

WINTER 2006

PREMIERE ISSUE!

Health Matters

BROUGHT TO YOU BY CLEVELAND REGIONAL MEDICAL CENTER

Modern maternity

The right care for
mom and baby

An inside view

New scanner gives
doctors a closer view

When is the ER your best option?

How health-wise are you?

Find out inside!



CLEVELAND REGIONAL
MEDICAL CENTER



Nimble body, nimble mind

Question:

To fight memory loss and dementia, it's a good idea to:

- A. do a crossword puzzle
- B. take up a new hobby
- C. exercise regularly
- D. all of the above

If you answered D, you're right. Scientists now know it takes more than mental stimulation to keep your brain sharp well into your later years. Physical activity gives your body and your brain a boost. A half-hour of moderate exercise—walking, golfing, gardening, performing household chores—on most days of the week can help you think more clearly and feel better at any age.

HOW EXERCISE HELPS

Exercise increases blood flow to your brain, promoting brain-cell growth, and helps reduce stress—important since chronic stress causes the release of hormones that can damage your brain over time. Some studies suggest exercise increases levels of important chemicals that maintain brain health. Other studies on mice show that exercise appears to delay or prevent plaque development in brain regions used in memory, thinking and decision making.

Regular exercise also helps preserve healthy brain functioning by:

- **Reducing your risk for heart disease.** Exercise lowers homocysteine, an amino acid in your blood that makes

nerve cells in the brain stop working and die.

- **Controlling your blood sugar.** Diabetes is linked with several types of dementia, including Alzheimer's and vascular dementia (common to stroke survivors). Both aerobic and weight-bearing exercises control your blood sugar by increasing your metabolism.
- **Lowering your blood pressure.** Unchecked, high blood pressure can damage blood vessels in your brain and reduce its oxygen supply, leading to a decline in decision making, memory and verbal skills.
- **Controlling your body weight and improving physical fitness.** Studies show a link between dementia and being overweight, possibly because overweight individuals have more cardiovascular risk factors associated with dementia than people at a healthy weight.

DIVERSITY IS KEY

For the most brain benefits, vary your exercise routine often. It's not how hard you exercise but how many activities you participate in that's key to preventing cognitive decline. Johns Hopkins University found that adults ages 65 and older who were involved in a number of activities (such as walking, biking, swimming, dancing and bowling) experienced less dementia than people who participated in fewer activities. One explanation could be that the variety of activities keeps more parts of the brain active.

So don't worry about how much you're sweating or how vigorously you're moving—just enjoy a variety of activities every day and keep trying new ones.

With good health habits and a little luck, you may never face a sudden medical crisis. But sooner or later, many of us find ourselves involved in one. Suppose it's chest pain, stomach cramps or a nasty kitchen accident—what's the right response? Should you get emergency help or just go see your family doctor?

A true medical emergency is a situation that's life threatening or could cause permanent harm if not treated immediately. Every minute counts. That's the difference between cases needing instant, emergency room intervention and those your doctor can handle in the office.

Doctors say there are no wrong reasons to call for medical assistance in a real emergency, especially if it's heart related. At such a critical time, don't drive yourself to the ER or get someone else to drive you—it could be dangerous. Plus, you need the expertise and equipment that's in an ambulance.

Below are examples of symptoms that constitute a medical emergency. Call for emergency assistance right away if you or a friend experiences any of them. And remember, if you're ever in doubt, play it safe and get help. It could save a life.

SEEK EMERGENCY TREATMENT ...

In cases of trauma:

- uncontrollable bleeding
- wounds with gaping edges



- wounds that involve the face or hands
- wounds caused by a puncture or wounds in which glass, metal or other objects have pierced the body
- severe burns
- head, neck or back injuries
- abdominal injuries or sudden, severe abdominal pain
- problems with movement or feeling after injury
- suspected broken bones
- animal or human bites
- contact with poisonous substances
- sunburn with nausea, vomiting, fever and chills

When the ER is your best option

Medical conditions that require emergency care

Any time these symptoms are present:

- chest discomfort
- difficulty breathing or shortness of breath
- nausea, dizziness, fainting or profuse sweating, especially when combined with chest pain and breathing difficulty—classic signs of heart attack
- sudden numbness on one side of the face or limbs, confusion, slurred speech, vision loss, severe headache or dizziness—all signs of a possible stroke
- severe allergic reactions from insect bites, food or beverages
- sudden or persistent vomiting or diarrhea
- coughing up or vomiting blood
- fainting, dizziness or hallucinations
- convulsions or seizures
- stiff neck with fever or headache
- sudden severe fever coupled with sensitivity to light
- stupor or dazed behavior
- drug or alcohol overdose
- attempted suicide or suicidal threats or statements

Dear readers,

Welcome to the first edition of our quarterly newsletter, *Health Matters*. In each edition, we'll bring you important health information and updates on new services and technology at Cleveland Regional Medical Center. Our priority is to meet our community's need for primary care and specialty physicians by recruiting new staff and expanding our facility.

We've completed a strong 2005, which was highlighted by the tremendous response we received from the community on the opening of our new emergency room. We completed more than \$1.6 million in capital improvements and invested more than \$315,000 in recruiting new physicians and specialists. We provided more than \$10 million in annual payroll and payroll taxes, and spent \$830,000 on property taxes, \$190,000 on advertising through

local media, \$891,000 on annual utility costs and \$15.29 million on uncompensated and charity care.

We're very excited about the potential for even greater success in 2006. Our vision for the future includes a recruiting plan to add ear, nose and throat, urological, orthopedic, internal medicine and pulmonology services.

If you haven't visited our hospital or been our guest recently, I want to personally invite you to see the facility. We'll be happy to schedule a free "welcome tour" at your convenience. Call our marketing department at **(281) 593-8358** to make arrangements. For help locating a physician, call our physician referral line at **(281) 593-2278**. For general information, call our main number, **(281) 593-1811**, or visit our Web site, **www.clevelandregionalmedicalcenter.com**.

Best Regards,
JUDE TORCHIA
Chief Executive Officer
Cleveland Regional Medical Center

An inside view

New scanner gives doctors a closer look



The Brilliance CT scanner quickly generates detailed 3-D images.

Cleveland Regional Medical Center is proud to announce the addition of a high-tech multi-slice computed tomography (CT) scanner to our facility. The new Brilliance CT scanner from Philips Medical Systems features advanced technology that produces split-second, high-quality images, permitting doctors to see more detail in a fraction of the time needed for other tests.

With this scanner, our doctors can more effectively detect and treat a range of illnesses, including heart disease, cancer, stroke and lung disease. Discovering disease in an early stage, when a wider array of effective treatment options may be available, helps doctors make accurate diagnoses and develop appropriate treatment plans for patients.

Modern maternity

Cleveland Regional offers family-friendly options

When it comes time to give birth, you and your baby deserve special treatment. Most mothers want to experience the joy of childbirth in a safe, intimate setting. When choosing a labor and delivery facility, mothers-to-be should look for an environment that can accommodate the entire family during the birth process.

In making a decision, it's important to tour the facility and the maternity unit and to review the qualifications of the facility's staff. This allows you to ask questions about the labor and delivery process and address any special needs you may have. When your special day comes, you'll have the added comfort of knowing what to expect.

At Cleveland Regional Medical Center, the maternal-child area features four labor rooms and six patient rooms for the comfort and care of the mother, infant and family. The private patient rooms provide a home-like, family-centered setting. We promote positive family beginnings by offering a variety of care options, including allowing mother and baby to room together.

We have a staff of experienced physicians who specialize in obstetrics and gynecology, and the labor and delivery and nursery staff work together to ensure excellent care of mother and baby. The nursing staff provides continuity of care on a one-to-one level. This concept recognizes the psychological importance



Special delivery

5 steps to choosing where to have your baby:

- 1 Talk to your healthcare provider about which hospitals and child-birth centers he or she works with.
- 2 Interview other new mothers about their experiences.
- 3 Take advantage of tours offered by birthing facilities.
- 4 Inquire about each facility's procedures.
- 5 Choose the place where you feel most comfortable.

of the postpartum period and is designed to meet the emotional and social needs of the family, as well as the medical needs of mother and child.

We have registered nurses available by phone to answer any questions you may have about your pregnancy and pending delivery at our facility. Baby Smartz is a special program offered by our maternal-child department that includes free pregnancy testing and consultation with our admitting department about insurance coverage. This program is specially designed to get new mothers-to-be started on a prenatal-care program for a healthy mom and a healthy baby.

Learn more!

To discuss your labor and delivery options, call (281) 593-2110 today.

HEALTHWISE QUIZ

How much do you know about **asthma**?

Test your knowledge and learn more about asthma.

- 1** Which of the following statements about asthma is *not* true?
- Cockroaches are a major trigger of asthma symptoms.
 - Asthma can develop at any age.
 - Approximately 4,000 Americans die from asthma each year.
 - People with severe asthma should avoid exercise.

- 2** Which of the following is a risk factor for asthma?
- hay fever
 - chronic sinusitis
 - obesity
 - all of the above

- 3** Asthma is the most common chronic childhood disease. According to the American Academy of Allergy, Asthma & Immunology, the number of U.S. children estimated to have asthma is:
- 1.5 million
 - 5 million
 - 10 million
 - 20 million

- 4** All of the following are asthma triggers *except*:
- stress
 - home appliances that use natural gas as fuel
 - corticosteroid medications
 - mold

- 5** If someone is having an asthma attack, one of the first things you should do is:
- Take him or her outside for fresh air.
 - Have him or her breathe into a paper bag.
 - Help the sufferer get his or her prescribed asthma drugs and inhaling equipment.
 - Use the sufferer's Epi-Pen to administer an injection of epinephrine.

Conspiracy theory

How 5 risk factors join forces against your health

When it comes to heart disease, you know that risk factors like family history and being overweight don't work in your favor. Now, experts say a combination of five factors—a condition called metabolic syndrome—also conspire against you, adding up to a far greater chance of suffering a heart attack, stroke or diabetes.

You have metabolic syndrome if you have three or more of the following problems:

- **abdominal obesity**—a waist circumference of 40 inches or more for men; 35 inches or more for women
- **high blood pressure**—135/85 mm/Hg or higher
- **high triglyceride levels**—150 mg/dL or more
- **abnormal cholesterol**—HDL cholesterol levels of less than 40 mg/dL for men and 50 mg/dL for women
- **high blood glucose or insulin resistance**—a fasting glucose, or blood sugar, level of 100 mg/dL or higher

Studies show people with metabolic syndrome are twice as likely to suffer a heart attack or stroke than people without these factors.

WHAT YOU CAN DO

You can head off future trouble if you take these steps now:

- **Lose weight.** Losing as little as 5 percent to 10 percent of your body weight can reduce insulin levels and bring blood pressure down.
- **Eat healthier.** Include more fiber-rich foods like whole grains, beans, fruits and vegetables to aid weight loss and lower insulin levels. Reduce the salt, calories and fat you consume.
- **Exercise.** Get at least 30 minutes of moderately strenuous activity most days of the week.
- **Kick the habit.** Smoking increases insulin resistance and worsens many health problems.
- **Schedule regular checkups.** Get timely checks on your blood pressure, blood sugar and cholesterol levels.
- **Consider drug therapy.** Your doctor may prescribe aspirin therapy or medication to control risk factors.



MATCH GAME

Finding the right doctor for you and your family

Different stages of life bring different medical scenarios. Still, one factor remains a constant: the need for a primary care provider who knows you well and can treat you and your family best. So, how should you go about choosing a primary care doctor?

The first step is to put together a list of candidates. Ask friends, family members, co-workers or people you know who work in the medical community. You'll need to find out which doctors are on your health plan.

Once you've chosen a few candidates, call their offices and find out more by asking:

1. Which hospital does the doctor use?
2. What are the practice's office hours?
3. How far in advance do I have to book a routine visit?

4. If I'm sick, will the doctor see me the day I call?
5. Who covers for the doctor when he or she isn't available?
6. How long is the average waiting room time?
7. What is the office policy on appointment cancellations?
8. What do I do if I have an emergency after office hours?
9. Does the doctor give advice over the phone for common problems?
10. How long will I have to wait for a call back from the doctor or a staff member?

Consider your interaction with staff during your phone calls. Were they friendly, efficient and knowledgeable?

Narrow your list to one or two physicians and make an appointment to talk to them. Most likely, you'll have to pay for these visits. As you talk to the doctor, notice whether he or she pays attention to your questions or seems distracted, giving "stock" answers.

Now you should be ready to choose the doctor who can treat you and your family best—and give you peace of mind.

Food for thought

Eating right can help you control diabetes

If you're one of the 16 million Americans who have diabetes, you understand that nutrition should always take center stage. Healthy food choices, along with exercise and medication, are vital to keeping your blood sugar, or glucose, in line and avoiding complications.



hydrate intake, sugary sweets and desserts helps control blood sugar levels. However, you must consume a moderate amount of carbohydrates to supply your body with the valuable energy they provide. But choose quality fuel. Variety among all food groups is key: fresh fruits and vegetables in abundance; beans,

brown rice and whole-grain breads and cereals; lean meat, poultry and fish; and low-fat dairy products.

Drink plenty of water, too, and avoid sweetened drinks. If you drink citrus juice, limit the serving to no more than 6 ounces. If you drink soda, switch to a diet variety.

It's important to stick to proper portion sizes. Learn how to measure and weigh portions. Read food labels, paying particular attention to serving sizes and total carbohydrates. A diabetes educator or dietitian can help you develop an eating plan. By learning to eat properly and controlling your weight and blood sugar levels, you can avoid most diabetes complications.

WHEN YOU EAT

If you have diabetes, you should eat three balanced meals and two snacks a day. Spacing food and trying to eat meals at the same time each day will help control blood sugar and weight. Eating reasonable portions of carbohydrates throughout the day—instead of consuming all your servings at one meal—will keep blood sugar levels stable.

WHAT YOU EAT

Planning what you'll eat at each meal will help you keep blood sugar within a healthy range all day. Limiting carbo-

Make the right choice.



You make choices every day. When to shop. Where to eat. What to wear. When it comes to your healthcare, it's even more important that you choose the right physician and hospital.

Cleveland Regional Medical Center is the only full-service hospital in Greater Cleveland, with more than 250 highly trained professionals and 75 physicians to meet your healthcare needs.

Our comprehensive services include:

- ER+
- Diagnostics
- Laboratory
- Acute Care
- Intensive Care
- Surgical Services
- Maternal/Child
- Rehabilitation

Because we are constantly striving to raise the standard of healthcare in our community, during the past year we have:

- Expanded our Emergency Department to 12 rooms
- Added a Fast Track for less life-threatening emergencies
- Enhanced our heart-monitoring equipment
- Renovated our surgery and recovery areas
- Redesigned our lobby area and increased its size

Cleveland Regional Medical Center – The right choice for you and your family.



CLEVELAND REGIONAL MEDICAL CENTER

THE RIGHT CARE. RIGHT HERE.

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