

The Healthy Advantage

A PUBLICATION OF HEARTLAND
REGIONAL MEDICAL CENTER



How advanced
technology helps
your heart

HRMC recognized
for quality and
safety

Protect against
prostate cancer

What's lurking in
your home?
3 causes of
breathing troubles

 HEARTLAND REGIONAL
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www.heartlandregional.com

Keep your PROSTATE HEALTHY



Sens. Bob Dole and John Kerry, baseball team manager Joe Torre—what do all these men have in common? They're all prostate cancer survivors.

Cancer of the prostate—a walnut-shaped gland located below the bladder—is one of the most common cancers found in men. It may be slow growing and require little or no treatment, or it may be aggressive and spread quickly to other parts of the body.

THE PREVENTIVE APPROACH

While prostate cancer isn't completely avoidable, certain measures may help reduce your risk:

- **Stay active.** Daily exercise improves your overall health and helps keep your weight in check. Some research has shown that men who exercise regularly have a lower incidence of prostate cancer compared to men who don't.
- **Watch your weight.** A sobering fact: Men who are obese when diagnosed with prostate cancer are more likely to have advanced cases, which are more difficult to treat. But eating right and exercising can help you keep off excess pounds.
- **Talk with your physician.** Discuss any risk factors you have—being older than age 65, African-American or obese, or having a family history of prostate cancer. Also, learn about the pros and cons of screening tests. A digital rectal exam and the prostate-specific antigen (PSA) test are two ways to identify cancer cases, but they can't tell a physician about the aggressiveness of the cancer. And prostate cancer treatments can have unpleasant side effects such as impotence and incontinence.

The American Cancer Society (ACS) recently revised its prostate cancer screening guidelines, encouraging more patient involvement in decisions about screenings:

- The ACS recommends that men at high risk of prostate cancer, including men with a family history of the disease, talk with their physicians sooner—as early as age 40.
- Men who do not have prostate cancer symptoms (trouble urinating, problems with urine stream, blood in urine or semen, leg swelling, pelvic discomfort, bone pain) and who are in relatively good health and are expected to live at least 10 more years should have the screening conversation with their physicians beginning at age 50.
- Men without symptoms who aren't expected to live 10 more years because of age or poor health shouldn't be offered the screening because the risks likely outweigh the benefits.

Welcome Dr. Aher, HRMC's newest urologist!

Hearthland Regional Medical Center is pleased to introduce Vijay Aher, M.D., board certified in urology, as one of its newest urologists.

Regular testing and screening, along with healthy eating habits, are important tools for fighting prostate disease. To schedule an appointment with Dr. Aher, call (618) 997-9496. His office is located at 3331 W. DeYoung St. in Marion, and he's accepting new patients.

To learn more about preventing prostate cancer, visit www.heartlandregional.com and click on "Health Resources."



Vijay Aher, M.D.



Mammogram confusion

Information on new screening guidelines



We've all heard that early detection of breast cancer with mammograms saves lives. So it was surprising when in 2009, the U.S. Preventive Services Task Force (USPSTF)—an independent panel that makes recommendations about which preventive services should routinely be offered and to whom—recommended against routine mammograms for women ages 40 to 49 who weren't at increased risk for breast cancer. Traditionally, all women ages 40 and older were encouraged to get the screening.

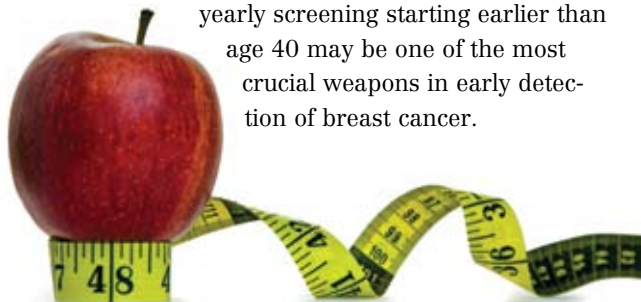
THE FLIP SIDE

In disagreement with the USPSTF's recommendations were major professional health care organizations including the American Cancer Society. "I have tremendous difficulty in not recommending an intervention [mammography]," says Otis Brawley, M.D., chief medical officer of the American Cancer Society. "Women ages 40 and older should have a mammogram every year."

NOW WHAT DO I DO?

Amid the confusion, you may be wondering about how to approach your own mammogram. Some words of advice: Talk with your physician.

The USPSTF's recommendations were just that—recommendations, not rules. Discuss your personal and family health history and how frequently you should get mammograms with your physician. And, if you're at high risk—see *Are you at risk?* at right—a yearly screening starting earlier than age 40 may be one of the most crucial weapons in early detection of breast cancer.



Mammogram comfort

Try these tips for a more comfortable mammogram, courtesy of the Centers for Disease Control and Prevention:

- Don't schedule your mammogram for the week before or during your period, which is when your breasts are likely to be tender or swollen, making mammograms less comfortable.
- Skip the deodorant, perfume and powder on the day of your mammogram. These may show up as white spots on the X-ray.
- For ease of undressing from the waist up, wear a blouse with a skirt or pants, instead of a dress.

Are you at risk?

According to the National Institutes of Health, breast cancer will affect one in eight women in their lifetime. Why breast cancer affects some women and not others isn't known; however, several known risk factors for the disease include:

- increasing age
- having the BRCA1 or BRCA2 genes; if your family members have had breast or ovarian cancer, talk with your physician about getting tested
- starting your period before age 12 or going through menopause after age 55
- being overweight
- using menopausal hormone therapy
- taking birth control pills
- drinking alcohol
- not having children or having your first child after age 35
- having dense breasts



Take heart!

Advanced technology helps diagnose heart trouble before it happens

More than 1 million Americans will have a heart attack this year; in fact, heart disease is the leading cause of death in the United States.

Nearly 81 million Americans have one or more forms of heart disease, according to the American Heart Association. Heart disease covers a broad range of heart conditions: heart attacks, high blood pressure (hypertension), congenital heart defects, chest pain or other cardiovascular conditions. Some people are born with certain conditions or genetic factors that can lead to heart disease at a young age. Other forms, such as high blood pressure, high cholesterol or atherosclerosis (a narrowing of the arteries), develop later in life and can have debilitating effects.

There are many ways to protect yourself against heart disease, including eating a healthy diet, exercising regularly, maintaining a proper weight, watching your

cholesterol and getting regular checkups. Research and medical advances continue to provide new and detailed information about heart health, from helping to predict heart attack risk to diagnosing and monitoring heart health issues before they become more serious. For more information about keeping your heart healthy, turn to page 6.

Years ago, the first warning sign of heart trouble was chest pain or, worse yet, a heart attack. Now, cardiac specialists can tell us much more about the health of our hearts, so we can prevent problems, manage certain risk factors or conditions and live a longer, healthier life. The good news is that most heart problems can be corrected, or at least minimized, with proper treatment.

➤ **DIAGNOSTIC CARDIOLOGY**

Diagnostic procedures provide information to your primary care physician or your cardiologist about a heart

condition. Your cardiologist will select a diagnostic procedure to perform based on where the suspected problem lies: the heart's electrical system, coronary arteries or the heart muscle and valves.

↘ NUCLEAR IMAGING

Nuclear imaging helps physicians diagnose heart conditions. Nuclear imaging technology is paired with stress testing and allows physicians to measure blood flow to the heart during exercise and rest periods. Diminished blood flow during exercise may indicate coronary artery disease.

↘ CARDIAC CATHETERIZATION

A cardiac catheterization lab is solely dedicated to diagnostic tests to help pinpoint the location and status of heart problems. Minimally invasive and painless, these procedures allow the cardiac care team to see the inside of the heart and surrounding structures. During heart catheterization, a thin plastic tube, or catheter, is inserted into an artery or vein in the arm or groin, then moved into the heart's pumping chambers or the coronary arteries. Catheters are used to inject dye into the coronary arteries so they can be more easily viewed. The test also measures blood pressure within the heart, the heart's pumping capability and the amount of oxygen present in the blood. Catheterization is also used with infants and children to check for congenital heart defects.

↘ ECHOCARDIOGRAM

A simple, painless procedure, echocardiography uses ultrasound—the same technology that is used to view a baby in the mother's womb—to see the heart's structure and function, and check for defects or inconsistencies.

! Be heart smart

To learn more about Heartland Regional Medical Center's cardiac care services, visit www.heartlandregional.com.

You can also test your heart knowledge by clicking on "Health Resources" and "Interactive Tools" to take a coronary artery disease risk assessment or a quiz on heart disease risk, heart disease prevention or heart health.

Welcome Dr. Wallace

HRMC's newest cardiovascular surgeon



Douglas Wallace, M.D.

The specialized cardiac care you need is available at Heartland

Regional Medical Center (HRMC). Experience combined with technology allow us to deliver enhanced cardiac care close to home—where you need it most. Douglas Wallace, M.D., cardiovascular surgeon, is our community's newest specialist. Board certified in surgery, he has experience as a cardiovascular surgeon and is fellowship trained.

Dr. Wallace is located at 3333 W. DeYoung St. in Marion. He can be reached at (618) 997-2981.

To see a full listing of the physicians at HRMC, visit www.heartlandregional.com and click on "Find a Physician."



↘ ELECTROCARDIOGRAM

Also known as an EKG, an electrocardiogram is a simple test that records the heart's electrical activity and pinpoints the source of heart problems, such as heart attack, irregular heartbeat or lack of blood flow.

↘ STRESS TEST

A cardiac stress test—usually performed under physical stress while the patient exercises on a treadmill—helps evaluate arterial blood flow to the heart muscle during physical exertion, as opposed to blood flow while at rest. This test can also measure overall cardiovascular fitness.

↘ CARDIAC REHABILITATION

After a heart attack or surgery, cardiac rehabilitation puts patients back on the road to good health and teaches methods for caring for the heart and minimizing heart-related problems through lifestyle modifications. A medically supervised program, cardiac rehabilitation includes nutrition, patient and family counseling; smoking-cessation resources; exercise classes; stress-management techniques; and behavior-modification classes.

HEALTHWISE QUIZ

How much do you know about **high blood pressure**?

Take this quiz to find out.

- 1** How many American adults have high blood pressure?
 - a. one in three
 - b. one in five
 - c. one in 10
 - d. one in 20
- 2** Most people with high blood pressure experience:
 - a. nausea
 - b. weakness
 - c. trouble concentrating
 - d. no symptoms
- 3** Healthy adults with no history of high blood pressure should have their blood pressure checked every:
 - a. six months
 - b. year
 - c. two years
 - d. 10 years
- 4** High blood pressure can increase your risk for:
 - a. dementia
 - b. eye damage
 - c. bone loss
 - d. all of the above
- 5** Which of the following statements is true?
 - a. After age 65, more women than men have high blood pressure.
 - b. After age 65, more men than women have high blood pressure.
 - c. After age 65, an equal number of men and women have high blood pressure.
 - d. After age 65, the number of men and women suffering from high blood pressure is unknown.

ANSWERS: 1. (a) 2. (b) 3. (d) 4. (d) 5. (a)

Show your heart a little love

Your heart works hard for you, pumping day in and day out to supply your body with the oxygen-rich blood you need for survival. So what are you doing to nurture it? Try these five tips to ensure better heart health:

➔ Choose good-for-you foods. Follow a diet such as Dietary Approaches to Stop Hypertension (DASH). This eating plan is centered on foods low in fat, cholesterol and salt; and rich in fruits and vegetables (aim for five to 10 servings a day), whole grains and low-fat dairy products. Foods that are good for the heart also include those with high levels of omega-3 fatty acids, a type of polyunsaturated fat, found in fish such as salmon, mackerel and sardines.

➔ Give your heart a workout. You don't need a gym membership to keep your heart in tip-top shape. Get the recommended 30 to 60 minutes of physical activity daily by walking, jogging or biking—and remember that everyday tasks such as gardening, vacuuming and taking the stairs count toward your activity goals. Activity, along with eating healthy foods, can help you maintain a healthy weight, which is another way that you can boost heart health.

➔ Consider aspirin therapy. A daily aspirin can benefit many people, but not everyone, so talk with your physician first about the risks and benefits. For example, aspirin can help prevent first and second heart attacks in older women and men of all ages, but only second heart attacks in women younger than age 65. Aspirin also may prevent certain types of strokes.

➔ Quit smoking. Tobacco smoke contains thousands of chemicals that damage the heart and blood vessels, including nicotine, which narrows blood vessels and makes your heart work harder. Within one year of quitting, you can expect to see your heart-disease risk drop dramatically.

➔ Get checked. Have your blood pressure and cholesterol checked regularly. Ask your physician how frequently you should be tested based on your health history.





CLEAN UP your health

It's easy to focus on all the bad things we breathe in the air outside, such as pollen and pollutants. But what about what's lurking inside our houses? Household dust, mold and various chemicals can make breathing difficult. Here's what might be stirring up trouble at home:

Dust mites. In dust around the home lie dust mites—microscopic insects that are the most common cause of dust allergies. They can also trigger asthma and flu-like symptoms.

Combat them: Wipe dusty surfaces with a damp cloth, and vacuum once a week. Wash bedding once a week in hot water, and cover mattresses, box springs and pillows in mite-proof covers.

Mold. Mold spores thrive in damp areas such as basements and bathrooms. Along with dust mites, mold is considered a biological pollutant and can also trigger allergies and asthma.

Combat it: Use ventilation fans and dehumidifiers to keep humidity at 30 percent to 50 percent. Treat moldy bathrooms, basement walls and furniture with diluted bleach or other disinfectants.

Volatile organic compounds (VOCs): These gases are emitted from products such as paints and cleaning supplies. Health effects range from ear, nose and throat irritation to central nervous system damage.

Combat them: Use chemicals only in well-ventilated areas. Consider purchasing low-VOC paint.

Don't let the bedbugs bite!



Bedbugs are one souvenir you don't want to take home with you from vacation. But these flat, little reddish-brown pests, which are more common in places such as hotels, may find a way into your home by hitching a ride in your suitcase. Waiting to strike, they hide out in beds, box springs, headboards and bed frames. When they do bite, they can cause red, itchy, clustered bite marks on the face, neck, arms and hands. The best way to eliminate them is with a professional exterminator.

DOUBTING diet soda

Diet soda: It's sugar and calorie free, so it must not be bad for you, right? Some recent research suggests otherwise. While most of these health concerns need further investigation, now might be a good time to either limit your diet-soda intake to the occasional indulgence, or switch to water, skim milk or diluted 100-percent fruit juice. Here's why:

Tough on teeth. Diet soda is just as acidic as regular soda, which can damage tooth enamel and promote decay.

Wicked to waistlines. Some studies have found that drinking diet soda regularly may be connected to obesity and type 2 diabetes. Researchers are unsure if diet soda actually causes obesity, but one study found that those who drank three or more of the beverages daily were more likely to gain weight than those who didn't.

Unkind to kidneys. One major study found that women who consumed two or more artificially sweetened sodas a day doubled their risk for kidney function decline. Drinking regular soda or only one diet soda daily did not decrease kidney function more than normal. However, for those prone to kidney stones, a separate study discovered that citrus-flavored diet sodas contain high levels of a compound that may inhibit stone formation.

Bad to the bones. According to the National Institutes of Health, people may be replacing bone-friendly, calcium-rich milk with soda, which may lead to decreased bone mass and an increased risk of fracture.



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

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The next level of care

HRMC earns gold seal accreditation



Hearthland Regional Medical Center (HRMC) has earned The Joint Commission's Gold Seal of Approval™ for accreditation by demonstrating compliance with the commission's national standards for health care quality and safety in hospitals. The accreditation award recognizes HRMC's dedication to continuous compliance with The Joint Commission's advanced standards.

The hospital underwent a rigorous unannounced on-site survey in September last year. A team of Joint Commission expert surveyors evaluated HRMC for compliance with standards of care specific to the needs of patients, including infection prevention and control, leadership and medication management.

"With Joint Commission accreditation, we're making a significant investment in quality on a day-to-day basis from the top down," says Phil Dionne, chief executive officer at HRMC. "Joint Commission accreditation provides us a framework to take our organization to the next level and helps create a culture of excellence. Achieving this accreditation is a major step toward maintaining and continually improving the care we provide."

ABOUT THE JOINT COMMISSION

Founded in 1951, The Joint Commission seeks to continuously improve health care for the public, in collaboration with other stakeholders, by evaluating health care organizations and inspiring them to excel in providing safe and effective care of the highest quality and value. The Joint Commission evaluates and accredits more than 18,000



health care organizations and programs in the United States. "In achieving Joint Commission accreditation, HRMC has demonstrated its commitment to the highest level of care for its patients," says Mark Pelletier, R.N., M.S., executive director, Hospital Programs, Accreditation and Certification Services, The Joint Commission. "Accreditation is a voluntary process, and I commend HRMC for successfully undertaking this challenge to elevate its standard of care and instill confidence in the community it serves."



Experience the difference!

To learn about the services available at HRMC, visit
www.heartlandregional.com.