

# Health Connection

BROUGHT TO YOU BY HELENA REGIONAL MEDICAL CENTER

**A sharper image**  
Our new MRI gives  
doctors an inside view

**You've found  
a breast lump:  
Now what?**

**Number crunching**  
Managing high cholesterol

**The right doctors for  
you—look inside!**

**Helena Regional**

MEDICAL + CENTER

*Quality Care. Right Here.*

# 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:

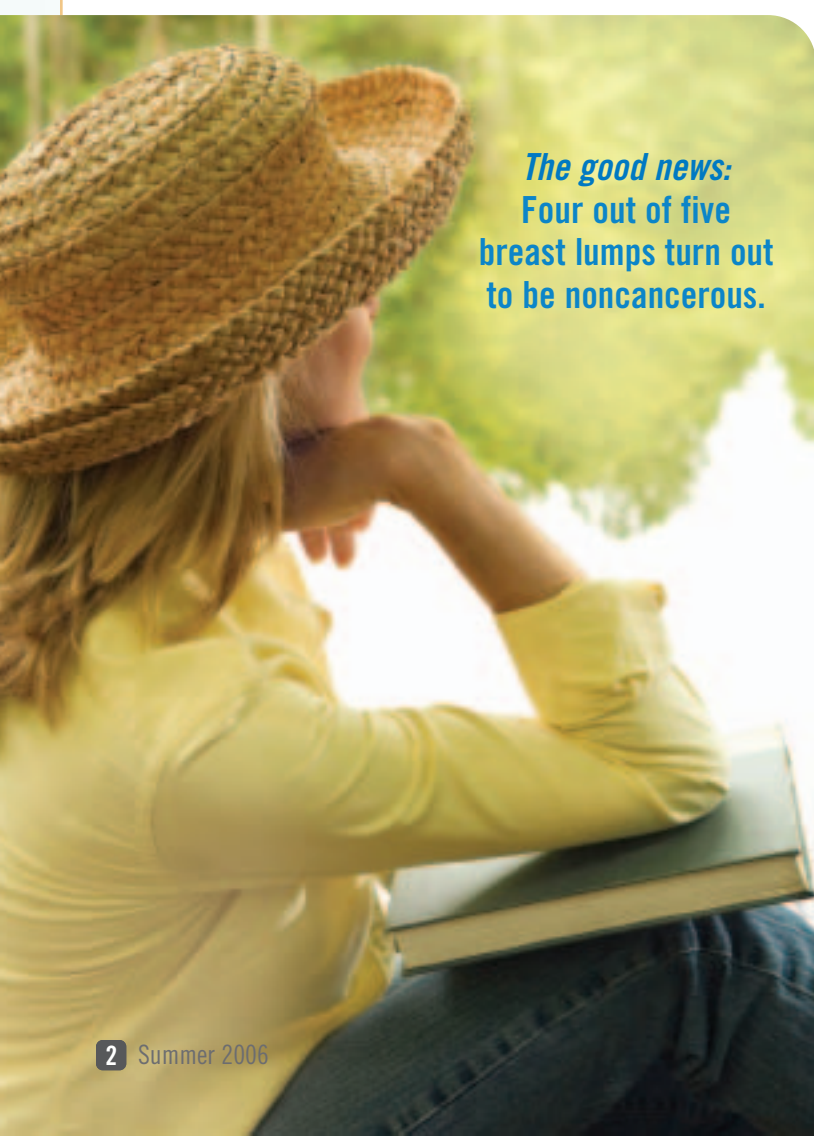
**Mammography,** or breast X-ray, may be recommended to determine the lump's size and location.

**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

**A**utumn 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



# A sharper image

## New MRI gives doctors an inside view

**A** picture is worth a thousand words. That certainly describes diagnostic imaging—a powerful tool physicians use to identify health concerns quickly and accurately. The imaging services at Helena Regional Medical Center (HRMC) are better than ever thanks to the addition of a magnetic resonance imaging (MRI) machine. Because the MRI machine provides a clear view of internal organs and tissues, it allows physicians to diagnose injuries and other health conditions much faster.

MRI technology is used for diagnosing disease in the brain, spine, chest, abdomen and pelvis, as well as sports injuries in the joints. MRI is also used as a noninvasive diagnostic tool for heart disease. Other uses include the examination of the brain, reproductive system and organs in the chest and abdomen.

HRMC's MRI machine also can perform magnetic resonance angiography (MRA), which provides a detailed view of the blood vessels. This is extremely useful in detecting heart disorders, stroke and blood vessel diseases.

In addition to MRI and MRA, HRMC also offers a wide range of diagnostic imaging services such as diagnostic X-ray, computed tomography, screening and diagnostic mammograms, ultrasound, fluoroscopy and nuclear medicine. Sandra Kochanski, M.D., a board-certified radiologist at HRMC, specializes in breast imaging and diagnostic breast procedures. Through Dr. Kochanski's expertise, the hospital now offers breast biopsy, cyst aspirations and galactograms, which are used to diagnose breast diseases. She also performs CT-guided biopsy of the chest and abdomen.

The modern technology available at HRMC's radiology department coupled with the experience and dedication of our trained professionals can help you feel confident about the level of care you receive here, close to home.



Sandra Kochanski, M.D.  
Radiologist

### Learn more!

**F**or more information about diagnostic imaging services available at Helena Regional Medical Center, call (870) 816-3920.



## PHYSICIAN SPOTLIGHTS

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



**W.R. FREDERICK, M.D.**  
**Ophthalmology**

**126 Hickory Hill Drive  
Helena  
(870) 338-9882**

W.R. "Ron" Frederick, M.D., who is board certified in ophthalmology, has been a member of Helena Regional

Medical Center's medical staff since 1982, when he and his family moved here from Memphis.

Dr. Frederick's top priority is quality patient care. He specializes in cataract removal, lens implant surgery, glaucoma laser treatment and the fitting of contact lenses and eyeglasses.

Dr. Frederick sees patients of all ages, from babies to adults.

He performs a variety of ophthalmologic procedures at our facility, including cataract removal and lens implants, blepharoplasty, glaucoma surgery and emergency trauma surgeries.

Dr. Frederick attended Delta State University and obtained his medical degree from the University of Mississippi Medical Center in Jackson. His ophthalmic specialty training was completed at the University of Tennessee Center for Health Science in Memphis.



**SANDRA KOCHANSKI, M.D.**  
**Radiology**

**1801 Martin Luther King Drive  
Helena  
(870) 816-3920**

Sandra Kochanski, M.D., joined the medical staff of Helena Regional Medical Center in March 2003.

Dr. Kochanski received her medical degree from the University of Arkansas for Medical Sciences. Dr. Kochanski has extensive training in breast imaging and diagnostic breast procedures. She's board certified in diagnostic radiology and is a member of the American College of Radiology, the American Medical Association and the Society of Breast Imaging.

THE BAD NEWS:  
**Your injuries are serious.**

THE GOOD NEWS:  
**Our doctors are skilled.**



**er.** When bad things happen, it's good to know you're close to a hospital with advanced medical technology and lifesaving techniques. Staffed by doctors and nurses whose skill with medicine is matched only by their compassion for their patients. The bad news is, life isn't perfect. The good news is, the right care is right here.

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## 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



**T**he 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

**A**im 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

**T**here'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

**G**rains 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.

## Proudly serving our community



Tom Kinnebrew  
Chief Executive Officer

**A**s CEO of Helena Regional Medical Center (HRMC), I am often reminded of the outstanding people I am privileged to work with on a daily basis. In a world where bigger is often thought of as better, hospitals are contrary to that belief in many important ways. Everyone on the HRMC team exemplifies not only the skills required to be a licensed or certified professional, they have to do more than that—because they work at a community hospital. They are your friends and neighbors. The people that make HRMC great are here to serve this community 24 hours a day, 365 days a year.

The hospital means more to the community than the people who serve or the services provided. Often, we forget how important hospitals are to the local economy, so I wanted to share with you some facts from our 2005 Community Report.

At HRMC, we understand our role and mission is to make the patient the heart of our care. Visit us online at [www.helenarmc.com](http://www.helenarmc.com), and thank you for choosing HRMC.

Regards,

TOM KINNEBREW  
Chief Executive Officer  
Helena Regional Medical Center

### 2005 COMMUNITY REPORT

<b>ER patient visits</b>	12,241
<b>Inpatient admissions</b>	3,801
<b>Outpatient visits</b>	22,082
<b>Capital investment</b>	\$789,160
<b>Charity and uncompensated care provided</b>	\$2,400,000
<b>Payroll (275 employees)</b>	\$9,495,837
<b>Property and sales tax</b>	\$477,735
<b>Total community investment</b>	\$13,563,732*

\*dollar amounts are approximate

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**Health**  
Connection

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