

# Health Matters

BROUGHT TO YOU BY CLEVELAND REGIONAL MEDICAL CENTER



## A perfect match

Finding an Ob/Gyn  
who's right for you

Getting your family  
through cold  
and flu season

Number crunching  
Managing high cholesterol

The whole-grain truth



CLEVELAND REGIONAL  
MEDICAL CENTER

# 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



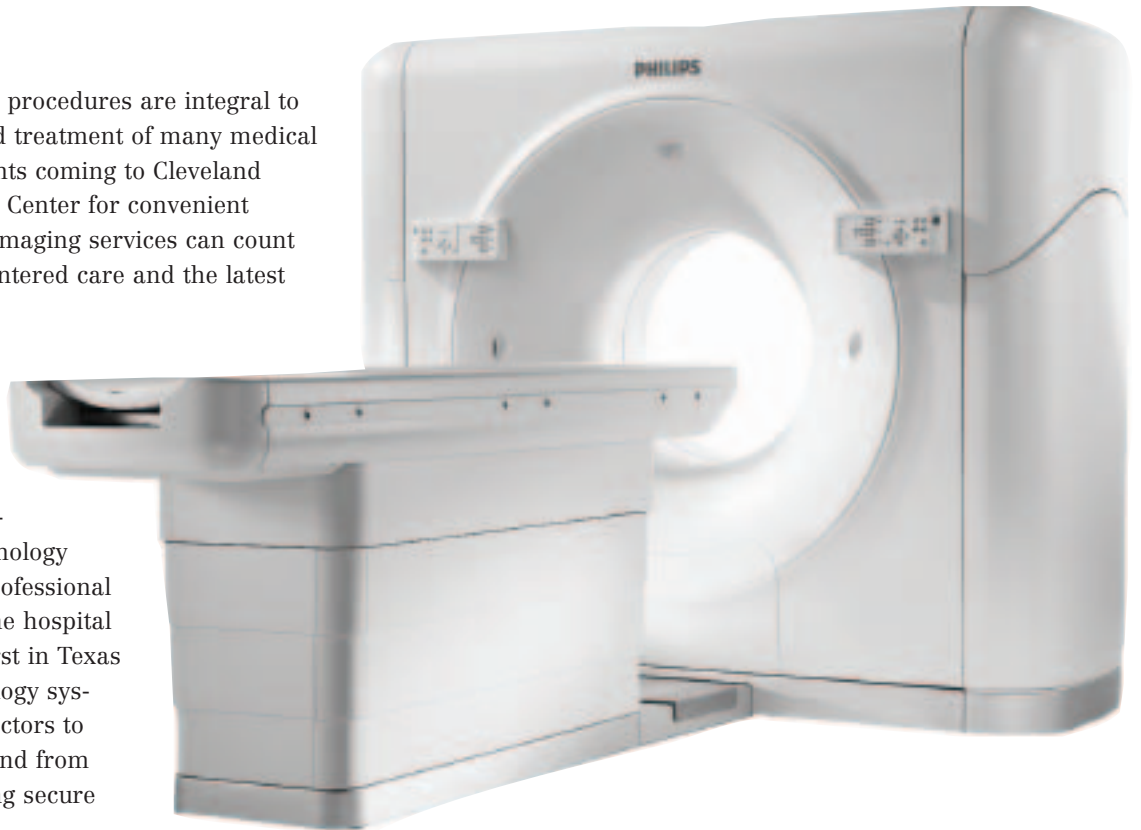
# Image is everything

## Diagnostic imaging services at Cleveland Regional Medical Center

Imaging tests and procedures are integral to the diagnosis and treatment of many medical conditions. Patients coming to Cleveland Regional Medical Center for convenient access to diagnostic imaging services can count on quality, patient-centered care and the latest imaging technology.

Imaging services at Cleveland Regional Medical Center include diagnostic testing with advanced equipment, advanced technology and a well-trained professional staff. For example, the hospital became one of the first in Texas to use a digital radiology system, which allows doctors to view X-rays on-site and from remote locations using secure Internet technology.

Our new 16-slice computed tomography (CT) scanner cuts average CT scan times in half, leading to a quicker turnaround time and more patient comfort. The CT scanner, from Philips Medical Systems, features advanced technology that produces split-second quality images, permitting doctors to see more anatomical detail in a fraction of the time needed for other tests. It also reduces exposure to radiation while improving safety. With this new CT scanner, physicians at Cleveland Regional Medical Center will be able to more



effectively detect and treat a range of life-threatening illnesses, including heart disease, cancer, stroke and lung disease. The possibility of discovering disease at an earlier stage, when a wider array of effective treatment options may be available, is one of the key benefits of the technology.

But advanced technology is only part of the story. With extended hours, shorter wait times and convenient parking, our focus is on improving your “image” and your overall experience.

### IMAGING SERVICES AVAILABLE

- General radiology
- Mammography
- CT scan
- Ultrasound
- Nuclear medicine
- Bone density

### Learn more!

For more information, please call (281) 593-2278 or visit [www.clevelandregionalmedicalcenter.com](http://www.clevelandregionalmedicalcenter.com). Be sure to click on “Discovery Hospital” to learn more about specific imaging procedures.

# A perfect match

## Finding the right Ob/Gyn



Mary Garnepudi, M.D.



Tracy S. Pipkin, M.D.



**T**he physician you choose for your personal obstetric and gynecological care should have strong credentials and experience in these medical fields. After all, he or she will be helping with the birth of your child and maintaining your gynecological health as you age. You'll want to find a physician you can trust and feel comfortable talking with.

When you call the doctor's office, the physician or office manager should be able to tell you how long the average office wait is, how much time is generally spent in a prenatal visit and how the physician can be reached in an emergency.

### SKILLED, CARING DOCTORS

You can trust the dedicated team of obstetrics and gynecology professionals at Cleveland Regional Medical Center. Our newest physicians, Mary Garnepudi, M.D., and Tracy S. Pipkin, M.D., are accepting new patients at their offices at 901 S. Houston in Cleveland.

After graduating from Andhra Medical College in Visak, India, Dr. Garnepudi completed her residency at Catholic Medical Center of Brooklyn and Queens in Jamaica, N.Y. She also completed a fellowship at Baylor College of Medicine in Houston, Texas. Dr. Garnepudi provides general obstetrical and gynecological care for women of all ages, including well-woman exams, prenatal care, infertility and family planning. Her goal is to provide patients with quality medical services, along with reassurance, information and

support when they need it. She can be reached at **(281) 592-3344**.

Outside of work, Dr. Garnepudi enjoys attending social gatherings and being around people. Her hobbies include playing golf and bowling. When asked what profession she would have chosen if she hadn't become a doctor, her answer is simple: "I always wanted to be a physician."

Dr. Pipkin completed her medical school training at Cornell University in New York. She performed her internship at the University of Medicine and Dentistry in Newark, N.J., and her residency in obstetrics and gynecology at Stanford University. Dr. Pipkin is a member of the American College of Obstetricians and Gynecologists and the Texas Medical Association. Dr. Pipkin provides care for women of all ages, including family planning, infertility treatments, laparoscopy and well-woman exams. She can be reached at **(281) 659-BABY**.

Outside of work, Dr. Pipkin's favorite activity is reading; she also enjoys attending sporting events. She says her second career choice would have been interior decorating.

## 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.



**Congratulations  
Lynn Stiles, RN-C**

**2006  
Patient Choice  
Award Winner**

**We asked for your help in picking  
an outstanding nurse.**

**You exceeded our expectations  
just like our nurses do every day.**

**Patient  
Choice  
Award**

When we asked you to help us select a nurse who had gone above and beyond the call of duty to help you or a family member as a patient, you responded with stories that touched our hearts and confirmed what we already knew. All of our nurses are extraordinary.

One nurse, however, did stand out among such an incredible group of healthcare professionals. **Lynn Stiles, RN-C** was our winner. Her dedication to providing outstanding care exceeds not only our expectations, but also those of our patients. We thank Lynn and we congratulate her for making a difference in our community.

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

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