 998-8573.

HEALTHWISE QUIZ

How much do you know about **asthma**?

Test your knowledge and learn more about asthma.

- 1** Which of the following statements about asthma is *not* true?
- Cockroaches are a major trigger of asthma symptoms.
 - Asthma can develop at any age.
 - Approximately 4,000 Americans die from asthma each year.
 - People with severe asthma should avoid exercise.

- 2** Which of the following is a risk factor for asthma?
- hay fever
 - chronic sinusitis
 - obesity
 - all of the above

- 3** Asthma is the most common chronic childhood disease. According to the American Academy of Allergy, Asthma & Immunology, the number of U.S. children estimated to have asthma is:
- 1.5 million
 - 5 million
 - 10 million
 - 20 million

- 4** All of the following are asthma triggers *except*:
- stress
 - home appliances that use natural gas as fuel
 - corticosteroid medications
 - mold

- 5** If someone is having an asthma attack, one of the first things you should do is:
- Take him or her outside for fresh air.
 - Have him or her breathe into a paper bag.
 - Help the sufferer get his or her prescribed asthma drugs and inhaling equipment.
 - Use the sufferer's Epi-Pen to administer an injection of epinephrine.

Conspiracy theory

How 5 risk factors join forces against your health

When it comes to heart disease, you know that risk factors like family history and being overweight don't work in your favor. Now, experts say a combination of five factors—a condition called metabolic syndrome—also conspire against you, adding up to a far greater chance of suffering a heart attack, stroke or diabetes.

You have metabolic syndrome if you have three or more of the following problems:

- **abdominal obesity**—a waist circumference of 40 inches or more for men; 35 inches or more for women
- **high blood pressure**—135/85 mm/Hg or higher
- **high triglyceride levels**—150 mg/dL or more
- **abnormal cholesterol**—HDL cholesterol levels of less than 40 mg/dL for men and 50 mg/dL for women
- **high blood glucose or insulin resistance**—a fasting glucose, or blood sugar, level of 100 mg/dL or higher

Studies show people with metabolic syndrome are twice as likely to suffer a heart attack or stroke than people without these factors.

WHAT YOU CAN DO

You can head off future trouble if you take these steps now:

- **Lose weight.** Losing as little as 5 percent to 10 percent of your body weight can reduce insulin levels and bring blood pressure down.
- **Eat healthier.** Include more fiber-rich foods like whole grains, beans, fruits and vegetables to aid weight loss and lower insulin levels. Reduce the salt, calories and fat you consume.
- **Exercise.** Get at least 30 minutes of moderately strenuous activity most days of the week.
- **Kick the habit.** Smoking increases insulin resistance and worsens many health problems.
- **Schedule regular checkups.** Get timely checks on your blood pressure, blood sugar and cholesterol levels.
- **Consider drug therapy.** Your doctor may prescribe aspirin therapy or medication to control risk factors.



MATCH GAME

Finding the right doctor for you and your family

Different stages of life bring different medical scenarios. Still, one factor remains a constant: the need for a primary care provider who knows you well and can treat you and your family best. So, how should you go about choosing a primary care doctor?

The first step is to put together a list of candidates. Ask friends, family members, co-workers or people you know who work in the medical community. You'll need to find out which doctors are on your health plan.

Once you've chosen a few candidates, call their offices and find out more by asking:

1. Which hospital does the doctor use?
2. What are the practice's office hours?
3. How far in advance do I have to book a routine visit?

4. If I'm sick, will the doctor see me the day I call?
5. Who covers for the doctor when he or she isn't available?
6. How long is the average waiting room time?
7. What is the office policy on appointment cancellations?
8. What do I do if I have an emergency after office hours?
9. Does the doctor give advice over the phone for common problems?
10. How long will I have to wait for a call back from the doctor or a staff member?

Consider your interaction with staff during your phone calls. Were they friendly, efficient and knowledgeable?

Narrow your list to one or two physicians and make an appointment to talk to them. Most likely, you'll have to pay for these visits. As you talk to the doctor, notice whether he or she pays attention to your questions or seems distracted, giving "stock" answers.

Now you should be ready to choose the doctor who can treat you and your family best—and give you peace of mind.

Food for thought

Eating right can help you control diabetes

If you're one of the 16 million Americans who have diabetes, you understand that nutrition should always take center stage. Healthy food choices, along with exercise and medication, are vital to keeping your blood sugar, or glucose, in line and avoiding complications.



hydrate intake, sugary sweets and desserts helps control blood sugar levels. However, you must consume a moderate amount of carbohydrates to supply your body with the valuable energy they provide. But choose quality fuel. Variety among all food groups is key: fresh fruits and vegetables in abundance; beans,

brown rice and whole-grain breads and cereals; lean meat, poultry and fish; and low-fat dairy products. Drink plenty of water, too, and avoid sweetened drinks. If you drink citrus juice, limit the serving to no more than 6 ounces. If you drink soda, switch to a diet variety.

It's important to stick to proper portion sizes. Learn how to measure and weigh portions. Read food labels, paying particular attention to serving sizes and total carbohydrates. A diabetes educator or dietitian can help you develop an eating plan. By learning to eat properly and controlling your weight and blood sugar levels, you can avoid most diabetes complications.

WHEN YOU EAT

If you have diabetes, you should eat three balanced meals and two snacks a day. Spacing food and trying to eat meals at the same time each day will help control blood sugar and weight. Eating reasonable portions of carbohydrates throughout the day—instead of consuming all your servings at one meal—will keep blood sugar levels stable.

WHAT YOU EAT

Planning what you'll eat at each meal will help you keep blood sugar within a healthy range all day. Limiting carbo-



When it comes to babies... Heartland delivers!

Choosing a hospital for the birth of their child was an easy choice for Corey and Kecia Kidd. The Marion family had positive past experiences with Heartland Regional Medical Center's emergency room and surgery unit.

"Heartland provided us with a variety of birthing options from traditional to midwife services," Kecia says. "Although we didn't choose the midwife option, we did decide to go for the water birth delivery."

Kecia says an open line of communication between Heartland's obstetrics team and patients really helps to educate expectant moms. "And the OB unit was wonderful!" she adds. "We had everything we needed right there at Heartland. They are there for you—24/7—to offer advice."

While epidural services and pain medication were offered, Kecia chose to forgo medicine during delivery. "The water birth offered me a lot of pain relief," she says. "When I stepped in the tub, all the tension was alleviated. It was the best feeling in all the world."

No matter what type of birth moms choose, each of the 17 private rooms offers plenty of space for visiting family and friends. "I think the private rooms make the process more comfortable, make you feel better and make the stay more pleasant," says Kecia.

Last year, more than 1,150 moms-to-be chose Heartland Regional Medical Center. As for her delivery, Kecia explains it was a much different experience than delivering her older children. "They had us really prepared and let us know what to expect. It made it really simple. I'd go back to Heartland Regional 10 times over."

Private rooms
Precious moments...

When it comes to babies... We Deliver!

HEARTLAND REGIONAL MEDICAL CENTER MARION

- Level II Neonatal Intensive Care
- 24-Hour Epidural Service
- FREE Infant Car Seat
- FREE Infant Hearing Screening
- Tiny Toes Newsletter
- Complete Childbirth Classes
- Internet Nursery and more...

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