

Health Connection



A PUBLICATION OF LV STABLER MEMORIAL HOSPITAL

Building for our future

Dear readers,

This year, I'm very excited about the capital resources available at LV Stabler Memorial Hospital. We plan to invest \$1.3 million into capital projects throughout the facility in 2006.

A major upgrade to our mechanical heating and cooling systems was initiated this spring. This \$900,000 endeavor will include the replacement of selected air conditioning and heating equipment, upgrades to the fire alarm system and replacement of our emergency generator. These improvements will modernize safety equipment as well as improve the overall comfort of our patrons. The project is expected to be completed by the end of the year.

In addition, the hospital will invest \$400,000 in new and replacement technology and other capital equipment needed throughout the hospital. In radiology, an R&F (radiology) room will be replaced at a cost of \$280,000; this new room will enhance our radiological capabilities and allow us to provide our services in a more timely manner. Also, an additional \$120,000 in capital will be spent on various departments throughout the hospital. A few of the projects include: replacement of hospital beds to provide more comfort to our patients; addition of new operating-room technology



that will expand our operating capabilities; expansion of the geriatric-psychiatry unit to provide more space for our patients; and aesthetic upgrades to patient rooms.

Our staff is looking forward to the completion of these capital projects. The end results will not only improve safety and enhance technology, but also provide a better atmosphere for our patients and their families. LV Stabler Memorial Hospital is working hard to improve our facilities and services, and we look forward to meeting our community's future needs.

Best regards,

DANIEL L. PERRYMAN, CEO
LV Stabler Memorial Hospital

Good day, sunshine!

Greet the day with an SPF

You don't have to be a sun worshipper to take sun protection seriously—even limited exposure can cause damage. Skin cancer is the most common kind of cancer in the United States, affecting nearly half of all Americans who live to age 65. Although most cancers don't appear until after age 50, skin cancer results from years of accumulated sun damage. However, you can avoid sun damage and enjoy your favorite outdoor activities by taking sensible precautions and using a sunscreen that protects your skin from damaging ultraviolet rays.

THE ABCS OF SPFS

Sunscreen products are rated according to their sun protection factor (SPF)—the length of time a product will protect you from sunburn caused by ultraviolet B (UVB) rays. But sunscreens don't provide complete protection. You still need to be cautious about timing and limiting your sun exposure.

Your best bet when shopping for a sunscreen is to choose a product with an SPF of at least 15, according to the American Cancer Society. Check the label to make sure it provides “broad-spectrum” protection, which protects against UVB rays and ultraviolet A (UVA) rays. UVB rays cause sunburns that can lead to superficial skin cancers known as basal cell carcinomas and squamous cell carcinomas. They can also lead to the more deadly skin cancer, melanoma. UVA rays penetrate even more deeply into the skin, damaging connective tissue.

SAVE-YOUR-SKIN TIPS

If you'll be outside, slather on sunscreen and find a shady spot, but keep in mind that sunlight reflects off surfaces such as water, sand and pavement. Avoid the sun between 10 a.m. and 4 p.m., when rays are strongest. To block sunlight,



wear sunglasses, a broad-brimmed hat and clothing made from tightly woven fabric, preferably long-sleeved shirts and pants. For your sunscreen to be most effective:

- Apply about 30 minutes before going outdoors.
- Use liberally. Apply 1 ounce of sunscreen to cover all exposed areas of your body, including your neck, ears and scalp.
- Reapply every 90 minutes—more often if you sweat heavily or go swimming.
- Use even on cloudy days—UV rays can still reach you.

Harmful UV rays can pass through car windows, too, so apply sunscreen to exposed skin if you'll be driving during peak sun hours.

Make applying sunscreen a habit—like brushing your teeth—but don't rely on sunscreen for full protection against skin cancer. Be sure to examine your skin each month for unusual changes and see your dermatologist if you spot any irregularities.

“When outside, apply sunscreen liberally every 90 minutes.”



Bouncing back from joint pain

With all the wear and tear we place on our joints, it's no wonder that almost 639,000 people underwent hip or knee replacement surgery in 2003, according to the Centers for Disease Control and Prevention. Knees and hips, in particular, are prone to problems—largely because they play a part in almost everything we do—but shoulder, finger, ankle and elbow joints can need replacement as well.

WHY ARE JOINT REPLACEMENTS NEEDED?

Joint replacement surgery, also known as arthroplasty, becomes necessary when conditions such as arthritis destroy the cartilage that cushions and separates bones. Over time, the friction of bone against bone wears away the joint, causing it to become stiff and painful.

Additionally, sports-related injuries and falls can create the need for surgery. Generally, arthroplasty becomes an option when joint pain disrupts your daily routine.

GETTING NEW PARTS

Surgeons can create a new joint, relieving your pain and providing greater freedom of movement. During the procedure, destroyed bone and tissue are removed and replaced with prosthetics, or artificial parts. The parts are made from durable metal, plastic or ceramic and can last up to 20 years.

Newer minimally invasive techniques are being performed more often, using smaller incisions—just 3 to 5 inches, compared with 6 to 12 inches in standard procedures—and reducing recovery time. Your hospital stay may be reduced to one or two days from four or three, and some patients go home the same day as surgery. However, minimally invasive surgery is not for everyone; patients who are overweight, elderly or frail or who have bone abnormalities do not make good candidates.

With hip or knee replacement surgery, expect to use a walker, crutches or a cane initially after the procedure. As you recuperate, a physical therapist will help you perform exercises to strengthen the joint, guiding your movements so you don't accidentally dislocate the replacement. Barring the unforeseen, you should be walking unassisted two to six weeks later. And though grueling workouts like 10-mile runs may still be too tough for artificial hips or knees, make plans to resume long-lost activities like dancing or strolling on the beach within six months.



Do you need joint replacement surgery?

Your overall health and age and the condition of your joints will help you and your healthcare provider decide whether you're suitable for joint replacement. If you can answer yes to any of the following questions, you may want to consider surgery.

- Are you still in pain even after losing excess weight?
- Does your pain keep you awake nights?
- Does your pain interfere with your ability to earn a living?
- Has your quality of life suffered because of your pain—your ability to travel, perform household chores or visit with friends or family?
- Have you exhausted all other options, including anti-inflammatory drugs to relieve joint pain, walking with a cane, power-walking or swimming instead of jogging?



When emergency strikes ...

Our emergency department
is here for you

If you or a loved one becomes seriously ill or injured, LV Stabler Memorial Hospital (LVSMH) is here to meet your emergency healthcare needs. LVSMH has a Level II emergency department (ED), providing a high standard of care. Care is individualized to meet the needs of every patient and is delivered in a timely manner.

That care begins as patients are transported to the hospital by ambulance. Emergency medical technicians contact ED physicians by phone or radio for orders, so

the ED staff is ready with the proper equipment to meet your needs.

THE LATEST TECHNOLOGY

The ED is equipped with the latest advances in life-saving equipment. Full cardiac monitoring and trauma stabilization capabilities are available. Advanced diagnostic capabilities, as well as 24-hour radiology services, including CT, MRI, echocardiography, ultrasound and X-ray, are on hand. To provide the best diagnostic treatment, cardiopulmonary and laboratory services are also available. A bedside/transport monitoring system with electronic message panel allows for immediate transmission of patient data to a central location at the nurse's station, alerting the nurse of any cardiac changes and emergencies.

The ED is also equipped with ProMed electronic patient tracking, a computerized system enabling the ED staff to track wait times and manage patients throughout the department. For patient comfort and convenience, the ED features a spacious waiting area, a private triage room, 11 treatment beds and a central nurse's station.

A SKILLED STAFF MAKES THE DIFFERENCE

The staff provides patients with the best care from arrival to discharge. The ED is staffed 24 hours a day with board-certified physicians, skilled and trained in caring for emergencies and other healthcare needs. These physicians have 24-hour access to specialty physicians. Experienced registered nurses are trained in emergency care and certified in advanced care. ED staff is supported by trained professionals from other departments, including radiology, respiratory and laboratory.

COMPLETE, COMPASSIONATE CARE

Experiencing an emergency can be stressful and confusing. When you're discharged from the ED, we make sure you have all the information necessary to continue your plan of care. Easy-to-read discharge instructions are distributed and explained by a doctor or nurse.

Our caring does not stop at the exit door. After discharge, you may need a follow-up visit with your primary care physician or a specialist, or a nurse may call you to check on your progress. LVSMH is here caring for our community.

A photograph showing a physical therapist in a light grey polo shirt and khaki pants assisting a male patient in a blue tank top and grey leggings. The patient is sitting on a blue table, and the therapist is helping him use a yellow resistance band around his foot and hand. The background is a bright, clean clinical setting.

Physical therapy services at LV Stabler

Skilled care with a personal touch

LV Stabler Memorial Hospital's therapy services are the best choice for your physical therapy needs. Our experienced staff provides quality care and has a proven track record in progressing patients to their physician's satisfaction.

Under the direction of Shannon Hartley, R.P.T., the staff is highly qualified and treats patients in a structured professional environment. Skilled rehabilitative care is available for patients of all ages, for conditions ranging from arthritis to strokes. Physical, occupational and speech therapy services are open five days a week from 7 a.m. to 4:30 p.m.

With a recent cap set forth by Medicare for physical therapy services, it's important to consider your options. At LV Stabler, we're exempt from this cap because we're part of the hospital and not a privately owned company. The exemption allows us to continue to provide skilled services to all of our patients.

TREATMENT OPTIONS

Patient treatment plans are individualized to meet each patient's needs. Patients need an order from their physician to begin treatment. The therapist's goal is for the patient to achieve the best functional status with regard to his or her diagnosis and prognosis. Treatment options

include skilled exercises, various modalities for pain management and mobility improvement, wound care, orthopedic and neurological treatment, as well as extensive patient education. Every patient visit is evaluated and treatment plans are altered as the patient progresses toward his or her goal.

CARE THAT SUITS YOUR NEEDS

Physical therapy services are available for hospital patients, outpatients and those requiring therapy in the home through our home health agency. Patients receiving therapy at home can benefit from physical, speech and occupational therapies. These therapies are offered one to four times per week, depending on individual needs.

In many cases, patients need to follow up with a home exercise program. Compliance at home is needed in order to get the full benefits of physical therapy.

Learn more!

LV Stabler Memorial Hospital can help you with all of your physical therapy needs. For more information on physical, occupational or speech therapy services, call (334) 383-2254.

HEALTHWISE QUIZ

How much do you know about ADHD?

Take this quiz to find out how much you know about attention deficit hyperactivity disorder (ADHD).

- 1 Which of the following is *not* a symptom of attention deficit hyperactivity disorder?
 - a. hyperactivity
 - b. obsession
 - c. impulsivity
 - d. inattention
- 2 ADHD is thought to be caused by:
 - a. poor parenting
 - b. a genetic disorder
 - c. rheumatic fever
 - d. all of the above
- 3 Other disorders may accompany ADHD in as many as one in three cases. These include:
 - a. Tourette's syndrome
 - b. learning disabilities
 - c. bipolar disorder
 - d. all of the above
- 4 Most children who have ADHD begin to show signs and symptoms of the disorder between ages:
 - a. 1 and 2 years
 - b. 4 and 6 years
 - c. 9 and 12 years
 - d. 13 and 15 years
- 5 Adults can also suffer from ADHD. To be diagnosed with the disorder, a person must:
 - a. have shown symptoms of ADHD in childhood
 - b. have suffered from a serious illness as a child
 - c. have trouble holding down a job
 - d. be a reckless driver

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



STROKE SMARTS

How to spot a stroke

A stroke is similar to a lightning strike—it can happen suddenly and without warning. However, there are sometimes warning signs that lightning is imminent, such as storm clouds, rain and thunder.

Warning signs can signal a stroke, too. If you spot them and act quickly, you may prevent severe disability or death. If you or someone around you show any of these symptoms, seek emergency medical treatment immediately:

- sudden numbness or weakness in the face, arm or leg, especially on one side of the body
- sudden confusion, trouble speaking or understanding
- sudden trouble seeing in one or both eyes
- sudden trouble walking, dizziness, loss of balance or coordination
- sudden, severe headache with no known cause

These signs point to a stroke in progress. Blood and oxygen are not getting to a part of the brain as a result of a burst blood vessel or a blood clot, and that portion of the brain begins to die. Speedy medical care may minimize brain damage.

RISK FACTORS

Lifestyle factors and other health conditions that weaken blood vessels or contribute to blood clots increase your risk for stroke. You can control or treat some of them, such as high blood pressure, smoking, diabetes, carotid or other artery disease, abnormal heart rhythm, transient ischemic attacks (mini-strokes), certain blood disorders, sickle cell disease, high blood cholesterol, high triglycerides, physical inactivity, obesity and substance abuse.

Factors you can't change include increasing age, gender (more men suffer strokes), family history, race (African-Americans face greater risk) and having had a prior stroke or heart attack. Talk to your doctor about ways to reduce your risk for stroke and be prepared to act quickly if warning signs appear.

Outward bound

10 play-safe tips for your kids

What's one of the best things to say to your child? Go outside and play! Close supervision, proper protective gear and these simple precautions will help your kids safely enjoy the great outdoors:

- 1 Apply a sunscreen with an SPF of at least 15 every day—even on cloudy days—and reapply every 90 minutes, especially after swimming or sweating.
- 2 Outfit kids with brimmed hats and don't forget the sunglasses.
- 3 Keep babies under age 6 months out of direct sunlight and in the shade.
- 4 Avoid using swimming aids such as "floaties." They don't substitute for a life vest and can give kids a false sense of security.
- 5 When kids are swimming, keep a portable phone and rescue equipment like a shepherd's hook and life preserver nearby.
- 6 Supervise kids at all times near water and stay within arm's length of babies and toddlers. If you have to step



away even for a moment, get everyone out of the pool area and take little ones with you.

- 7 Insist kids wear proper protective equipment, especially a helmet, wrist guards and knee and elbow pads when bicycle riding, skateboarding and in-line skating.
- 8 Teach kids to bike skillfully. Enroll your children in a class to practice basic skills, such as balance and braking, on a smooth surface away from traffic.
- 9 Visit playgrounds that have soft surfaces like wood mulch or chips, shredded rubber tires or sand to lessen the impact of falls. Avoid play equipment on asphalt, concrete, packed dirt and grass.
- 10 Don't let kids wear helmets, necklaces, backpacks, scarves or clothing with drawstrings while on playgrounds.



Fire up the grill!

But read these food-safety tips first

For many people, summertime fare means fresh, fast, no-fuss meals cooked outdoors. However, warm temperatures can set the stage for a nasty bout of food poisoning. Take these

precautions to make sure your meals are safe:

- **Defrost thoroughly.** Place frozen foods in the refrigerator for safe thawing. If meats are out too long, bacteria can produce illness-causing toxins that remain active even during cooking.
- **Marinate right.** Keep foods refrigerated while marinating.
- **Transport safely.** When traveling, use an insulated cooler with enough ice or cold packs to maintain a temperature of at least 40° F. Wait until you're ready to leave to

pack refrigerated foods in the cooler. Then place it in the coolest part of the car—not the trunk. When you arrive at your destination, move the cooler into the shade, avoid opening it frequently and replenish ice as needed.

- **Bring extra plates and tools.** Use one

platter and spatula, tongs and sauce brush for raw foods and a different platter and utensils for cooked foods.

Don't use a fork to turn meats since puncturing can introduce surface bacteria into the meat.

- **Keep clean.** Bring paper towels and disposable wipes or a sanitizing gel for convenient hand washing and surface cleanup.

- **Prepare the grill.** Light the coals and allow the cooking surface to heat up to kill microorganisms before putting on the food.

Is it done?

Use an instant-read meat thermometer to test meat's doneness. Grill precooked meats such as hot dogs to 165° F until steaming hot. Refer to the chart at right to determine when cooked meat is safe to eat.

Meat product	Safe temperature
poultry	180° F
pork	160° F
beef, ground	160° F
beef, steaks or roasts	145° F
veal	145° F
lamb	145° F

PHYSICIAN PROFILE

JAVIER TAPIA, M.D.

Pediatrics

Dr. Tapia has been a member of the medical staff at LV Stabler Memorial Hospital for more than a year. His office is located on the hospital campus. Dr. Tapia graduated from the University of Illinois School of Medicine at Peoria. His internship and residency training was at Children's Hospital in New Mexico. He worked for two years at Children's Hospital as a pediatric staff physician in the urgent care department and in the school-based health clinic. Dr. Tapia has been a member of the Alabama Medical Society since 2002 and a member of the U.S. Air Force Inactive Reserves since 1997.

Prior to becoming a pediatrician, Dr. Tapia held the position of captain in the USAF and served as an R.N. in the intensive care unit (ICU) at Scott Medical Center on Scott Air Force Base in Illinois. He also served as a First Lieutenant in the ICU at Strategic Hospital on March Air Force Base in California.

Dr. Tapia and his wife, Catherine, have four children: Tom, 14, Lorenzo, 12, Connie, 2 and their latest addition, Poppy Nicole. His hobbies include playing the guitar, volleyball, bike riding, tennis and camping.

Dr. Tapia and his staff at Camellia Pediatrics—Rebecca Atchison, receptionist, and Dianne Robinson, L.P.N.—are now located at 44 Medical Arts Court, Suite 1, next to Dr. Victoria's office. Dr. Tapia sees patients from newborn to age 18. All major insurance plans are accepted, including Medicaid and Blue Cross. Dr. Tapia is fluent in both English and Spanish.

Call (334) 383-2001 for an appointment for your pediatric needs.



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