

Health Connection

BROUGHT TO YOU BY HELENA REGIONAL MEDICAL CENTER

**Better health is just
a click away!**

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

**Crunching
the numbers**

Combating
high cholesterol

**Preparing
for outpatient
surgery**

Helena Regional

MEDICAL + CENTER

Quality Care. Right Here.

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.



Better health is just a click away!

Where can you turn to find complete and accurate answers to your healthcare questions? Helena Regional Medical Center's Web site, www.helenarmc.com. When you visit our Web site and click on "Discovery Hospital," you'll find the information and tools you need to manage your personal health and gain a greater understanding of health issues you and your family may be facing. Discovery Hospital, an offering of Discovery Communications, which owns the Discovery Channel, provides hospitals with online health information specifically designed to assist individuals in managing their personal health. Discovery Hospital consists of more than 7,500 pages of health-related articles and interactive tools, including a medical library on various diseases and conditions, an anatomy explorer, a body mass calculator, explanations of various procedures and tests, nutrition information, a symptom explanation module, health centers and more.

Visit us online!

Find the health information you need at www.helenarmc.com.

MESSAGE FROM THE CEO

Providing timely information

At Helena Regional Medical Center (HRMC), we are proud of the level of quality and extensive specialties available within our medical staff. We are dedicated to continually adding physicians to our medical staff in an effort to meet your needs.



Thomas Kinnebrew
Chief Executive Officer

In addition to growing our medical staff, there have been several capital and building improvements completed here at HRMC. Maintaining a facility that encompasses quality professionals and functional equipment for our patients and their safety is an integral part of providing quality care. It is our hope that through this newsletter we can keep you informed of the many improvements at HRMC. Thank you for choosing HRMC. For additional information about health symptoms, services offered or physicians, please visit our Web site at www.helenarmc.com.

THOMAS KINNEBREW
Chief Executive Officer
Helena Regional Medical Center

WOMEN: It's time to get healthy!

HEALTHY  WOMAN

Coming soon to Helena Regional Medical Center is a new program for women called Healthy Woman. This program is a free community resource designed to improve women's lives and the lives of their loved ones by providing women with information they need to maintain a healthy body, mind and spirit. Join us for our kickoff on Tuesday, June 26 and be part of the fun from the start! For more information, call (870) 816-3904.

NEED A DOCTOR?

The Medical Staff of Helena Regional Medical Center is ready to serve you



Family Practice
Aminata Traoré, M.D.



Family Practice
David Webber, D.O.



**Internal Medicine
and Pediatrics**
Edward "Ned" Pillow, M.D.



General Surgery
George Kontos, M.D.



**Internal Medicine
and Pediatrics**
Gill Pillow, M.D.



Family Practice
James Pillow, M.D.



Pediatrics
Jill S. Pillow, M.D.



Obstetrics/Gynecology
Kimberly Farmer, M.D.



Family Practice
L. J. Pat Bell II, D.O.



Family Practice
M. A. McDaniel, M.D.



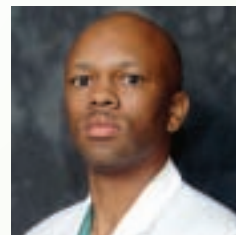
Internal Medicine
P. Reddy Tukivakala, M.D.



Radiology
Sandra Kochanski, M.D.



Family Practice
Scott Hall, M.D.



Family Practice
Thomas Bailey, M.D.



Family Practice
Vijay Reddy, M.D.



Ophthalmology
W. R. Frederick, M.D.



Family Practice
William S. Winston, D.O.

Make an appointment today!

To find a physician, visit www.helenarmc.com.

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!

CRUNCHING THE NUMBERS: Combating high cholesterol

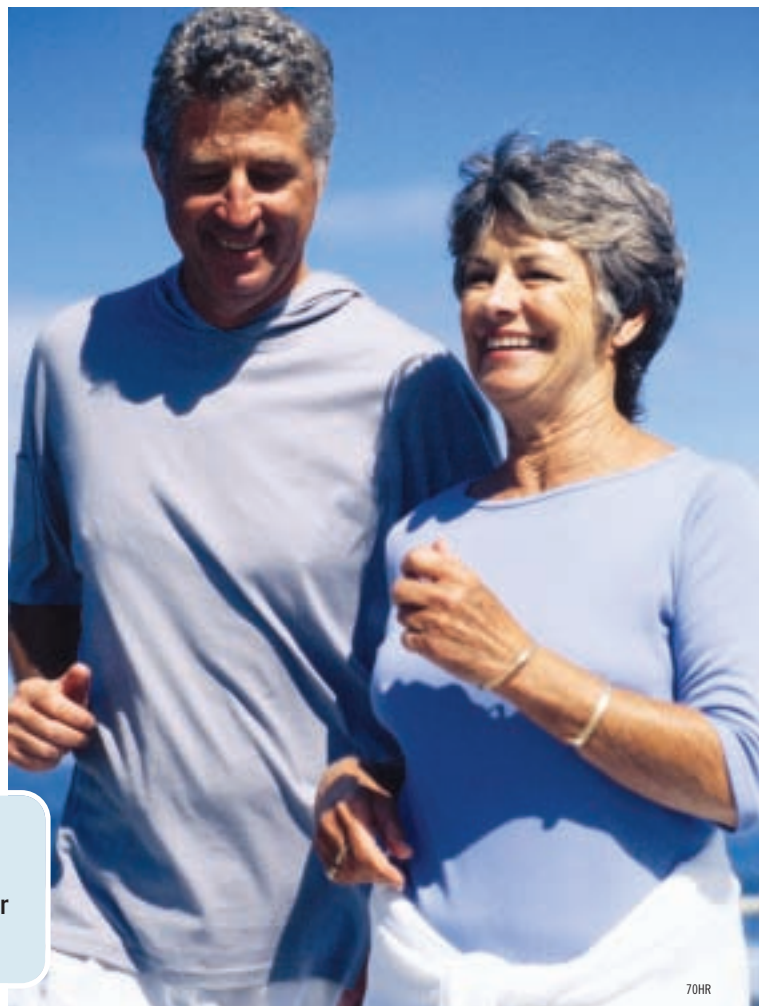
Nearly 100 million American adults have above-normal cholesterol levels. Of that number, 34.5 million have high cholesterol, which puts them at greater risk for developing coronary heart disease.

There are several steps you can take to lower cholesterol and reduce your risk of heart disease. Eating foods low in saturated fats and cholesterol is a major way to maintain a healthy cholesterol level. The American Heart Association recommends a daily intake of no more than 300 milligrams of cholesterol. It's recommended you consume less than 200 milligrams daily if you're already diagnosed with heart disease. Exercise is effective as well because it reduces many of the risk factors associated with heart disease. Finally, medication prescribed by a doctor can help you if you need more than just dieting and exercise to lower your cholesterol.

Not smoking is another way to effectively reduce the risk of heart disease. Over time, smoking lowers high-density lipoprotein (or "good") cholesterol levels. By not smoking, this trend can be reversed. Not smoking also improves your ability to exercise.

Adults should have their total cholesterol level checked at least every five years. The test determines a measurement of cholesterol in milligrams per deciliter (mg/dL). Physicians recommend that total cholesterol levels stay below 200 mg/dL. Anything between 200 and 239 is considered borderline high. Cholesterol levels

above 240 are considered high, and measures should be taken to reduce the amount of cholesterol in your system. Contact your physician if you have further questions about cholesterol and your health.



Learn more!

For more information about lowering your cholesterol, visit our Web site at www.helenarmc.com.

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