

health matters

YOUR GUIDE TO HEALTHY LIVING | FALL 2009



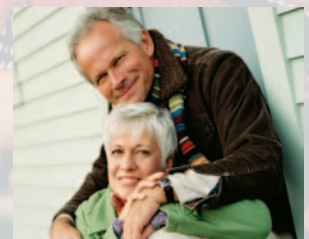
What You Should Know About H1N1 Flu *page 2*

A Fast Pulse May Foretell Heart Attack *page 3*

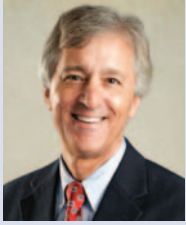
Mammograms Key in Breast Cancer Fight *page 4*

Is Total Joint Replacement Surgery Right for You? *page 6*

Prescription Medication Safety Tips *page 7*



message from the CEO



Dear Friends,

We are fortunate to have many primary care physicians and specialists to meet your healthcare needs. These physicians are experienced

professionals dedicated to quality patient care.

To maintain our staff of highly qualified physicians and to meet the challenges of recruiting high-demand specialists to rural communities, we have a growth-oriented physician recruitment program, headed by Donna Malone, Physician Recruiter. Our program is supported by the Medical Staff Development Committee, which is composed of a group of physicians, board members, and community leaders. This committee studies the needs of the community and the availability of medical specialists to ensure that our patients receive the medical care they need.

I am pleased to welcome several new physicians to our healthcare system. Drs. Herbert Littleton and Arlene Johnson, Internal Medicine, joined the WRMC Hospital Medicine program in May. Dr. Nicholas Gyles, General Surgery, began his practice in Batesville and Mountain View in August and Dr. Ronald Tilley, Pain Management, joined the WRMC Pain Clinic in September. Dr. Ikram Khan, Neurology, Dr. William McCord, Anesthesiology, and Dr. Nelson Obikwu, Pediatrics, are joining the WRMC Medical Staff this fall.

The addition of these highly skilled physicians to our existing medical staff enhances our efforts to be the healthcare organization where patients choose to receive care. For more information about our physicians, visit our website www.whiteriverhealthsystem.com.

Gary L. Bebow, FACHE
Administrator/CEO

FIND THE HOT WATER BOTTLE

Find the hidden hot water bottle in this issue and you could win a \$50 Wal-Mart gift card! Email your submission by October 30 to contest@wrmc.com. Be sure to include your name, street address and email address so that we can send you your free gift!



WHAT YOU SHOULD KNOW ABOUT H1N1 FLU

The H1N1 influenza virus, referred to as swine flu during the initial breakout, has spread to all 50 states and more than 70 countries. Researchers believe it spreads the same way that seasonal flu spreads—from person to person through coughing or sneezing. It can also spread when people touch infected surfaces and then touch their noses or mouths. Symptoms include sore throat, headache, chills and fatigue. Diarrhea and vomiting also can occur.

With all the attention that H1N1 is getting, it's easy to forget that "traditional" flu season is just around the corner. Outbreaks can occur as early as October and peak during the winter months. In the United States, more than 200,000 people are hospitalized and 36,000 die every year because of flu-related complications.

Protect yourself and your family from the H1N1 flu virus and seasonal flu by taking the following precautions:

- Wash your hands with soap and water, especially after you cough or sneeze. Use an alcohol-based hand sanitizer when you don't have soap and water.
- Cover your nose and mouth with a tissue when you cough or sneeze. Put the tissue in the trash.
- Avoid touching your eyes, nose or mouth.
- Keep surfaces clean by wiping them down with a household disinfectant.
- If you are sick, stay at home. If you have the flu, you are considered contagious beginning the day before symptoms appear and for the next seven days.

For updates on H1N1 flu, visit the Centers for Disease Control and Prevention's Web site at www.cdc.gov/h1n1flu.

Free Seasonal Flu Shots Available

In October, the Arkansas Department of Health will provide free seasonal flu shots at locations throughout Arkansas. In Independence County, the flu shots will be available at the Independence County Fairgrounds and the Pleasant Plains First United Methodist Church on Tuesday, October 29, from 8:00 a.m. until 4:30 p.m.

A FAST PULSE MAY FORETELL HEART ATTACK



by David Boike, M.D.

Dr. David Boike is a Cardiologist in private practice at White River Diagnostic Clinic and a member of the Medical Staff at White River Medical Center. He is board certified by the American Board of Internal Medicine. He can be reached by calling **870-698-1635**.

If your heart is in fast-forward while you're on pause, read on. A high resting heart rate—your pulse when you're not moving—may signal an increased risk for heart attack. Researchers have long known that an elevated resting heart rate in men increases their risk for heart attack, and according to a recent study, a woman's resting heart rate can help predict her risk for a heart attack as well. A higher than normal resting heart rate increases the risk for heart attack or heart-related death by 25%.

Take 10 Seconds to Check Your Rate

Anyone can figure out his or her resting heart rate. Here's how:

1. Turn your hand so that your palm is facing up.
2. Place the index and middle fingers of the other hand on the wrist, just below the base

of the thumb. You should feel your pulse.

3. Count the beats for 10 seconds; multiply this by six to get your heart rate for a minute.

According to the American Heart Association, a normal resting heart rate is between 60 and 80 beats per minute; it's typically lower in people who are fit. The study found, however, that women ages 50 to 64 with a resting range above 76 were at the highest risk for heart attack and heart-related death during the eight-year follow-up period.

If your resting heart rate is consistently higher than 100, call your doctor for a consultation. If it's toward the higher end of the normal range, increase your physical activity. Exercise is effective at lowering resting heart rates.

Advanced Care for Stroke Patients

Arkansas SAVES (Stroke Assistance Through Virtual Emergency Support) is a new program available at White River Medical Center (WRMC) through the University of Arkansas for Medical Science (UAMS). This program gives lifesaving emergency care for stroke patients.

"The SAVES program provides access to the most appropriate care to provide the best possible patient outcome," says Dede Strecker, WRMC Chief Nursing Officer. "This program is an example of cooperation between WRMC and UAMS to improve the health of all Arkansans."

Arkansas SAVES links the neurologist at UAMS with the ER physician and staff at WRMC. With a video/audio connection to the ER physician and patient for visual assessment and immediate access to lab results and CT brain images, the neurologist can assist in the diagnosis and recommend appropriate treatment such as tissue plasminogen activator (t-PA). The sooner t-PA or other appropriate treatment is begun, usually within the first three hours after symptoms begin, the better the chances for recovery.

High blood pressure, diabetes, smoking, high cholesterol and lack of exercise are all risk factors for stroke. Signs and symptoms of a stroke include sudden weakness, numbness, especially on one side, unsteady gait and vision and speech difficulty. It is important to seek medical attention immediately if you notice any of these symptoms.



MAMMOGRAMS

KEY IN BREAST CANCER FIGHT



by Michelle Warden, M.D.

Dr. Warden is a Radiologist with North Arkansas Radiology Associates and a member of the Medical Staff at White River Medical Center in Batesville. Dr. Warden is board certified by the American Board of Radiology.

Breast cancer is the second leading cause of cancer death in women. The chance of developing breast cancer at some time in a woman's life is about 1 in 8, and the risk increases as women get older.

Mammography is the most effective screening test for the early detection of breast cancer. It can show changes in the breast up to two years before a patient or physician can feel them. Research has shown that annual mammograms lead to early detection of breast cancers, when they are most curable and breast-conservation therapies are available.

Screening mammography is recommended every year for women, beginning at age 40. Women who have had breast cancer and those

who are at increased risk due to a family history of breast cancer should seek expert medical advice about whether they should begin screening before age 40 and about the frequency of screening.

Tips for a successful mammogram:

- Make the appointment for the week after your period, when breasts are less tender.
- Tell screening staff if you have breast implants, you are pregnant or might be, or if you're breast-feeding.
- Dress in a shirt with shorts, pants, or a skirt, so you only need to remove upper clothing.
- Don't wear deodorant, perfume, lotion, or powder under your arms or on your breasts the day of your mammogram.



WRMC Now Provides the Latest in Mammography

White River Medical Center now offers mammography services using state-of-the-art digital technology and computer-aided detection.

Digital mammography differs from conventional mammography in how the image of the breast is viewed. With digital, the radiologist can magnify, adjust and change the contrast while reading the images. These features allow the radiologist to evaluate and focus on areas of concern better than with conventional film images.

Computer-aided detection is designed to identify suspicious areas by highlighting or marking the images and alerting radiologists to the possible need for further examination. After further study, the radiologist can either clear the markings or request additional testing.

The White River Health System Foundation worked closely with the Arkansas delegation to secure Congressional support to assist with funding of digital mammography. This cooperation has allowed White River Medical Center to continue its mission of quality, efficient healthcare services.

Mammography is the best way to detect breast cancer at its earliest, most curable stage. Annual mammograms are recommended for women ages 40 and older. Women with a family history should talk with their physician about when to begin annual mammograms.

If you cannot afford a mammogram or are not covered by commercial insurance, Medicare, Medicaid or Arkansas BreastCare, you may qualify for a FREE mammogram funded by the Arkansas Affiliate of the Susan G. Komen for the Cure Foundation and White River Health System. Call 870-262-1035 for information about a free mammogram.

Life Lights

Touch the hearts of patients and the people you love with a gift to the 2009 Life Lights Campaign. Your gift will enable the purchase of critical equipment used to care for patients with heart disease.

Let the spirit of Christmas inspire you to send a Letter from Santa to a child and also join us in our popular holiday lighting project. With your gift of \$10.00, a personalized letter from Santa postmarked from the North Pole will arrive in your child's mailbox.

Life Lights is a unique way to honor or remember those you care about. During the holiday season, lights, wreaths and trees displayed at White River Medical Center, along with the names of those being honored or remembered, represent gifts to the program.

To make a difference in the lives of others, contact us at 870-262-1225. Giving forms are also available at www.WhiteRiverHealthSystem.com.



Amy Shaver is pictured with her son and daughter-in-law, and the recipient of the WRHS Board of Directors Nursing Scholarship in memory of Mr. Carl Shaver. From left to right: Greg Shaver, Wendy Miller (scholarship recipient), Amy Shaver and Debbie Shaver.

A LEGACY OF COMMUNITY SERVICE

Amy Shaver believes that sharing yourself with others is a gift that everyone can offer. She and her late husband, Carl, turned that philosophy into action by actively volunteering and serving in leadership rolls in their church, civic and community organizations. White River Health System is one of many grateful recipients of their love of community. The dedication of individuals and families like the Shavers create the foundation of support needed to allow White River Health System to carry out its mission of quality, efficient healthcare for North Central Arkansas.

"Carl was proud of our community and welcomed the opportunity to share Batesville's success stories with visitors," says Amy. "His tours always included a stop at White River Medical Center."

Before Carl's illness and passing, he served for more than 30 years as a member of the White River Health System Board of Directors. He served on many Board committees including the Building and Compensation Committees. Carl and Amy

worked together as members of the WRMC Auxiliary, serving many hours at the hospital's information desk. Amy continues to serve as a member of the WRMC Auxiliary.

Mr. and Mrs. Shaver have also supported WRHS with charitable gifts. They created *The Carl and Amy Shaver Endowed Nursing Scholarship* to provide financial assistance to a student studying nursing. The scholarship is an example of the Shaver family's commitment to quality healthcare and their belief in the importance of education.

"Carl and I felt so blessed to be able to live, work and raise our family in Batesville," says Amy. "The ability to make a difference for so many families by supporting the hospital has been very rewarding."

White River Health System is dedicated to providing quality healthcare. To learn more about becoming a part of quality healthcare in North Central Arkansas, call Larry Sandage, Director of Institutional Advancement at 870-262-6033.



IS TOTAL JOINT REPLACEMENT SURGERY RIGHT FOR YOU?



by J.D. Allen, M.D.

Dr. Allen is a member of the WRMC Medical Staff and is in private practice at Medical Park Orthopaedic & Sports Medicine Clinic with Jeff Angel, M.D. Dr. Allen is board certified by the American Board of Orthopaedic Surgery and American Academy of Orthopaedic Surgery (AAOS). To make an appointment with Dr. Allen, call **870-793-2371** or toll-free **800-585-2371**.

Knees and hips damaged by arthritis, an old injury, or worn from years of use can be painful. The joint may be especially painful when walking, climbing stairs, or getting out of a chair and may even hurt while you're simply relaxing or sleeping. If you've tried medications, physical therapy, exercises, changing your activity level, and walking aids and the pain won't subside, you may want to consider total joint replacement surgery.

What to Expect

With advancements in materials and technology, total joint replacement has become one of the most reliable and long-lasting surgeries performed today. Each total joint replacement surgery is different, depending on the amount of damage and the technique used. In most cases, the surgeon removes diseased parts of the joint and replaces them with artificial parts that look and work much like the body's natural joint.

For some patients, minimally invasive

joint replacement or partial joint replacement may be an option. In these procedures, the surgeon uses smaller incisions—about half the size of those used in traditional surgeries. Because there is less damage to the surrounding tissues, patients recover more quickly and have smaller scars.

Life After Surgery

How quickly patients can resume normal activities depends on several factors, including the patient's level of activity before the surgery, the patient's general health and overall fitness, the type and extent of surgery performed, and the patient's level of motivation. Physical therapy is important, as is diet and developing an appropriate exercise program. Follow your doctor's advice after the surgery.

If you are tired of living with knee or hip pain, talk with your doctor about your options. According to the National Institutes of Health and the AAOS, after joint replacement most people have less pain, better mobility, and improved quality of life.

WRMC Joint Resort Offers Innovative Group Support

The center of the orthopaedic program at White River Medical Center is the Joint Resort located on the fourth floor. The Joint Resort's multidisciplinary team is led by board certified orthopaedic surgeons, Drs. J.D. Allen and Jeff Angel. They are focused on returning patients to the best possible health after orthopaedic surgery.

The WRMC Joint Resort is an innovative approach to joint replacement surgery and emphasizes a wellness focus and "group" approach that promotes teamwork and camaraderie. During recovery, patients can exercise together, offering each other encouragement and support. In addition, much of the pre- and post-op education is conducted in a group setting.

Patients are treated to special amenities including T-shirts that say "I Love This Joint," a bud vase with flower, putting contest and certificates of completion. They especially like the hairdresser who comes in to make them look their best for their return home.

To find out about hip and knee pain, learn about the causes and the latest treatments, including information about medications, nutrition and exercise, call the WRMC Joint Resort at 870-262-3134.



PRESCRIPTION MEDICATION SAFETY TIPS



by Andy Davidson, M.D.

Dr. Davidson is a Family Practice physician in private practice at Batesville Family Practice and a member of the Medical Staff at White River Medical Center. He can be reached at **870-793-1126**.

When taken correctly, medicines can go a long way to help relieve symptoms, fight infections and improve the quality of life of those with common chronic illnesses such as arthritis, high blood pressure, heart disease or diabetes.

It can be difficult to handle all the medicines your family members take, but it's important to know how to protect their health and safety. While medicines have lots of benefits, they can also be harmful if not used properly.

Protect your family and get the most from your medicine:

■ **Talk with your doctor or pharmacist** to understand why a certain medicine is recommended, side effects to watch for and any possible interactions.

■ **Fill prescriptions at one pharmacy.** Your pharmacist can check your list of prescriptions and keep you informed of any possible drug interactions.

■ **Know what you and your family members**

are taking—know the ingredients; when and how long to use medicines; what they are supposed to do and when to expect results; and what to do if you experience a problem.

■ **Read and reread the label**, follow the instructions and always double-check you have the right medicine for the right person.

■ **Avoid interactions by knowing which other medicines**, herbal supplements, vitamins, foods and/or beverages might cause problems if used with your prescription medicine.

■ **Pay attention to the medicine's effects.** Ask your children or partner how certain medicines are making them feel.

You are your family's best advocate. By learning about the benefits and risks of medicines, you can help everyone get the most from their medicines, avoid problems and stay safe.

When in doubt, always ask your family physician, nurse or pharmacist.



Beef Stroganoff

- 1 lb **lean beef, top round**
- 2 t **vegetable oil**
- ¾ T **finely chopped onion**
- 1 lb **sliced mushrooms**
- ¼ t **salt**
- pepper to taste**
- ¼ t **nutmeg**
- ½ t **dried basil**
- ¼ C **white wine**
- 1 C **plain low-fat yogurt**
- 6 C **macaroni, cooked in unsalted water**

1. Cut beef into 1-inch cubes. Heat 1 teaspoon oil in a non-stick skillet. Sauté onion for 2 minutes.
2. Add beef and sauté for an additional 5 minutes. Turn to brown evenly. Remove from pan and keep hot.
3. Add remaining oil to pan; sauté mushrooms.
4. Add beef and onions to pan with seasonings.
5. Add wine, yogurt; gently stir in. Heat, but do not boil.
6. Serve with macaroni.

Note: If a thicker sauce is desired, use 2 teaspoons cornstarch; calories are the same as flour, but it has double thickening power. These calories are not figured into the nutrients per serving.

Yield: 5 servings

Serving size: 6 oz

Each serving provides:

Calories: 499

Total fat: 10 g

Saturated fat: 3 g

Cholesterol: 79 mg

Sodium: 200 mg

Source: National Heart, Lung, and Blood Institute/National Institutes of Health

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WORRIED ABOUT ALZHEIMER'S? KEEP BLOOD SUGAR IN CHECK



By Michelle Bishop, M.D.

Dr. Bishop is a Family Practice physician and a member of the Medical Staff at Stone County Medical Center. She is board certified by the American Board of Family Practice and is in private practice at Mountain View Family Practice Clinic. To make an appointment, call 870-269-4144.

If you have type 2 diabetes and don't control your blood sugar, you're not only putting your heart, eyes and kidneys at risk, you may be putting your brain in jeopardy as well.

According to the American Diabetes Association, studies show that diabetes may be associated with mild cognitive impairment, a form of memory loss that sometimes signals Alzheimer's. However, researchers want to continue to study patients with diabetes to determine whether higher levels of blood sugar increase the risk for cognitive impairment or whether such impairment actually decreases the patient's ability to control blood sugar levels.

Researchers continue to study diabetes and brain function. Patients who successfully manage their diabetes are more likely to prevent long-term complications,

including possible declines in brain function.

If you have diabetes, here are some tips for taking care of yourself:

■ **Know your condition.**

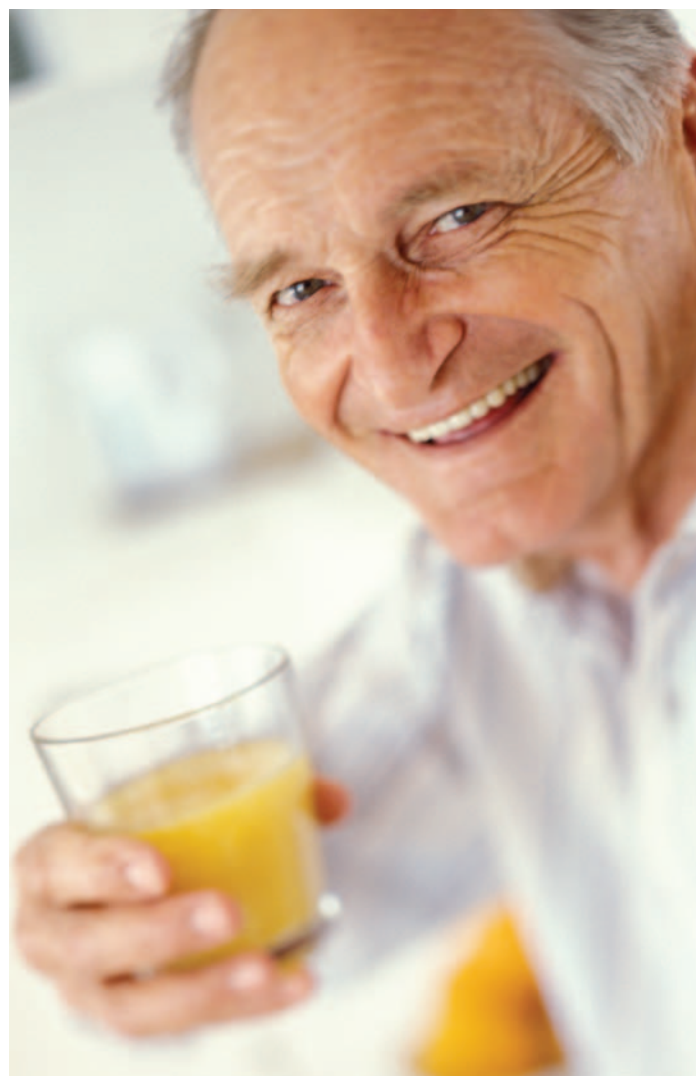
Talk with your doctor to be sure you understand what diabetes is, how it affects your body and what you can do to keep it under control.

■ **Monitor your glucose level every day.**

For most people, the target blood glucose level before eating is between 70 and 130. One to two hours after the start of a meal, it's less than 180.

■ **Follow a diabetes meal plan.** If you don't have one, talk with your doctor about getting one.

■ **Get physical activity.** Aim to move 30 to



60 minutes a day on most days—either all at once or in short intervals throughout the day.

■ **Maintain a healthy weight.** Ask your doctor what *healthy* means for you.

■ **See your doctor at least twice a year.** Request the A1c test, which shows the average amount of glucose in your blood over the past two to three months.