

Health Matters

BROUGHT TO YOU BY CLEVELAND REGIONAL MEDICAL CENTER

Mammograms save lives!
Get yours at CRMC

A better view to you
Meet our diagnostic radiologists

Community Cares
Our efforts for your health

Kids' sports injuries on the rise
Keep your child safe

Are you healthwise?
Take our quiz!



CLEVELAND REGIONAL MEDICAL CENTER

www.clevelandregionalmedicalcenter.com



Do you really need a primary care physician?

Sure, most health plans require a primary care physician (PCP) for specialist referrals. But that's just one reason it's a good idea to have one dedicated clinician to oversee all your health concerns.

THE KEY TO SUPERIOR CARE

Developing an ongoing relationship with one physician who knows you and your medical history leads to a better overall outcome and lower costs. The reason? Your PCP can counsel you on healthy lifestyle choices, such as exercise options, an eating plan and other prudent lifestyle adjustments and modifications. Plus, seeing your PCP regularly makes him or her better at evaluating your symptoms than practitioners who don't know you. Additionally, a PCP provides routine health screenings, which can find diseases early—when they're easier to treat (see “Screenings your PCP may provide”). This, in turn, translates into less invasive and less expensive treatments.

A GUIDING LIGHT

If you've ever wished you could go to one place for all your health concerns or worried whether you're approaching the right physician for a particular ailment, you're in luck. A PCP can be your primary contact to address most personal healthcare needs.

The healthcare system can be intimidating—especially when you're faced with a frightening symptom. A PCP can evaluate the problem and either manage it him- or herself or arrange for the appropriate referrals. And if you need specialist care, your PCP can guide you and coordinate all aspects of your care. Plus, he or she can sort through and help explain the advice of other physicians.

Who's who in the PCP world

When picking a PCP, you can choose from many different types of healthcare professionals:

- **Family practitioners.** Physicians who care for children and adults of all ages. They may also practice obstetrics and minor surgery.
- **General practitioners.** Physicians who provide basic care for all ages.
- **Internists.** Physicians who care for adults of all ages and can treat many different medical problems.
- **Obstetricians/gynecologists.** Physicians who specialize in reproductive health. They often serve as a PCP for women, especially those of childbearing age.
- **Hospitalists.** Physicians who care for people who are hospitalized. Most hospitalists are trained in internal medicine and work with a hospitalized patient's PCP to provide the best care.
- **Nurse practitioners and physician assistants.** Nonphysician providers of primary healthcare. Often referred to as “physician extenders,” they consult with physicians. They may see children, adults or women only and can prescribe medications and other treatments.
- **Pediatricians.** Physicians who treat newborns, infants, children and adolescents.

Screenings your PCP may provide

- | | | |
|--|--|--|
| <input type="checkbox"/> blood pressure | <input type="checkbox"/> cholesterol | <input type="checkbox"/> diabetes |
| <input type="checkbox"/> breast cancer | <input type="checkbox"/> colorectal cancer | <input type="checkbox"/> obesity |
| <input type="checkbox"/> cervical cancer | <input type="checkbox"/> depression | <input type="checkbox"/> prostate cancer |
| <input type="checkbox"/> chlamydia | | |

Strength-train your brain

The mental benefits of exercise

Exercise has long been touted for its physical health benefits, such as improving metabolism, lowering blood pressure and reducing your risk of heart disease, stroke and cancer. But working up a sweat is also good for your head. Here's how:

BEATS THE BLUES

In a review of 80 studies on exercise and depression, researchers concluded that getting physical can act like an antidepressant. The analysis found that exercise decreased depression more than relaxation training (such as meditation or breathing) or engaging in enjoyable activities did. Working out may boost levels of feel-good endorphins, natural painkillers that promote a heightened sense of well-being.

TAMES TENSION

Physical activity releases muscle tension, reduces levels of the stress hormone cortisol and raises body temperature, which may have calming effects. Additionally, it can shift your attention away from anxious thoughts to something more pleasant, like your surroundings or the music that gets you moving.

AMPS UP ENERGY

Often feel drained? Inactivity is the likely culprit. Yes, working out may make you tired in the short term, but it helps increase stamina and energy in the long run. And, according to the Centers for Disease Control and Prevention, staying active may improve sleep quality, which translates into more next-day pep.

CRANKS UP CONFIDENCE

If you're nervous, working up a sweat gives you a confidence boost. How does getting sweaty raise self-worth? The effect is thought to be brought about by the sense of accomplishment that comes from meeting fitness goals or challenges.

BOOSTS BRAIN POWER

Regular physical activity can help keep your thinking, learning and judgment skills sharp as you age. In one study of 62- to 70-year-olds, those who were still working and retirees who exercised sustained their levels of cerebral blood flow and performed better on cognition tests than inactive retirees. What's more, in a few studies of subjects older than age 65, those who worked out for at least 15 to 30 minutes three times a week were less likely to develop Alzheimer's disease.



How much is enough?

If you have a physical disability, talk with your physician before exercising. Once you get his or her OK, do the following activities to reap the mental and physical benefits:

- A minimum of 150 minutes of moderate-intensity aerobic activity (like brisk walking) each week. If you're just getting started, break your workout into three brisk 10-minute walks a day, five days a week. Not into walking? Do water aerobics, go for a bike ride, play doubles tennis or mow the lawn—anything that gets you moving.
- Muscle-strengthening activities that target all major muscle groups on two or more days a week. Try heavy gardening (digging, shoveling), yoga, lifting weights or other weight-bearing moves like push-ups or sit-ups. Aim for eight to 12 repetitions per activity.



Cory Countryman
Chief Executive Officer

Dear friends,

It was just a short time ago that I wrote to you about Cleveland Regional Medical Center's (CRMC) emphasis on patient care and our customer-service culture, Community Cares. Our continuing goal is to provide you with fast, professional, quality medical care with compassionate customer service.

Customer service begins from the time the patient, family member or visitor enters CRMC. I began my healthcare career as an admitting clerk and have experienced firsthand the need for consistent customer service. As CRMC's chief executive officer, I now find myself able to have a greater impact on our service through Community Cares because of my past experiences.

COMMUNITY CARES FOR YOU

Because of our commitment to Community Cares, we're focused on creating strong leaders and a management team to support our processes and people in providing better customer service for our patients. We've placed more emphasis on leadership

development and accountability as we identify our patients' needs and recognize employee contributions.

PATIENT COMMUNICATION

At CRMC, we've improved communication with our patients through AIDET, which stands for Acknowledge, Introduce, Duration, Explanation and Thank you, to express the basics of patient communication. By using these words at key times, such as during admission, discharge, waiting, times of uncertainty and times of stress, we hope to improve our patients' overall satisfaction.

WE'RE YOUR HOSPITAL

Improving your experience with CRMC is a high priority for our medical staff, our healthcare professional teams and me. We're dedicated to keeping you and your family healthy and to providing superior customer service. As always, I'd like to hear your thoughts and suggestions. Please feel free to call CRMC at **(281) 593-1811** or stop by and see us.

Sincerely,

CORY COUNTRYMAN
Chief Executive Officer
Cleveland Regional Medical Center



Lose weight, feel great!

If you're overweight or obese, you're more likely to develop conditions like heart disease, diabetes and liver disease.

To assess your risks and get help with lifestyle changes, visit www.clevelandregionalmedicalcenter.com.

Early detection saves lives!

Progress in the fight against breast cancer



**By Randall Stenoien, M.D.
Board-Certified Radiologist**

This year alone, more than 192,000 American women will be diagnosed with invasive breast cancer and about 40,000 will die. But physicians and

scientists continue to work toward a cure and are making progress in fighting this deadly disease. Breast cancer death rates have dropped in recent years thanks to early detection, new technology and improved treatments.

SCREENING SCHEDULE

Early detection is one of the most important factors in saving lives. While the chance of a woman having breast cancer during her lifetime is one in eight, the chance of dying from breast cancer is only one in 35. If cancer is found before it spreads, it's much easier to treat. Monthly breast self-exams are an option for women beginning in their 20s, according to the American Cancer Society. When women know how their breasts feel, they can more easily detect unusual lumps earlier.

Women in their 20s and 30s should also get a clinical breast exam every three years, while women ages 40 and older should have this exam and a mammogram every year. Women with relatives who have had breast cancer should talk with their physician about when to begin these or additional screenings.

NEW TECHNOLOGY

Physicians continue to explore different types of breast exams to detect cancer. Though none have proven as

effective as high-quality mammography, various types of imaging are helping physicians discover more about the disease. In addition, breast ultrasounds are now often used to determine whether a lump is a cyst or a solid mass. Scientists have also identified genes associated with higher breast cancer risk. This technique will help predict the likelihood of a person developing breast cancer, leading to earlier detection and higher survival rates.

TAKE CONTROL

While improved technology has led to better outcomes for breast cancer patients, the best tool is a woman's familiarity with her own body and medical history. Women should discuss with their physicians any family history of cancer and how to perform a monthly breast self-exam. A physician can assess risk factors and develop an early intervention strategy if necessary.

Cleveland Regional Medical Center (CRMC) is an accredited mammography facility with the tools and medical team you need to maintain breast health.



Get your mammogram here!

If you need a mammogram, board-certified medical staff members George Boutros, M.D., and Randall Stenoien, M.D.—experienced breast interventionists using minimally invasive techniques—are here for you.

For more information about CRMC's breast imaging services, call (281) 593-2278.

HEALTHWISE QUIZ

How much do you know about breast cancer?

Take this quiz to find out.

- 1** Your risk of developing breast cancer is increased by which of the following?
 - a. radiation exposure to the chest as a child or a young adult
 - b. first pregnancy after age 30
 - c. use of estrogen and progesterone to treat menopausal symptoms for four or more years
 - d. all of the above
- 2** Which is not a risk factor for developing breast cancer?
 - a. having a family history of the disease
 - b. being overweight
 - c. antiperspirant use
 - d. excessive drinking
- 3** Symptoms of breast cancer typically don't include:
 - a. changes in the size or contour of the breast
 - b. breast pain
 - c. an indentation of the nipple
 - d. a clear or bloody discharge from the nipple
- 4** Which of the following is not true about male breast cancer?
 - a. One in five men with breast cancer has a close male or female relative with breast cancer.
 - b. The average male is 60 to 70 years old at diagnosis.
 - c. Being overweight doesn't increase breast cancer risk.
 - d. Health conditions that affect the testicles may increase risk.
- 5** An annual mammogram once you turn 40 is important because:
 - a. your chance of being diagnosed with breast cancer increases with age
 - b. you may have a small cancer that won't show up until your next annual screening
 - c. the sooner you're diagnosed with breast cancer, the easier it is to treat
 - d. all of the above

ANSWERS: 1. (D), 2. (C), 3. (B), 4. (C), 5. (D)



Living with heart disease

Being diagnosed with heart disease can be scary. You may wonder: Will I still be able to do the things I love? By making a few adjustments, you can control your condition and enjoy life to its fullest. Here's how:

Master your medications. If your physician prescribes cholesterol- or blood pressure-lowering pills, tape a note to your mirror, set an alarm—whatever's necessary—to ensure you take them as directed every day.

Learn food math. Don't worry: You can still eat delicious meals. But you'll have to learn to read labels and keep tabs on your daily intake of certain foods. The basics:

- Keep total fat to less than 35 percent of your calories (saturated fat should equal just 7 percent).
- Limit cholesterol to 200 mg a day.
- Restrict sodium to 2,400 mg or less a day.
- Eat just enough calories to maintain or achieve a healthy weight.

Move more. Joining a gym is great (if you'll go), but it's not a requirement. Cleaning your house, walking your dog briskly and biking to the store are all examples of valid activity. Just 30 minutes a day will help protect your heart—even if you do only 10 minutes at a time. Of course, always check with your physician before beginning any exercise program.

If you follow these recommendations, you'll drop any extra pounds slowly, which means your weight loss is more likely to stick. The great news: Losing even 5 to 10 percent of your current weight can reduce your risk of heart attack and improve your overall health.

Keeping little athletes safe



Kids love sports, and we love watching them play. But each year, more than 3.5 million children under age 15 are treated for sports-related injuries, according to the American Academy of Pediatrics (AAP). That number is on the rise. One reason: Many kids now play the same sport year-round, resulting in overuse injuries such as chronic muscle strains, stress fractures and tendonitis. Plus, some sports have gone more extreme. Cheer-leading alone injured almost 70,000 children in 2007. So how can you keep your child out of the ER?

- **Don't start too soon.** Don't let your child join a team until he or she is at least 6 years old, says the AAP.
- **Get a pre-season checkup.** Visit your pediatrician to make sure your son or daughter is indeed sports-ready.
- **Gear up correctly.** Make sure your child doesn't compete without the right sporting shoes, helmet and safety equipment.

- **Teach the wisdom of warming up and cooling down.** Insist that young athletes exercise lightly for at least three minutes, then stretch the muscles to be used for at least 30 seconds each before practice or a game.
- **Fill 'er up.** Make sure your child carries a water bottle and knows the importance of drinking frequently, even if he or she isn't thirsty. Dehydration can cause fatigue and sickness.
- **Watch carefully.** Discourage participation in just one sport. If your child shows sign of strain or injury, insist he or she stop playing immediately—then see your pediatrician.

Healthy eating on the run

You're out and about when hunger pangs hit. Stopping at the nearest fast-food joint, you order a cheeseburger, fries and a soda and quickly wolf it all down in your car. Minutes later you feel sluggish, bloated—and guilty.

The good news: Your healthy diet doesn't have to suffer just because you're racing from one obligation to the next, spending the day running errands or hitting the road for a family vacation. Be prepared with these smart-snacking tips:

- **Always take water with you.** If it's too

bland, add a slice of fruit or a splash of juice.

- **For an on-the-run breakfast,** grab low-fat string cheese and a piece of fruit.
- **Fill an insulated lunch box with fresh fruit,** carrots, celery sticks, walnuts, yogurt or peanut butter on 100 percent whole-wheat bread for snacks during the day. Keep protein bars or snack bags of almonds or raisins in your purse, glove compartment or tote bag for hunger attacks.
- **If you must hit the drive-through,** opt for a kid-sized meal with fresh fruit or a side salad (with low-fat dressing) instead of fries, and a grilled chicken sandwich instead of one that's breaded and fried. Skip the mayo and other fatty spreads.
- **Need a coffee break?** Order the low-fat, sugar-free version of your favorite frozen coffee or latte and skip the whipped cream and caramel drizzle.



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The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your healthcare provider.

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MEET OUR MEDICAL STAFF

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



GEORGE BOUTROS, M.D.
Board Certified in Radiology

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Born and raised in Egypt, George Boutros, M.D., a board-certified radiologist, received his undergraduate degree from Alexandria University in Alexandria, Egypt. He later moved to Canada and received his medical degree from The University of Western Ontario. After working in family medicine private practice and as a rotating intern at St. Michael's Hospital in Toronto, Ontario, he completed his residency in diagnostic radiology at Baylor College of Medicine in Houston. Dr. Boutros has specialized in private practice diagnostic radiology since 1980 and has worked at Innovative Radiology, P.A., for two years.



RANDALL STENOIEN, M.D.
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Randall Stenoien, M.D., a board-certified radiologist, is originally from Minneapolis, Minn., but attended high school in Norway. He received his undergraduate degree from Trinity University in San Antonio and his medical degree from the University of Texas Health Science Center at San Antonio. He completed a four-year diagnostic radiology residency at the University of Texas Southwestern Medical Center at Dallas. In private practice for more than 20 years, Dr. Stenoien is the founder of Innovative Radiology, P.A., and is chief executive officer of Houston Medical Imaging. Fluent in Spanish and Norwegian, he's passionate about his work in Panama with colleague Adan Rios, M.D.

! A clearer view of you!

“We're pleased to welcome Drs. Stenoien and Boutros to our community,” says Cory Countryman, CRMC chief executive officer. “We're excited to add their diagnostic imaging services to those of our experienced and skilled medical staff.” Call (281) 593-2128 to learn more about our imaging services.

To find a physician by specialty, visit www.clevelandregionalmedicalcenter.com.