

Health Connection



A PUBLICATION OF LV STABLER MEMORIAL HOSPITAL

Compassionate care for the community

Dear friends,

I hope you're well and enjoying the winter season. I'm looking forward to the warmer days of spring. Remember, our staff is here to meet your healthcare needs no matter what the season.

Heart and pulmonary diseases are prevalent in our patient population and we're excited about building a Cardiopulmonary Rehabilitation program over the next few months. This program will be directed by Shawn Patel, M.D., an internal and pulmonary medicine specialist. This program will feature an exercise program designed to meet individual patients' needs. Pulmonary studies, such as pulmonary function testing, can be performed here at the hospital. New exercise equipment, such as treadmills, bikes and cardiac monitors, is being purchased to implement this program. This program will prevent you from having to travel out of town. For an appointment, call Dr. Patel at **(334) 382-0885**.

A two-bed Sleep Lab, also directed by Dr. Patel, is being established to better serve your needs. Sleep apnea and pulmonary hypertension are common diagnoses that require sleep studies to be performed. We hope you'll consider having a sleep study where the equipment and rooms are newly renovated and aesthetically pleasing. More pulmonary information is available in this issue.

LV Stabler Memorial Hospital has purchased a 16-slice computed tomography (CT) scanner for our Radiology Department. This new scanner will speed the process and produce superior quality images. You'll find more information about the scanner on page 8 of this issue.

Our staff's philosophy is to improve customer satisfaction and exceed your expectations.



Please visit our emergency department for your emergency healthcare needs and experience the difference.

Don't forget to visit our Web site at www.lvstabler.com. For helpful medical information, click on the Discovery Hospital link. We hope you enjoy this issue of *Health Connection*. If you need us, we're here to serve you with compassion.

Warmest regards,

CONNIE NICHOLAS
Interim Chief Executive Officer
LV Stabler Memorial Hospital

Preparing for outpatient surgery

Thanks to the miracle of science, surgeries that once required a hospital stay can now be done on an outpatient basis. That's good news for those who recover better in the comfort of home, but it also means that any necessary arrangements must be made before the surgery date. If you or a loved one is facing outpatient surgery, try the suggestions below to help make the experience as smooth as possible.

PLAN AHEAD

As surgery day draws closer, you'll find it helpful to have certain things taken care of. Once you know your surgery date and time, ask yourself these questions:

- **Do I need to make any changes in my house's setup?** You may have to set up a temporary bedroom on the first floor if you think you'll have difficulty climbing stairs, for instance.
- **Do I have enough food in the house?** Stock up on meals in the freezer (either homemade or store-bought) so you

won't have to worry about food preparation. Ask your doctor about dietary restrictions or recommendations.

- **Will I need help in the house?** Plan to have a friend or a family member drive you home from the hospital. It's also a good idea to have someone stay with you during the first 24 hours. After that, schedule your visitors. They'll brighten your mood but may also cut into your resting time. Be sure to limit visits based on how you feel.
- **Is there anyone I'm responsible for?** If you have baby-sitting or caretaking responsibilities, remember to make other arrangements for your recovery period.

THE DAY BEFORE

Your doctor will probably instruct you not to eat or drink within eight hours of surgery. Ask your doctor whether you should abstain from taking medication or bring a day's dosage with you to the hospital.

If you're recovering from or coming down with a cold, tell your doctor. Your surgery may be postponed until you feel healthy.

Because skin-tone changes can sometimes be a sign of postsurgery problems, don't wear any makeup the day of surgery, including eye makeup and nail polish. Also, plan to wear loose clothing to the hospital.

AFTER SURGERY

Tell your healthcare team about any discomfort, irritation or pain you feel. How long you stay at the hospital will depend on your ability to drink fluids, walk and urinate. The amount of pain you're in will also affect your discharge. Before you leave, get a written list of postoperative instructions, symptoms to monitor and in-case-of-emergency phone numbers.





A strong, stable core helps reduce your risk of injury and prevent back pain.

At the core of fitness

postures that focus on building flexibility, balance and strength.

- **Tai chi.** This Chinese ritual involves precise, relaxed exercises to increase both agility and balance.

- **Pilates.** It's the latest craze, involving the use of certain exercises to create longer and stronger muscles without the bulk.

- **Weight training.** Focus on exercises that target your core muscles. Start light and increase the intensity of your workout over time. You may want to consult with a personal trainer to develop a program tailored to your needs.

- **Stability ball.** Sometimes

Head of core conditioning? It's the "apple-a-day" way for you to ensure that your body stays strong and steady. Simply put, core conditioning is a series of exercises that target your core—the body's center of power that starts just below your shoulders and ends just below your hips. You work out to gain strength in the muscles that control your trunk and spine while improving balance, agility and flexibility. Adding core strength helps you perform daily functions like lifting grocery bags, playing with your kids and getting in and out of your car. A strong, stable core also helps reduce your risk of injury and prevent back pain.

Try these exercises to build the back, abdominal, thigh and buttock muscles associated with a strong core. Check with your physician first to be sure you're starting at a fitness level that's right for you.

- **Yoga.** This ancient practice involves stretching and holding

called a Swiss ball or a resist-a-ball, this large, rubber exercise ball is one of the best ways to actively target and stabilize your core. Start with the ball slightly deflated or secure it against a wall until you're ready to add more challenge to your balance. Choose a ball that comes with a video of basic exercises.

- **BOSU ball.** Shaped like a stability ball cut in half—flat on one side, domed on the other—the BOSU ball is designed to activate and strengthen your core as you perform exercises on it. Many gyms offer BOSU ball classes, and you can also buy video and DVD workouts to use with the BOSU at home.

- **Stability equipment.** Other light equipment ranging from foam rollers, balance pads and discs and mini-trampolines (ideal for beginners) to balance and wobble boards (for the more advanced) can help you improve core strength and stability.



- Get an annual influenza shot. These shots are offered every year beginning in October and are particularly important for older people, who are more likely to suffer serious complications from the flu.
- Receive the one-time pneumonia vaccine, which is usually given to people ages 65 and older.
- Make dietary changes to keep your weight in check.
- Exercise regularly to keep your lungs in good working order.

“If seniors follow these guidelines they can see remarkable improvements and lung health benefits such as living longer and having a better quality of life,” says Terrie Bagents, director of cardiopulmonary services at LV Stabler Memorial Hospital (LVSMH).

LVSMH is in the process of implementing a Cardiopulmonary Rehabilitation program, an outpatient program designed to help heart and lung patients of all ages recover faster. Services will include supervised exercise, education, counseling and social activities with follow-up care. The cardiopulmonary team is directed by Shawn Patel, M.D., a board-certified internist and pulmonologist and Fellow of the American College of Chest Physicians. Dr. Patel is qualified to treat a number of respiratory diseases.

Breathe easier

LVSMH’s new Cardiopulmonary Rehab program helps improve respiration

Keeping lungs healthy as we get older requires some special attention. That’s because as we age, we’re especially vulnerable to respiratory problems, including complications from the flu, dangerous forms of pneumonia and chronic conditions like chronic obstructive pulmonary disease (COPD).

Fortunately, seniors can take steps to keep their lungs in proper working order as they age:

- If you smoke, find a smoking-cessation program in your area to help you quit and check to see if Medicare will cover it under their new smoking-cessation counseling benefit.



Shawn Patel, M.D.
Pulmonologist and Internist

Call for an
appointment!

To make an appointment
with Shawn Patel, M.D.,
call (334) 382-0885.

When every second counts

Your ED is standing by

You don't plan to visit the emergency department (ED). It just happens—usually when you least expect it. At LV Stabler Memorial Hospital (LVSMH) we practice a philosophy of emergency care called ER+, which helps us provide quality medical care as quickly and professionally as possible.

THE RIGHT TEAM

Our ED staff is ready to work for you during your time of need—24 hours a day, 365 days a year—treating injuries from minor cuts and bruises to life-threatening conditions.

The team of physicians, nurses and technicians is trained to provide timely, quality care supported by modern technology and diagnostic equipment. They'll listen to you, examine you carefully and prescribe a treatment plan you can understand and believe in.

OUR GOAL

At LVSMH our patients are important to us. Our goal is to do our best to get you through the ED process as quickly as possible. When you arrive at the ED, a nurse will check your vital signs and inquire about your symptoms, medical history, medications and drug allergies. The nurse will perform an initial evaluation to determine the severity of the illness. Patients who come to our ED are seen based on their condition's severity. Our staff gives top priority to more severe and life-threatening conditions.

The goal of ER+ is for you to have around-the-clock access to qualified physicians who take the time to listen to what you have to say. You'll be greeted by truly compassionate nurses and a registration staff who understand people come before paperwork.

In our ED, ER+ represents a commitment to providing quality service by meeting the needs of our patients and their families with courtesy and respect. Your experience should be one of care, concern and attention to your emotional and physical needs. It's our goal every day not only to meet but exceed our patients' expectations.



HEALTHWISE QUIZ

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

Take this quiz to find out.

1 The average age when women in the United States reach menopause is:

- a. 51
- b. 55
- c. 48
- d. 64

2 The single biggest risk factor for osteoporosis, or brittle bone disease, is menopause. All of the following are signs that you may have osteoporosis except which one?

- a. height loss
- b. tooth loss
- c. joint pain
- d. backaches

3 One of the few reasons you should consider using hormone therapy is to:

- a. prevent ovarian cancer
- b. relieve severe menopausal symptoms such as hot flashes
- c. protect against heart disease
- d. lower your risk of breast cancer

4 The transitional period of two to 10 years before menopause, characterized by hormone fluctuations that can cause menopausal symptoms, is called:

- a. premature menopause
- b. premenopause
- c. perimenopause
- d. postmenopause

5 Of the following remedies, which is the only one approved by the U.S. Food and Drug Administration to relieve hot flashes?

- a. soy
- b. black cohosh
- c. phytoestrogens
- d. hormone therapy

Take control!

7 steps to healthy blood pressure and cholesterol

Heat disease and stroke kill millions of Americans each year. Unless you take steps to control your blood pressure and cholesterol levels, you may be at risk for these diseases. Get on the road to better health today with these seven simple steps:

- 1 Take a walk.** Exercise helps control your blood pressure and improves your cholesterol. Choose activities you enjoy and strive for at least 30 minutes of moderate-intensity physical activity on most days of the week.
- 2 Manage your weight.** Reducing your weight by just 10 pounds may help lower your blood pressure and reduce bad cholesterol. Since dropping pounds may be easier when working with a group, ask your healthcare provider to refer you to experts, groups or classes that can help.
- 3 Toss the cigarettes.** Smoking causes blood vessels to narrow and blood pressure to rise. It also makes it easier for cholesterol-rich plaque to stick to artery walls. A smoking cessation class can offer extra support.
- 4 Eat well.** Enjoy vegetables, fruits, whole grains, beans and legumes, along with moderate amounts of lean protein and healthy fats like those in salmon and olive oil. Avoid foods high in saturated fat, cholesterol, sodium, sugar and trans fatty acids.
- 5 Try soy.** A recent study shows that two servings a day of uncooked soy protein—found in tofu, soy milk or soy powder—lowers cholesterol levels by as much as 9 percent.
- 6 Limit your liquor.** Women should consume no more than one drink a day and men no more than two drinks a day.
- 7 Get screened.** Routinely checking your blood pressure and cholesterol levels keeps you on top of your cardiovascular disease risks. If your blood pressure's high, ask your doctor about buying a blood pressure monitor for home use.





First-aid foresight

Would you know what to do?

Sooner or later, we all face a medical problem that calls for immediate first aid and clear thinking. Knowing what to do next is a health skill everyone needs.

Bleeding. Apply pressure to the wound with a thick, clean cloth and raise the wound above the heart. If bleeding is severe or isn't controlled in five minutes or if the wound is very dirty, longer than an inch or gaping, get immediate medical care.

Puncture wounds. Don't self-treat deep puncture wounds since they can result in deep-tissue injury or infection.

Burns. Run cool water over minor burns, immerse in cold water or wrap the burned area in a cold, wet cloth for about 10 minutes or until pain subsides. Apply an antibiotic ointment and cover with a bandage. Call your doctor if blisters form.

Poisoning. Before doing anything, call the National Poison Control Hotline at 1-800-222-1222. Induce vomiting only if instructed.

Shock. Shock may cause cold, clammy skin; weakness; confusion; a rapid heartbeat; or deep, shallow or irregular breathing. Keep the victim warm and lying down on his or her back until help arrives. Don't give the victim anything to drink.

Electrical injuries. Do not touch someone who has just been electrocuted—the current may pass through you. While waiting for help to arrive, try to turn off the source of electricity.

Sprains and strains. To treat sprains and strains, follow the RICE method: rest, ice, compression and elevation. Apply ice packs or cold-water compresses to relieve swelling. Wrap the injury in an elastic bandage and keep it elevated above the heart.

Broken bones. Quickly call for emergency assistance. It's best not to move the person or attempt to straighten a broken bone.

Dine the Greek way

Although many of their meals consist of 40 percent fat, residents of the Greek isle of Crete who eat a traditional diet live longer than most other ethnic groups. In fact, Greeks who haven't succumbed to Western-style meals are 20 percent less likely to die of coronary artery disease and about 30 percent less likely to die of cancer than Americans are.

These stats make nutritionists take note, and what they've found is that the traditional Greek diet is one of the healthiest eating styles you can choose. The diet focuses on:

- vegetables, fruits, fish, grains, beans, nuts and legumes like chickpeas
- olive oil as the sole source of added fat
- only a few weekly servings of poultry, eggs and sweets
- daily, small to moderate amounts of cheese and yogurt
- red meats saved for special occasions only

What's more, the Greek diet is tasty—a sign that you don't have to give up good food to stay healthy.

BEWARE OF TROJAN HORSES

But be cautious: Some Greek foods found in the United States don't fit the heart-healthy profile of traditional



Greek cuisine. The nonprofit Center for Science in the Public Interest analyzed typical restaurant-size portions of some popular Greek meals. What they found could stop your heart. For example, spanakopita (spinach pie in phyllo dough) has 410 calories and 24 grams of fat, beef or lamb gyro (sandwich) has 760 calories and 20 grams of fat and moussaka (a meat and eggplant casserole) has 830 calories and 48 grams of fat!

An inside view

New 16-slice CT scanner offers leading-edge imaging

LV Stabler Memorial Hospital (LVSMH) is very excited to announce the arrival of our new multi-slice computed tomography (CT) scanner. The Brilliance 16-slice CT System by Philips is among the most advanced in the field, making CT exams at LVSMH safer, more comfortable and more accurate than ever before. The detailed images captured by the new scanner allow radiologists to make more accurate diagnoses, providing reassurance to patients.

The new scanner is among the fastest machines available. It performs multi-slice CT scans, including angiography, as well as other tests, in a matter of seconds. Multi-slice imaging records more than one image at a time, allowing for a smooth transition through the machine and eliminating abrupt starts and stops common with single-slice CT scanners. In addition to being faster, multi-slice scanners are more comfortable, a benefit for trauma, pediatric and acutely ill patients. Special filters



The new Brilliance CT scanner offers faster tests with more accurate results than older CT scanners.

reduce the amount of radiation patients are exposed to during the examination. The superior speed of the new scanner cuts the average CT exam time by more than 50 percent.

Learn more!

If you have questions or need assistance, contact us at (334) 383-2327.

We're very proud to offer this new service at LVSMH, and look forward to continuing to provide quality healthcare to the residents of Butler and surrounding counties.

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