

Health Connection

BROUGHT TO YOU BY HELENA REGIONAL
MEDICAL CENTER

On your feet again

Quality rehab care,
close to home

The right doctors for you

Good day, sunshine!

Greet the day
with an SPF

How to spot— and stop—a stroke

**Bouncing
back from
joint pain**

Helena Regional

MEDICAL + CENTER

Quality Care. Right Here.

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?



Tom Kinnebrew,
CEO

We're pleased to share with you our second issue of *Health Connection*, a quarterly community education magazine from Helena Regional Medical Center (HRMC). As you're aware, HRMC is a community-based medical center, and this magazine is our latest endeavor to provide regular community education. In this issue, there are educational articles on those topics that matter to you most. I hope you'll find this issue and future issues beneficial to your health and the health of your family.

HRMC has experienced outstanding growth during the past year. Our commitment to ongoing excellent medical and surgical care remains focused on quality outcomes. HRMC has placed particular emphasis on our emergency services as a major service line. With high-quality care, capabilities to handle all emergencies no matter how big or how small and significantly reduced wait times to see an ER physician, there's no better emergency department to meet your needs.

I would like to take this opportunity to list the major services and departments HRMC offers. Each of the listed services is a vital part of our commitment to healing the Arkansas Delta. These include:

- 24-hour emergency department
- Intensive care unit with six rooms outfitted with advanced technology
- Physician services, including ear, nose and throat, family practice, general surgery, internal medicine, obstetrics and gynecology, ophthalmology and pediatrics
- Full surgical service, including same-day surgery
- Full-service radiology, including mammography, CT, nuclear medicine and sonography, with echocardiography and vascular/arterial studies
- Mobile magnetic resonance imaging (MRI)
- Rehabilitation services, including physical, occupational and speech therapy
- Inpatient rehabilitation unit
- Cardiac rehabilitation program
- Swing bed
- Home health services
- Active volunteer program
- Senior Circle, our program for older adults

It's our intention with this magazine to provide you with useful and practical health information so you have the tools and knowledge to make good decisions when choosing a healthcare provider. Quality healthcare services are available right here, close to home. Thank you for choosing HRMC.

TOM KINNEBREW
Chief Executive Officer
Helena Regional Medical Center

On your feet again

Quality rehab care, right here

Helena Regional Medical Center (HRMC) is proud to serve in moments of medical crisis. HRMC offers a complete range of rehabilitative options including inpatient, outpatient and home healthcare. The 15-bed inpatient rehabilitation facility is staffed by a combination of specialists, including physical, occupational and speech therapists. Under the direction of Reddy Tukivakla, M.D., medical director, the unit treats adult patients who've suffered strokes, hip fractures, spinal cord injuries, neurological disorders and a variety of other medical problems.

In addition to physical rehabilitation, other services, such as occupational and speech therapy, are provided at Helena's outpatient therapy unit. In an effort to address patients' varying needs, we've created a strong roster of rehabilitative services to support ongoing recovery to normal life.

Making the transition back to home and normal routine can be overwhelming for many patients. Upon leaving the hospital, their



situation is carefully assessed so stress caused by potential difficulties may be eliminated or reduced, allowing them to focus on their total recovery.

Whether patients need inpatient, outpatient or home care, HRMC provides services that enable a return to a full and independent life.



Pictured from left to right are Randy Phillips, physical therapist; Joyce Hill, outpatient rehabilitation technician; Mechell Laureles, social worker; Kevin Spears, program director; and Jason Lansdale, physical therapist assistant.

Learn more!

Contact Kevin Spears, program director, at (870) 816-3961 or visit our Web site at www.helenarmc.com.

HRMC is now smoke free

**NO
SMOKING**

As of last October, smoking on the grounds of Helena Regional Medical Center became a thing of the past. In the 2005 regular session, state legislators passed Act 134 "to prohibit the use of tobacco products in and on the grounds of all medical facilities in Arkansas."

This law covers not only hospital buildings, but also all medical facility property, including parking lots. The state legislature and Governor Mike Huckabee, when enacting the new law, cited tobacco products and their use as a major cause of preventable disease and death.

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

THE RIGHT DOCTORS FOR YOU

The experienced, dedicated physicians of Helena Regional Medical Center (HRMC) can help you and your family stay healthy. We'd like to introduce you to two of them.



AMINATA TRAORÉ, M.D.
Family Practice

**Bailey's Family Practice PA
109 Professional Plaza
Helena
(870) 572-6720**

Dr. Traoré earned her medical degree from the University of Arkansas for Medical Sciences in Little Rock

and completed her family practice residency at The Medical Center in Columbus, Ga. She joined HRMC in 2005. Dr. Traoré is a board-certified family practice physician with more than five years of experience in ambulatory care and hospitalization for patients of all ages. She's also an American Board of Family Practice diplomate.



MARION ANDREW McDANIEL, M.D.
Family Practice

**812-B Newman Drive
Helena
(870) 338-8308**

Dr. McDaniel received his medical doctorate from the University of Memphis in Tennessee. He completed his internship at the City of Memphis

Hospital in 1970 and then opened a private practice in Helena. He's been at HRMC since 1971. Dr. McDaniel is a member of the Arkansas Medical Society, American Medical Society and Phillips County Medical Society. Dr. McDaniel was appointed the Family Planning Clinician with Public Health, University of Arkansas Medical Sciences Associate and to the Delta Health Alliance. He served as host physician to University of Arkansas medical students performing preceptorship. He's dedicated to the continuing growth of HRMC, its medical staff and the superior healthcare of area residents. He's a well-respected member of both Phillips County and the medical community.

For a list of doctors by specialty, visit www.helenarmc.com, or call (870) 816-3905.

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