

Health Connection



A PUBLICATION OF LV STABLER MEMORIAL HOSPITAL

Meeting your healthcare needs

Dear readers,

I hope you are enjoying what's left of the hot, humid summer and are looking forward to the cooler, wetter weather of fall. The staff of LV Stabler is geared up to meet your healthcare needs.

After three years as our CEO, Dan Perryman has relocated to Illinois to work with a Catholic hospital system. Please join me in wishing Dan and his family the best of luck in this new endeavor. Until a replacement is found, I will be stepping into the interim CEO position for the third time. The senior management team and I look forward to working with the medical staff, board of trustees, employees and community to continue to improve our healthcare delivery. Physician recruitment and improved services will continue to be a priority. Customer service will be expected by all who work here. LV Stabler wants to be your primary healthcare provider.

In this issue of *Health Connection*, we discuss surgeries that can be performed in our community. The names and numbers of our physicians are listed for your easy access. The surgeons are trained in the very best hospitals in the country and our staff is ready and able to meet your surgical needs.

LV Stabler has a new radiology director, Valerie Peterson, moving here from Birmingham, Ala. Valerie is working hard to improve services, decrease wait times and provide in-house service around the clock. Well-trained technicians are available to meet your radiology needs.



If you need a healthcare provider, consider Southern Family Practice, where Nurse Practitioner Melissa English and her friendly staff are always ready and willing to take care of your needs. Melissa's practice is on the hospital campus. For an appointment, call (334) 382-0885.

I wish you all a happy end of summer and beginning of fall. Remember to take time to enjoy your family, friends and this great time of year.

Best wishes,

CONNIE NICHOLAS
Interim Chief Executive Officer
LV Stabler Memorial Hospital

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





Eddie Dunn, R.N.
Surgical Services Manager

Surgical care you can trust

Specialists and general surgeons offer an array of services, close to home

Greenville-area residents in need of surgery don't need to make the trip to Montgomery. The surgical department at LV Stabler Memorial Hospital performs a variety of surgical procedures close to home.

Our six surgeons offer care in five specialties, including general surgery, otolaryngology, gynecology, orthopedics and a gastrointestinal lab. Each specialty has its own array of procedures. Our staff, working with our Surgical Services Manager Eddie Dunn, R.N., also includes nine registered nurses, a certified registered nurse practitioner and two certified registered nurse anesthetists.

The general surgical procedures are performed by surgeons Norman McGowin III, M.D., and Edgar Victoria, M.D., both of whom are board certified in general surgery. A variety of surgical procedures are offered, including laparoscopic and open cholecystectomies (gall bladder removal); small and large intestinal procedures; breast biopsies and mastectomies; hernia repairs; amputations;

and lipoma (fatty tumor) and other soft tissue excisions. General surgeons also perform gastrointestinal procedures, such as colonoscopies and esophagogastroduodenoscopies.

Aubrey Stabler Jr., M.D., provides otolaryngology services, which consist mainly of tonsillectomies, adenoidectomies and myringotomies with tube insertions. This specialty also includes observance of the vocal cords, with and without biopsy, and soft tissue tumors and node excisions.

William Thomas, M.D., a board-certified Ob/Gyn, performs abdominal and laparoscopic hysterectomies, dilation and

curettage and laparoscopy procedures, including diagnostic laparoscopies, tubal ligations, cystectomies and urodynamic monitoring procedures.

Orthopedic procedures are performed by Joseph Curtis, M.D., a board-certified orthopedist from Montgomery. Dr. Curtis conducts a clinic and performs outpatient procedures one day a week on the hospital campus. This prevents a long drive to Montgomery. These procedures include knee arthroscopies, carpal tunnel releases, bunionectomies, hammertoe repairs, ganglion cyst excisions and more. Dr. Curtis also treats fractures on an outpatient basis.

The surgical services and procedures offered by LV Stabler Memorial Hospital are provided by excellent surgeons who are nationally board certified in their fields. LV Stabler has competent staff, technologically advanced equipment and a family-oriented environment to meet your surgical needs.

OFFICE TELEPHONE NUMBERS

Norman McGowin, III, M.D., general surgery	(334) 382-6864
Edgar Victoria, M.D., general surgery	(334) 382-8442
Aubrey Stabler Jr., M.D., otolaryngology	(334) 382-2681
William Thomas, M.D., gynecology	(334) 382-7999
Joseph Curtis, M.D., orthopedics	(334) 382-6503

An inside view

Advanced imaging gives doctors a closer look

Advanced medical technology for diagnostic and screening procedures is available at the radiology department at LV Stabler Memorial Hospital. We offer a variety of procedures, including spiral computed tomography (CT), ultrasound, echocardiography, magnetic resonance imaging (MRI), nuclear medicine, mammography, bone densitometry, fluoroscopy and routine and diagnostic radiography.

Our radiology team is led by board-certified radiologists, who are responsible for interpreting the results of examinations, performing procedures and consulting with physicians. Medical director Stanley Winslow, M.D., from the Jackson Radiology group in Montgomery, ensures the overall quality performance of the radiology team.

The department is staffed with technologists who perform radiology examinations. Technologists are trained in human anatomy, physiology, chemistry and other life sciences at an accredited school. Once a technologist has completed the approved training program, they undergo additional studies in order to specialize in a particular modality, such as CT scans, MRI and mammography, and are then certified by the American Registry of Radiologic Technologists.

Many of our technologists specialize in more than one modality and hold advanced certifications. For example, sonographers receive training through accredited programs and undergo specialty training to enhance their scanning capabilities. This training has added vascular ultrasound and echocardiography to our ultrasound department.

Nuclear medicine differs from X-ray because it records radiation from the inside out. Special substances called radiopharmaceuticals are used to create images of the anatomy. These substances are injected, swallowed or inhaled by the patient. A special camera is used to detect



emissions from the radiopharmaceuticals in the bone, organ or tissue being examined. The information is recorded on a computerized screen or film.

Nuclear medicine documents the function as well as the structure of organs, bones and tissues. An X-ray can tell a physician what something looks like, but nuclear medicine also can tell if it's functioning properly. Common procedures include thyroid scans, bone scans, lung scans, cardiac stress tests and liver or gallbladder procedures.

Mammography, a special X-ray of the breasts, can detect lumps and other forms of breast disease that may be too small to be felt by an experienced examiner. Early detection affords the best opportunity for a total cure.

Radiology procedures are scheduled Monday through Friday. However, to help accommodate our patients who may not be able to come during the week, mammography and nuclear medicine services are available every other Saturday morning. Ask your physician to schedule your appointment.



Chief of Staff Norman McGowin III, M.D., and X-ray Technologist Jennifer Morgan with our magnetic resonance imaging (MRI) scanner.

Learn more!

For more information about radiological services available at LV Stabler Memorial Hospital, call (334) 382-2671 or visit www.lvstabler.com.

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 un buttered 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.

WHO'S WHO AT LV STABLER

MELISSA ENGLISH, C.R.N.P.

English, a certified registered nurse practitioner, has been a member of the medical staff at LV Stabler Memorial Hospital for more than seven years. She's a good example of a healthcare practitioner returning home to meet the healthcare needs of her community.

"The hospital is very fortunate to have Melissa English as part of our allied health professional staff," says Connie Nicholas, interim hospital chief executive officer. "She is caring and devoted to her patients. They in turn feel comfortable with her and appreciate her bedside manner."

English received her Bachelor of Science degree in nursing and Master of Science degree in Family Practice for Advanced Nursing Practice from the University of South Alabama (USA) in Mobile where she was listed on the president's and dean's lists. She is board certified with the American Nurses Credentialing Center and the American Academy of Nurse Practitioners. She is a member of the American College of Nurse Practitioners and the Alabama Nurses Association. While attending USA, English was a member of Sigma Theta Tau International Nursing Honor Society and Alpha Theta Chi Academic Honor Society.

Before completing her undergraduate and graduate degrees, English held the position of Assistant Critical Care

Manager at Springhill Memorial Hospital in Mobile. Later, she was the Critical Care Nurse Manager here at LV Stabler.

English and her husband, Harold, have four children: Laine, 24; Lauren, 20; Zach, 18; and Jacob, 15. In her spare time, she enjoys gardening and spending quality time with her family.

English's staff at Southern Family Practice, office manager Angie Dunklin, nurse Judy Mosley, L.P.N., and lab tech Angie Luckie, located at 44 Medical Arts Court, Suite 3, will treat you like family while taking care of your healthcare needs. For an appointment, call (334) 382-0885. All major insurances are accepted.



At Southern Family Practice, you'll find office manager Angie Dunklin, bottom left; Judy Mosley, L.P.N., bottom right; Angie Luckie, medical assistant, top left; and Melissa English, C.R.N.P., top right.

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