

# Health Connection

BROUGHT TO YOU BY HELENA  
REGIONAL MEDICAL CENTER

**Stop smoking!**  
HRMC can help

**Preventing  
cervical cancer**  
Schedule your  
Pap test

**Keep your bones  
stronger longer**  
Get screened  
for osteoporosis

**Be wise—  
immunize!**

**Helena Regional**  
MEDICAL + CENTER

[www.helenarmc.com](http://www.helenarmc.com)



# Snap, crackle, pop!

## What are your joints telling you?

**Y**our body is a symphony of sounds—that cracking in your ankles, the popping in your knee. What causes these noises? Sometimes, it's just ligaments or tendons tightening and moving with a joint. For the most part, these sounds are normal and don't require any treatment.

But sometimes these noises can signal a more serious problem. A loud pop and locking of a joint can mean that torn cartilage, a piece of bone or something else has gotten caught between joint surfaces. Cracking and grinding may be a sign of arthritis. A loss of smooth cartilage and roughening of the joint surface is to blame for these noises.

### JUST MAKING NOISE?

To find out whether your popping and cracking should be of concern, look for the following signs. See your physician if you have any of these symptoms:

- pain accompanying the popping
- swelling of the joint
- locking or sticking of the joint
- loss of motion or function

### A JOINT EFFORT

The Arthritis Foundation and the American Academy of Orthopaedic Surgeons suggest following these tips to keep your joints healthy:

- Maintain a healthy weight.
- Stretch to increase your flexibility. Ask your physician to help you develop a regular stretching program.
- Stand up straight, shoulders back.
- When you lift heavy objects, use your legs instead of using your back. If you can't lift something yourself, ask for help.



- Alternate heavy activity such as housework, brisk walking or strenuous yardwork with rest periods.
- Wear protective gear, such as wrist, elbow or knee pads, if you're engaging in an activity where you could fall.
- Pay attention to your body. Pain may be a sign you're overworking your joints.
- Eat a well-balanced diet that includes plenty of calcium (1,200 mg a day for those over age 50; 1,000 mg for those ages 19 to 50).

### Knuckle cracking: Bad to the bone?

**S**ome people just can't resist cracking their knuckles. The cracking sound you hear is the "popping" of air bubbles when the joint is pushed or pulled a certain way. Knuckle cracking can certainly be annoying to others, but does it really make your knuckles larger? That old wives' tale hasn't been proven, but this is still a habit you should try to break, as studies point to possible soft-tissue damage in joints, a weak grip and hand swelling as a result of repeated cracking.



Dear friends,

**H**appy New Year and welcome to 2009! This year, Helena Regional Medical Center (HRMC) will be celebrating 100 years of service to our community.

#### RESOURCES FOR YOU

As your community hospital, we strive to provide you with the healthcare services and health education and awareness you need to take care of your family and friends. Take advantage of HRMC's wonderful programs like Healthy Woman, Senior Circle and Tiny Toes, all designed to provide you with a wealth of healthcare knowledge. In addition, visit us at [www.helenarmc.com](http://www.helenarmc.com), where you'll find a link to "Health Resources," another tool to help you manage your own personal health and the health of your loved ones.

#### EXPANSION AND GROWTH

We've begun construction of a new medical office building conveniently located on hospital grounds and scheduled to be completed later this year. We'll celebrate with a grand opening event—details will follow later, so stay tuned!

Thanks for supporting HRMC. Remember that this is your hospital, and we're here to serve you!

Sincerely,

**Thomas Fewell**  
Chief Executive Officer  
Helena Regional Medical Center



# Kick the smoking habit!

**T**he statistics are scary: Smoking cigarettes causes more U.S. deaths than AIDS, drug abuse, car crashes and murders combined. Yet despite the risks of cancer, heart disease, high blood pressure and ulcers, millions of Americans continue to feed their nicotine addiction.

If you've ever tried to quit smoking, you know how difficult it can be. Kicking the habit takes courage and hard work. Many smokers attempt to quit several times before they're successful.

A lifetime of smoking will cut your lifespan by an average of 14 years says the Centers for Disease Control and Prevention. No matter how long you've been smoking, quitting will help you live longer.

#### WE'RE HERE TO HELP

For more than 30 years, smokers across the country have taken part in the American Cancer Society's Great American Smokeout, an event that challenges all

smokers to quit for one day while encouraging them to give up the habit for good. Join Healthy Woman for a "Smoke Out the Habit" program on Wednesday, March 18, at 4:30 p.m. in the Helena Regional Medical Center boardroom. Take the challenge to quit smoking and save your life.



## ! Clear your lungs!

**T**o register for quit-smoking classes or to attend the Healthy Woman "Smoke Out the Habit" program, visit [www.helenarmc.com](http://www.helenarmc.com) or call (877) 816-3904 today.

# Prevent cervical cancer

## All it takes is a simple test



Pittman Moore, M.D.  
Obstetrician/  
Gynecologist

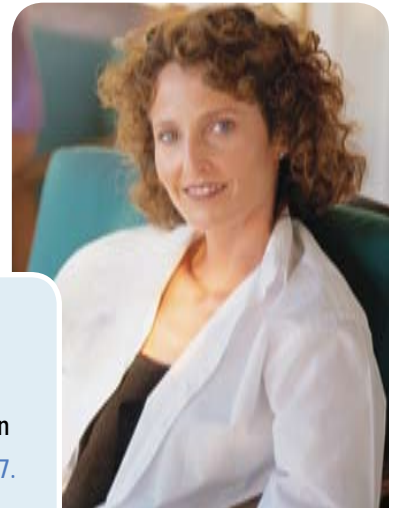
About 3,900 women in the United States died from cervical cancer in 2008, a number that's slowly decreasing by 4 percent each year. Fortunately, physicians are able to detect cervical cancer with Pap testing and then begin treatment.

Many risk factors increase your chances of getting cervical cancer.

Abnormal cervical cell changes that can lead to cancer are often the result of high-risk sexual behaviors years earlier. These behaviors include having unprotected sexual intercourse, intercourse before age 18 and intercourse with someone who's had multiple sex partners. Using birth control pills for more than five years is another risk factor.

Pap test results in a row may get tested every two to three years. Women ages 70 and older who've had three or more normal Pap tests in a row and no abnormal tests in the past 10 years may choose to stop having Pap tests. Women who've had a total hysterectomy and no history of abnormal Pap tests may choose to get tested every two to three years but still should have regular pelvic exams.

Even if you skip a Pap test, you should still visit your physician for regular pelvic exams, which uncover reproductive organ diseases that Pap tests can't.



### SCREENING GUIDELINES

Women should be screened for cervical cancer with a Pap test every year. Those ages 30 and over who've had three normal

### ! Get tested!

To learn more about Pap tests or to schedule a screening, call obstetrician/gynecologist Pittman Moore, M.D., with the Moore Clinic at (870) 338-2727.

## MEET OUR MEDICAL STAFF

The experienced, dedicated medical staff members of Helena Regional Medical Center (HRMC) can help keep your family healthy. We'd like to introduce two of them to you.



GILL G. PILLOW, M.D.  
Internal Medicine/Pediatrics

Pillow Clinic  
101 Shirley Hicks Drive  
Helena-West Helena  
(870) 572-5996

Gill G. Pillow, M.D., received his medical degree and completed his internal medicine and pediatric residency and internship at the University of Arkansas for Medical Sciences in Little Rock. He has been an active member of our medical staff since June 2003. Dr. Pillow practices at the Pillow Clinic at 101 Shirley Hicks Drive and is accepting new patients.



WILLIAM SAMUEL WINSTON, II, D.O.  
Family Medicine

626 Poplar St.  
Helena-West Helena  
(870) 338-8163

William Samuel "Sandy" Winston, II, D.O., earned his doctor of osteopathic medicine at Kirksville College of Osteopathic Medicine in Kirksville, Mo. Dr. Winston completed his family practice residency at the University of Arkansas for Medical Sciences-AHEC in Pine Bluff and served his internship at the E.A. Conway Medical Center in Monroe, La. Dr. Winston has been a member of our medical staff for more than 20 years.

## HEALTHWISE QUIZ

How much do you know about exercise?

Take this quiz to find out.

1 To lose one pound, you need to burn how many calories?

- a. 500
- b. 1,500
- c. 2,500
- d. 3,500

2 A good way to measure the intensity of an exercise is to keep track of your:

- a. heart rate
- b. blood pressure
- c. sweat levels
- d. thirst intensity

3 Exercise can:

- a. reduce depression
- b. help manage type 2 diabetes
- c. boost good HDL cholesterol
- d. all of the above

4 The *minimum* amount of time you should be active every day is:

- a. 15 minutes
- b. 20 minutes
- c. 30 minutes
- d. there is no minimum

5 Which of the following exercises will *not* help you build stronger bones?

- a. running
- b. swimming
- c. lifting weights
- d. dancing

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

# The kidney-heart connection

If you think kidney disease only affects your kidneys, think again. Though researchers can't fully explain the link, kidney disease is an independent risk factor for heart disease and greatly increases the risk of dying from heart problems. In fact, heart disease is the most common cause of death for the more than 20 million Americans with chronic kidney disease.

## WHO GETS KIDNEY DISEASE?

Kidney disease is often called a "silent killer" because many people don't even know they have it until it reaches an advanced stage. Risk factors include being obese; smoking; and having high blood pressure, diabetes or a family history of kidney disease. Ask your physician about testing if you're at risk. If he or she suspects you may have chronic kidney disease, blood and urine samples can diagnose it.

## KEEP YOUR KIDNEYS HEALTHY

If you already have kidney disease, early treatment can help keep it from getting worse. But the best method of attack is to prevent the problem in the first place. Take these steps to minimize your risk:

- **Maintain a healthy weight.** Eat healthful foods and be active every day.
- **Quit smoking.** Besides the damage it can do to your heart, smoking can interfere with medicine for high blood pressure.
- **Get your blood pressure level to 120/80 mm Hg or lower.** Start by slashing salt from your diet and getting more potassium (found in bananas, apricots and broccoli). If changing your diet doesn't help, discuss medications with your physician.
- **Control your blood sugar if you have diabetes.** Dietary changes and medication may be needed.



# 'Brake' for breakfast



**Y**ou wouldn't take off for a road trip with no fuel in your car, so it doesn't make much sense to send your body out for the day with nothing to run on. Your tank needs breakfast.

Studies have shown that those who eat this most important meal of the day are less tired and irritable, have better concentration and are more likely to maintain a healthy weight. Not a bacon-and-eggs person? No problem. Try these

out-of-the-cereal-box suggestions from the American Dietetic Association:

- one cup of vanilla low-fat yogurt topped with whole-grain cereal and berries
- leftover veggie pizza with a piece of fruit and a glass of milk
- whole-grain toast topped with a little peanut butter and apple slices
- whole-grain waffles or pancakes topped with fresh banana
- a super-fast smoothie, made from frozen fruit and yogurt, whipped up in a blender
- a breakfast wrap (try low-sodium deli turkey, low-fat cheese and spinach in a tortilla)
- oatmeal sprinkled with cinnamon and walnuts

## Ready, aim, vaccinate!

**V**accines aren't just for babies. If your child hasn't been to the pediatrician in a while, he or she may have missed some important shots. And don't forget that adults need vaccines, too! Talk

with your pediatrician about your child's specific needs and whether he or she is at high risk. And ask your own physician about *your* needs. Use this handy chart as your guide.

IMMUNIZATION	BIRTH TO AGE 6	AGES 7-18	AGES 19+
Diphtheria, tetanus, pertussis (DTap, Td/Tdap)	4 doses by 18 months; final dose at age 6	Kids need a booster at ages 11-12. For teens, ask your pediatrician if your child is up to date.	Get a Td booster every 10 years. If you're under age 65 and haven't been vaccinated with Tdap before, you need a single dose.
<i>Haemophilus influenzae</i> type b	4 doses by age 15 months		
Hepatitis A	2 doses between 12 and 23 months	High-risk kids and adults need a vaccination.	
Hepatitis B	3 doses within first 18 months of life	Ask your pediatrician if your child is up to date.	High-risk adults should be immunized.
Human papillomavirus (HPV)		3 doses are recommended for girls ages 11-12, or later if a young woman isn't up to date. Ask your physician about the pros and cons of vaccination.	
Inactivated polio virus	3 doses by 18 months	Ask your pediatrician if your child is up to date.	
Influenza	Yearly, for kids ages 6 months to 19 years		Anyone <i>can</i> get vaccinated; high-risk adults and those over age 50 <i>should</i> be.
Measles, mumps, rubella (MMR)	1 dose at 12-15 months; another at ages 4-6	Ask your pediatrician if your child is up to date.	If you haven't had this vaccine, you need it. High-risk adults need a second dose. If you were born before 1957, you're considered immune to measles and mumps.
Meningococcal (meningitis)	Ask your pediatrician if your child is high risk.	It's recommended for kids ages 11-12; otherwise, ask your pediatrician if your child is at high risk.	It's a must for high-risk groups.
Pneumococcal (pneumonia)	4 doses of pneumococcal conjugate by 15 months	High-risk kids and adults need the pneumococcal polysaccharide vaccine. Adults should get vaccinated at age 65; some older adults may need a booster.	
Rotavirus	3 doses by 6 months		
Varicella (chicken pox)	1 dose at 12-15 months; another at ages 4-6	Ask your pediatrician if your child is up to date.	If you aren't up to date and never had the chicken pox, speak with your physician.
Zoster (shingles)			Get it once, at age 60 or older.

Source: Centers for Disease Control and Prevention

# Bone up on your health!

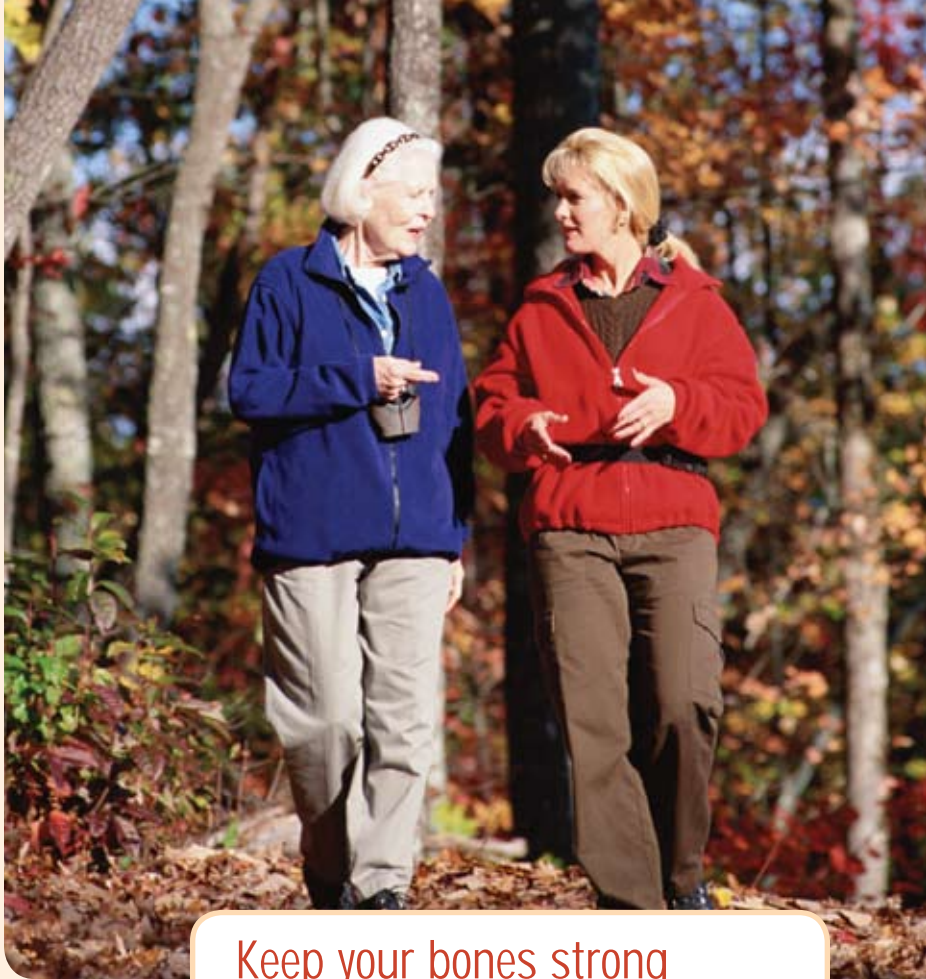
## Get screened for osteoporosis

In the United States, it's estimated that more than 44 million people are at risk of developing osteoporosis, a silent, progressive disease characterized by decreased bone density and increasingly fragile bones. Of the 10 million Americans estimated to have osteoporosis, 8 million are women and 2 million are men, says the National Osteoporosis Foundation.

A bone density test is a relatively simple, quick and painless way to determine your bone health. It may also help your physician stop or slow the progression of osteoporosis. For more information, visit [www.helenarmc.com](http://www.helenarmc.com).

### ! Schedule your screening today!

Don't take your bone health for granted. Bone density tests are performed daily from Monday to Friday at Helena Regional Medical Center. To schedule your bone scan, first contact your physician for a referral.



### Keep your bones strong

Postmenopausal women have the highest risk of developing osteoporosis. By taking the following steps, you can help prevent osteoporosis in your future:

- Eat a balanced diet rich in calcium and vitamin D.
- Do weight-bearing exercises like aerobics, walking or jogging.
- Limit your alcohol intake and don't smoke.
- Get regular medical checkups. Ask your physician whether you need a bone density test.

[www.helenarmc.com](http://www.helenarmc.com)

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**Health**  
Connection

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