

# The Healthy Advantage

A PUBLICATION OF HEARTLAND REGIONAL  
MEDICAL CENTER

Don't keep quiet  
about incontinence

The right care,  
right away

Buckle up, kids!  
HRMC provides  
free car seats  
for newborns

Boost your  
bone health

Reclaim your  
energy



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# Minimally invasive surgery

## Less pain, faster recovery

**M**inimally invasive surgery (MIS) is the buzzword in healthcare right now. And with good reason.

With advancing technology and surgical techniques, patients now have the benefit of undergoing procedures that require just a few small incisions. In years past, those same procedures would have required large cuts and left equally large scars.

### HOW IT WORKS

MIS—sometimes referred to as laparoscopic surgery—mirrors the techniques of traditional surgery but decreases the patient's surgical trauma. Because surgeons using MIS lose some visibility with smaller incisions, they have to create a larger workspace. They do this by making a small cut in the skin, then gently expanding the body cavity with a gas (such as carbon dioxide). A small camera (laparoscope) is then inserted through the incision and into the newly expanded space to help surgeons see where to operate.

While MIS isn't suited for all types of surgery, it has been used for such procedures as appendectomies, hernia repair, gallbladder surgery, hysterectomies, brain tumors, herniated spinal discs, knee and hip replacements, sinus surgery and certain types of heart procedures.

### MINIMAL TRAUMA, MAXIMUM BENEFITS

The goal of MIS is to treat patients with the least amount of trauma. In addition to minimized scarring, this type of surgery also:

- **Minimizes bleeding.** Decreased blood loss means a decreased chance of blood transfusion.



- **Lessens pain.** Small incisions reduce trauma to the skin and underlying muscles, meaning less postoperative pain.
- **Reduces infections.** Unlike a traditional operation, where the body is wide open, tissue isn't exposed to the air for extended periods during MIS.
- **Shortens hospital stays.** Reducing bleeding, pain and the chance for infection means you'll get to walk out of the hospital sooner.
- **Hastens recovery.** MIS can dramatically reduce recuperation time—in some cases, by half.

## Other minimally invasive procedures

**E**ndoscopic surgery is similar to laparoscopic surgery because it also requires a small camera. However, the equipment (endoscope) passes through an existing opening such as the mouth, anus or urethra.

Robotic laparoscopic surgery uses techniques identical to laparoscopic surgery but allows surgeons to use robotic arms to perform the procedure.

Ablation targets and destroys diseases, such as kidney and prostate cancer, with high-frequency energy, leaving normal tissue nearby intact. It's also been used to correct benign heart arrhythmias.

## WAITING TO INHALE

# Breathing problems you shouldn't ignore

**T**ake a deep breath." The command sounds easy, but for some people it's not so simple.

Being unable to breathe deeply or feeling short of breath may be a sign of a serious condition.

If you have any of the following symptoms, get them checked out by a physician:

- inability to take a deep breath
- shortness of breath without exertion
- shortness of breath after mild exertion, such as climbing a short flight of stairs
- wheezing
- tightness in the chest
- pain or discomfort when inhaling and exhaling
- a chronic cough or clearing of the throat
- difficulty breathing when you lie down
- a lack of energy
- coughing up blood or mucus

Difficulty breathing shouldn't be taken lightly. Lung disease is the number three killer in the United States.

It takes on many forms, including:

- Asthma, a chronic disease in which the passages that

carry air in and out of your lungs become sore and swollen. Asthma is characterized by wheezing, coughing, chest tightness and trouble speaking.

- Chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. In COPD, your airways and air sacs lose their shape and become floppy, like a stretched-out rubber band. Coughing up mucus is often a first sign of this disease. COPD is typically caused by cigarette smoking.
- Pneumonia, an inflammation of the lungs, usually caused by an infection. It's normally accompanied by shortness of breath and a cough or a fever.
- Lung cancer, which can take years to develop. If it's diagnosed early, before it spreads, the survival rate is almost 50 percent.

Breathing difficulties can also be a sign of heart disease or a heart disorder, such as congestive heart failure, heart arrhythmia or pulmonary hypertension.

In these or any other case of breathing distress, your physician can help you find the source of the problem with a thorough physical exam.



If you're having trouble catching your breath, it's time to see your doctor.

### When cough drops don't do the trick

**A** chronic cough—one that lasts more than three weeks—may be your body's way of telling you a problem exists. Your cough could be the result of:

- allergies, particularly postnasal drip, which often triggers coughing
- asthma
- heartburn, where acid from your stomach backs up into your throat
- medicines, including beta-blockers for high blood pressure, migraines and glaucoma and ACE inhibitors

# The right care, right away

In times of crisis, a visit to Heartland Regional Medical Center's (HRMC) emergency department (ED) can be the difference between life and death. Here in our own community, qualified caregivers are on hand 24 hours a day, seven days a week, to address your urgent medical needs.

For serious injuries or allergic reactions, the ED is the

most appropriate place for care. EDs, which have direct contact with ambulance providers and emergency services, are a vital link in the first-response network.

## PRIORITIZING PATIENTS

The ED uses a triage system to prioritize cases with the most urgent conditions first, rather than treating patients on a first-come, first-served basis. "Patients with potentially life-threatening conditions such as chest pain, shortness of breath or sudden unexplained loss of consciousness are treated immediately," says Todd Engdahl, M.D., medical director of HRMC's ED, "while someone with a minor cut or sore throat may have to wait longer."

## ED: TO GO OR NOT TO GO

How do you know when a medical issue is an emergency? If your health is in serious jeopardy, it's time to seek help. Conditions generally considered medical emergencies include severe injury, heart attack and stroke. Consistent bleeding or vomiting, shortness of breath or severe disorientation also need ED attention. For children younger than 6 months old, any medical condition may be considered a medical emergency. "In the event of an emergency, a visit to the ED can save your life or the life of a loved one," Dr. Engdahl says.

## PREVENTIVE CARE

Experiencing a medical emergency can be frightening, and one way to help minimize concern is to seek preventive care. Making regular visits to the doctor and knowing your complete medical history can help avoid emergencies or identify medical issues before they become serious.

**!** We're here for you

**F**or more information about emergency care at HRMC, call (618) 998-7000.



### A journey for better care

**A**t Heartland Regional Medical Center (HRMC), we've embarked on a journey to provide quality patient care. We're celebrating our successes and focusing on our mission: "To be the medical provider of choice by being the employer of choice in southern Illinois." We're now working with the Studer Group and its leader, Quint Studer, who have helped countless hospitals in the United States strive for better patient, employee and physician satisfaction.

#### FULFILLING A PURPOSE

The Studer initiative is about ensuring each employee feels purposeful and reminding our employees of how they make a difference in patient's lives. This effort reaches across the organization to make HRMC a great place for employees to work, physicians to practice and patients to receive care.

#### FOR ALL YOUR NEEDS

We recently started "hourly rounding," where staff checks on patients each hour whether the call light is on or not. We're seeing a dramatic decrease in patients' use of call buttons.

At HRMC we're blessed with compassionate employees who are committed to providing quality, patient-centered care and customer service to you and your family.

Regards,

**Tim Schmidt**  
Chief Executive Officer  
Heartland Regional  
Medical Center



## Easing incontinence



Lisa Nolen, M.D.  
Obstetrician and  
Gynecologist

**E**ven though urinary incontinence, or loss of bladder control, affects up to 13 million Americans, many are too embarrassed to seek help. Yet most of the time, incontinence can be greatly improved, if not cured.

#### COMMON TYPES

Common types of incontinence include stress, overflow and urge. "Stress incontinence causes urine leakage during exercise or minor physical stresses such as sneezing, coughing or laughing," says Lisa Nolen, M.D., obstetrician and gynecologist at Heartland Regional Medical Center. "It tends to affect women, and hormonal imbalances or urethral sphincter muscle weakness are generally to blame.

"Overflow incontinence makes you pass only a tiny amount of urine," says Dr. Nolen. "Because the bladder feels full and the urge to urinate is affected, you often spill urine throughout the day." Lastly, urge incontinence partially empties your bladder before you make it to the toilet.

#### TREATING THE PROBLEM

"In severe cases, minor outpatient surgery may be needed to reduce an obstruction causing incontinence or to repair a bladder," says Dr. Nolen. Although incontinence is usually manageable, it can be a symptom of a larger problem. Visit your urologist or gynecologist to help ease the discomfort.

**!** Explore your options today!

**T**o make an appointment with Dr. Nolen, call  
(618) 997-5266.

## HEALTHWISE QUIZ

How much do you know about **sleep disorders**?

Take this quiz to find out.

1

**Lack of sleep may put you at a higher risk for:**

- a. type 2 diabetes
- b. low blood pressure
- c. asthma
- d. gastric ulcers

2

**Which of the following changes in your sleep routine may be a result of an underlying heart problem?**

- a. waking up during the night to urinate
- b. waking up during the night due to shortness of breath
- c. not being able to fall asleep
- d. both a and b

3

**Restoring your body with sleep has been shown to:**

- a. improve skin tone
- b. improve red blood-cell count
- c. reduce eye strain
- d. improve reaction time and attention span

4

**Women diagnosed with obstructive sleep apnea often experience these symptoms:**

- a. snoring loudly with periods of gasping or snorting
- b. waking up with a sore throat
- c. waking up with a headache
- d. all of the above

5

**The most common treatment for sleep apnea is:**

- a. antihistamine medication
- b. surgery
- c. a continuous positive airway pressure (CPAP) mask worn at night
- d. analgesic medication

ANSWERS: 1. A; 2. D; 3. D; 4. D; 5. C



## WOMEN: Is a heart attack in your future?

**A** heart attack may seem to come out of the blue. Yet your personal risk factors and lifestyle habits may hold clues to your heart's health and what your odds are of suffering from a heart attack.

### LOOK FOR THE SIGNS

High blood pressure (140/90 mm Hg and above) and high blood cholesterol (240 mg/dL and above) are significant clues that you may be developing heart blockages in the form of plaque. Being postmenopausal and having diabetes or rheumatoid arthritis can also increase heart attack risk.

Talk with your healthcare provider about what risk factors are significant for you. He or she can help you control your blood pressure and cholesterol levels and may also recommend testing for metabolic syndrome. Recent research shows this condition may be useful for detecting signs of heart disease in women who might appear healthy. The signs of metabolic syndrome include a waist size greater than 35 inches, higher-than-normal levels of triglycerides and glucose, and insufficient levels of HDL, or good cholesterol.

Also, be aware of what a heart attack might feel like for a woman, as some symptoms can differ from those of men. Chest pain or pressure; nausea; vomiting; indigestion; cold sweat; shortness of breath; light-headedness; fatigue; or discomfort in the arms, back, neck, jaw or stomach are all possible signs.

### GO HEART SMART

- Aim for a normal weight.
- Exercise for 30 minutes every day.
- Quit smoking and avoid secondhand smoke.
- Avoid foods high in saturated or trans fat and curb refined carbohydrates—cookies, white bread, sweet drinks—sometimes referred to as “high-glycemic-index” foods.



# Make your child's first ride a safe ride

## HRMC provides free car seats to newborns

**A**s a token of Heartland Regional Medical Center's (HRMC) appreciation for families allowing us to be a part of their child's birth, we've provided free car seats to newborns for more than a decade. HRMC has been the only southern Illinois hospital to provide this special gift to babies born at the facility.

### GOING THE EXTRA MILE

The Heartland Auxiliary began funding this project in 2005. The next year, they spent \$40,000 to give

Lynne Summers, R.N., presents Chrystal Finney with her free car seat.



babies a safe place to start their journey home. "We're happy that we're able to do it," says Melba Moorman, auxiliary president. "It's something that's necessary for tiny babies to travel safely, and it can be expensive. Some families simply can't afford it. We're blessed to be able to provide such a wonderful gift to all Heartland babies."

"Car seats are mandatory in the state of Illinois," says Raye Peoples, R.N.C., B.S., HRMC director of maternal child services. "We know car seats save lives. We have such peace of mind when babies leave our hospital because we know we've gone the extra mile to make a difference in their lives."

### THE VOLUNTEER DIFFERENCE

The generous volunteers are cornerstones of the program. If it weren't for these individuals' commitment and goodwill, the program wouldn't be as comprehensive. "Our volunteers don't have to take on this project, but they do it with a cheerful heart," says HRMC chief executive officer Tim Schmidt. "We can't thank them enough for everything they do. They're truly a wonderful group of people, and we're proud that they're a part of the Heartland family."

### ! Tour the facility!

For a personal tour of HRMC's obstetrics suites, call (618) 998-7000.

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# The Healthy Advantage

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