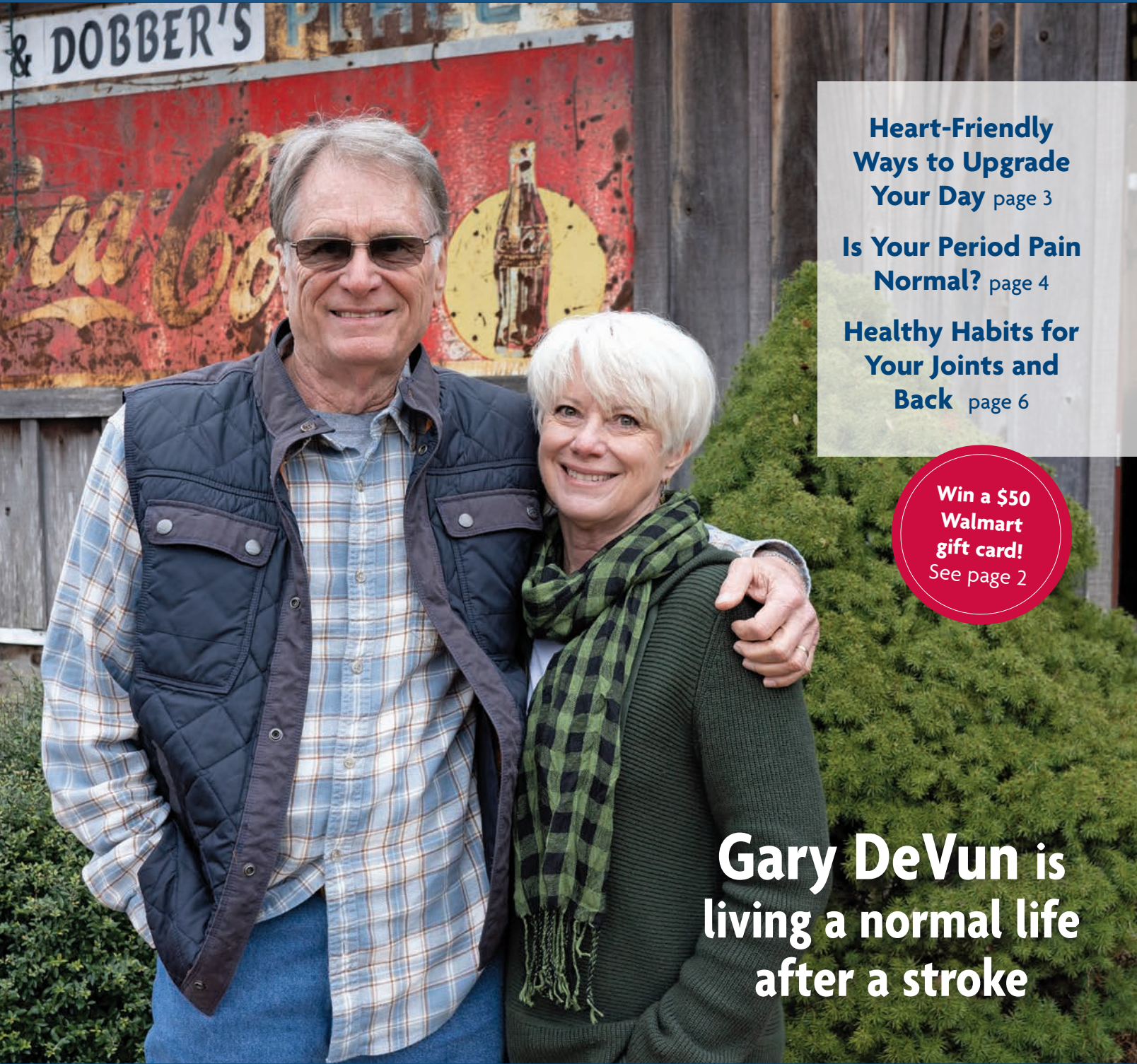


health matters

YOUR GUIDE TO HEALTHY LIVING | SPRING 2022



**Heart-Friendly
Ways to Upgrade
Your Day** page 3

**Is Your Period Pain
Normal?** page 4

**Healthy Habits for
Your Joints and
Back** page 6

Win a \$50
Walmart
gift card!
See page 2

**Gary DeVun is
living a normal life
after a stroke**



With April being National Stress Awareness Month, I would like to take the opportunity to emphasize the effects of stress, and the importance of taking care of yourself.

Stressful events or situations trigger a natural response from the body to react. Ongoing exposure to short-term stressors (such as a mild inconvenience, or a big test), or long-term stressors (such as COVID-19) can lead to health issues emotionally, mentally, and physically.

We can't always avoid stress; we can learn to manage it in healthy ways such as:

- Eating a healthy, balanced diet, and staying hydrated. Read page 7 of this issue to learn what foods can help you stress less.
- Exercising regularly. This can simply be going for a nice walk. It doesn't have to be strenuous; just move.
- Getting plenty of sleep. Studies show that seven to nine hours of sleep a night helps to tolerate stress.
- Talking to someone. According to studies, simply sharing our problems and emotions with someone reduces stress. If you aren't comfortable talking to someone you know, don't be afraid to reach out to a health professional. White River Health System has a number of Mental Health resources available. Visit WhiteRiverHealthSystem.com for more information.
- Taking time for yourself. When you are constantly needed by family or work, it can be hard to focus on you, and self-care is important. Find a hobby you enjoy, pamper yourself, or go for a drive—do something that makes you happy.

These are just a few of the many ways you can manage your stress. There is a wealth of information online with many more tips. As always, your primary care provider is a great place to start with your well-being. During these extra stressful times, please remember to take care of yourself.

Be safe, be well, be kind,

Gary Paxson, President & CEO

ACTING F.A.S.T. IS KEY FOR STROKE!

If you think someone may be having a stroke, do the following simple test:

F



Face

Ask the person to smile. Does one side of the face droop?

A



Arm

Ask the person to raise both arms. Does one arm drift downward?

S



Speech

Ask the person to repeat a simple phrase. Is the speech slurred or strange?

T



Time

If you see any of these signs, call **911** right away.

Find the Spring Robin

Find the robin in this issue. You could win a \$50 Walmart gift card! Submit your information by May 20, 2022.

Email: contest@wrmc.com.

Or mail to: Marketing | Health Matters Contest, P.O. Box 2197, Batesville, AR 72503

Include your name, street address, and email address.



>> ON THE COVER

Gary DeVun, Stroke victim, is living life as he normally would because of the quick response of friends and the care at Stone County Medical Center. Learn more about his story at www.YouTube.com/watch?v=rEaMh6oJLEA.

"You might say we were at the right place, at the right time, with the right people, and with the right hospital." –Gary DeVun

3 Heart-Friendly Ways to *Upgrade Your Day*

Isn't everyone looking for ways to enjoy their days more—with less effort? Try this heart-friendly advice:

1. TURN IN ON TIME.

Sleeping seven to nine hours each night helps your mind and body work better. For example, quality slumber helps repair heart and blood vessels. Too little sleep ups your risk for falls, Depression, High Blood Pressure, and High Blood Sugar.

To sleep better, set a bedtime. Stay within an hour of it every night. Avoid screen time and large meals an hour beforehand. Limit any daytime naps to 20 minutes and early afternoon. Talk with your healthcare provider if you have trouble sleeping.

2. PUT FOOD LABELS ON YOUR READING LIST.

They're not as entertaining as current bestsellers; however, they're a reliable way to avoid packaged foods with high amounts of (sneaky) sodium. For example, the amounts listed for many breads, rolls, cold-cuts, and poultry are likely to be an unexpected twist. Take home options that are lower in sodium.

3. SEEK RESOURCES GEARED TOWARD YOUR NEEDS.

They're out there! For example, the American Heart Association offers a free monthly *Heart Insight* e-newsletter. Visit heartinsight.org to sign up for yours.



David Boike, MD, is a Board-Certified Internal Medicine and Cardiovascular Disease physician in practice at White River Cardiology Clinic inside The Diagnostic Clinic at WRMC in Batesville. He is a member of the Medical Staff at WRMC. He can be reached by calling **870-698-1635**.



Shake Things Up with the Power of Positivity

Disrupting your morning routine isn't always a bad thing. You can start balancing out natural tendencies to focus on the negative in just a few minutes each day. Pick a time, like before showering or after dressing. Get comfortable and take a few slow, mindful breaths. Then, think about something that you're thankful for, such as a special moment or person.

Over time, you just might find that practicing gratitude helps you keep up with other positive behaviors, like eating healthy, avoiding alcohol, exercising, and staying on track with your medicines.



The White River Medical Center (WRMC) Emergency Department and Cath Lab staff stand together for a photo after receiving the American Heart Association's Mission: Lifeline® EMS Silver Plus Achievement Award. The award is presented to organizations implementing specific quality improvement measures outlined by the American Heart Association for the treatment of patients who suffer severe heart attacks.

Pictured from left to right: (back row) Justin Blankenship, RTR, Clinic Lead Cath Lab; Michael Bell, RN; Amanda Foust, RN, Emergency Services Clinical Lead; Rowan Cairns, RN, BSN, ED Charge Nurse; (front row) Ashley Brown, RTR; Jacob Goff, RN; and Charity Schaufler RN, BSN, ED Quality Metric Coordinator.

Is Your *Period Pain* Normal?



Caroline Carlton, MD, FACOG, is a Board-Certified Obstetrician-Gynecologist and a member of the Medical Staff at White River Medical Center. She is in practice at The Women's Clinic in Batesville. She works alongside Drs. Katherine Appleget and Stacy Pollack, and APRNs Amanda Brock and Angela Bureson. To make an appointment, call **870-262-2000**.

Aunt Flo, crimson wave, shark week ... no matter the name, periods can be a pain. And even though monthly cramps can really cramp your style, prostaglandins (the chemicals that cause them) aren't actually a danger to your health.

Still, pay close attention to your cycle. If symptoms are getting worse, it's time to call the doctor. Something more serious, like one of the conditions listed below, may be causing your period pain.

	What it is	Symptoms	Treatment
Fibroids	Fibroids are tumors that grow in the wall of the uterus. They're almost always benign (not cancerous); however, they can cause discomfort.	<ul style="list-style-type: none"> • Feeling of fullness in the lower stomach area • Frequent urination • Heavy bleeding • Low back pain • Pain during sex 	For mild fibroids, your healthcare provider may recommend medication to help the pain. But if your symptoms are moderate or severe, surgery is probably the best course of action.
Adenomyosis	With Adenomyosis, tissue grows somewhere it doesn't belong—the muscle wall of the uterus.	<ul style="list-style-type: none"> • Difficulty getting pregnant • Heavy bleeding • Menstrual cramps 	To manage the pain and heavy bleeding, you may need hormone therapy or medication. Some women might undergo a hysterectomy (surgery to remove the uterus).
Endometriosis	Similar to Adenomyosis, Endometriosis involves tissue growing in the wrong spot. It can be found on your bowels or bladder, behind your uterus, on your fallopian tubes, or on or under your ovaries.	<ul style="list-style-type: none"> • Heavy bleeding • Infertility • Menstrual cramps • Pain during or after sex • Spotting or bleeding between periods 	If your provider recommends removing the tissue, you'll need surgery. Less invasive ways to ease symptoms include pain relievers or hormone therapy.

Finding Relief

Many women accept period pain as a normal part of life. But it doesn't have to be that way. The next time those pesky prostaglandins start acting up, try:

- Doing relaxation techniques (yoga, meditation, etc.)
- Enjoying a warm bath
- Getting some exercise
- Taking over-the-counter pain relievers
- Using a heating pad on your lower stomach

If you're still not finding relief—or if cramps persist even after your period ends—talk with your healthcare provider.



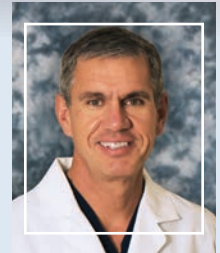
Dr. Varela Performs *First Total Wrist Replacement* in Arkansas

Charles Varela, MD, Board-Certified Orthopaedic Surgeon at White River Orthopaedic Sports and Hand Surgery Clinic in Mountain View, recently performed the first total wrist replacement at Stone County Medical Center (SCMC). This is also the first total wrist replacement surgery performed in Arkansas using the latest state-of-the-art prosthesis.

Total wrist replacement surgery, also known as total wrist arthroplasty, is used to treat patients with unbearable pain and disability due to Rheumatoid Arthritis or Osteoarthritis. The procedure involves replacing the wrist joint with an artificial joint to relieve pain and restore function and is used when other treatment options are no longer effective. This new prosthesis has shown potential to significantly reduce the patient's pain and preserve motion while reducing complications. This is a major advancement in the area of hand surgery.

For more information about our Orthopaedic services, visit WhiteRiverHealthSystem.com.

Charles Varela, MD, practices alongside John Akins, MD, and Carla Langston, APRN, at White River Orthopaedic Sports and Hand Surgery Clinic in Mountain View. He performed his orthopaedic surgery training at the University of Missouri, followed by a Hand Surgery Fellowship at Duke University Medical Center. To make an appointment with Dr. Varela, call **870-269-8300**.



Upcoming Events

The White River Health System (WRHS) Foundation hosts a variety of events throughout the year to raise funds in an effort to improve healthcare in our region. Below are some of the upcoming events that you can participate in.

MOTHER & FATHER'S DAY TRIBUTE

Honor or remember a mother or father figure in your life with a Tribute. Show your love and appreciation by making a donation in honor or in memory. There are many ways to express your love or honor someone's memory. This year, give a gift that will last a lifetime by making a donation to the White River Health System Foundation. Giving a tribute like this is a beautiful way to honor a parent while making a lifelong impact.

TRAP TOURNAMENT

May 21

Benefiting WRHS Cancer Detection & Treatment Services

27TH ANNUAL GOLF CLASSIC

September 17

Benefiting WRHS Cancer Detection & Treatment Services



HOW CAN YOU PARTICIPATE?

Call 870-262-1834 or follow the White River Health System Foundation on Facebook for more information on these events and other giving opportunities.

To Avoid Joint and Back Pain, Get Back to the Basics of *Good Health*



Your musculoskeletal system, which includes your muscles, bones, joints, and tendons, is the framework that supports your body. It is what allows you to move and go about the activities of your daily life. So, it's important to return the favor and give it the support it needs to function well and be healthy.

One way to do that is by keeping inflammation in check. Inflammation is your body's natural response to an injury or disease. It can promote healing; however, it can also be harmful if it lasts too long or affects healthy tissue.

THE ROLE OF INFLAMMATION

These are just a few of the musculoskeletal conditions that may be linked to inflammation:

- **Low Back Pain** is often fueled by inflammation, which may be caused by an injury or due to arthritis that gradually damages the joints and bones of the spine.
- **Tendinitis** is inflammation in a tendon. It may cause pain and soreness near a joint. Often it results from overuse of the affected area.
- **Osteoarthritis**, the most common type of arthritis, occurs when the tissues in a joint gradually break down over time. Most of the damage is caused by issues such as inflammation. The result is pain, swelling, and stiffness.
- **Rheumatoid Arthritis** is an autoimmune disease (a disorder in which the immune system attacks the body's own cells by mistake). It mainly affects the joints, causing painful inflammation. It can also cause problems in other parts of the body, such as the heart, lungs, and eyes.

A SHARED PATH TO LESS PAIN

Different musculoskeletal conditions have their own sets of symptoms and medical treatments. Yet the same healthy lifestyle choices help prevent or manage many of them. Here are some of the ways you can improve your odds of avoiding or limiting pain:



Be physically active on a regular basis to help strengthen your bones and muscles. Exercise also has inflammation-fighting effects. For a low-impact workout that's easy on the joints, try walking, biking, or swimming.



Eat a nutritious diet that includes fruits, vegetables, whole grains, and healthy fats to help keep inflammation at bay. In contrast, saturated fats, trans fats, and processed foods may rev up inflammation.



Lose extra pounds to reduce the strain on your joints. It's especially good for your hips and knees. Because excess body fat can promote inflammation, losing weight may help with that, too.



Quit smoking if you're a smoker—it's one of the best things you can do for your health. Smoking increases the risk for Rheumatoid Arthritis and Osteoporosis. It can also speed up the breakdown of spinal disks. Plus, if you quit smoking, it will reduce signs of inflammation in the body.

These steps are great for your overall health. And because they support your musculoskeletal system, they help you do what matters most to you with less pain and greater ease.



Jeffery Angel, MD, MFin, FAAOS, is a Board-Certified Orthopaedic Surgeon and a member of the Medical Staff at White River Medical Center. He is in practice at the WRMC Orthopaedic and Sports Medicine Clinic in Batesville. He works alongside Drs. J.D. Allen, Dylan Carpenter, and Wesley Greer, and APRNs Chad Grady and Josh McIntosh. To make an appointment, call **870-793-2371**.

STRESS LESS WITH THE Anti-Anxiety Diet

The old saying “you are what you eat” might be truer than we ever realized. Food directly affects your brain—and your mood. Are you giving your mind that top-of-the-line premium fuel, or is it simply running on fumes?

Foods to Fight Anxiety

If you struggle with anxiety, a diet rich in the right foods can help. Some research shows that these ingredients may have a positive effect on reducing anxiety.

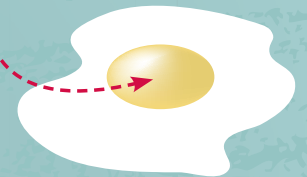
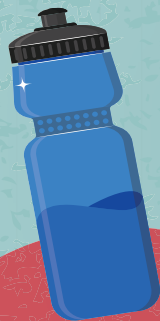
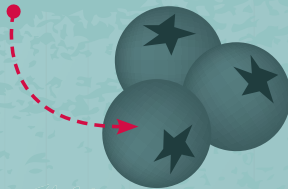
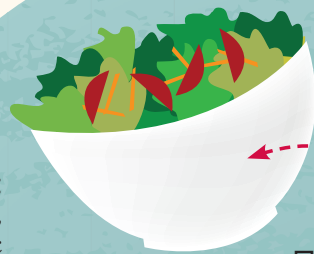
□ **OMEGA-3 FATTY ACIDS:**
chia seeds, flaxseeds,
salmon, walnuts

□ **PROBIOTICS:**
kefir, pickles,
sauerkraut, yogurt

□ **ANTIOXIDANTS:**
beans, berries,
ginger, turmeric

□ **MAGNESIUM:**
leafy dark greens,
nuts, seeds, whole grains

□ **ZINC:** beef,
cashews, egg yolks,
legumes



Best Practices for Beverages

1. Stay hydrated with plenty of water.
2. Reduce or eliminate your alcohol intake.
3. Cut back on caffeine.

Food for Thought

You may need to adjust more than your diet to deal with anxiety. If your symptoms feel severe or last for more than two weeks, talk with your health-care provider.

Gary Paxson
President & CEO

Jody Smotherman
VP Chief Strategy Officer

Michele Wood
Executive Director of Marketing & Foundation

Jerrika Davis
Marketing Specialist II



White River Medical Center
1710 Harrison Street
Batesville, AR 72501

NON PROFIT ORG
US POSTAGE
PAID
WHITE RIVER
MEDICAL CENTER

Health Matters is published by White River Health System. The information included is intended to educate and inform readers about subjects pertinent to their health, not as a substitute for consultation with a personal physician. To unsubscribe to *Health Matters*, call **870-262-6149** or send an email with your name and address to jdavis8@wrmc.com. ©2022 Printed on recyclable paper.

Developed by Krames **6246M**

5 Reasons to Schedule a CHECKUP NOW

Has it been a while since you last saw your primary care provider (PCP)? Don't wait to schedule a visit. Seeing your PCP for routine exams helps prevent health problems before they start.

1 YOU CAN UPDATE YOUR MEDICAL RECORDS.

Your medical history changes over time, and it's important to keep this record current. New health issues may affect your risk of developing conditions such as Cancer, Diabetes, Heart Disease, and Stroke.

2 YOU CAN STAY UP-TO-DATE ON EXAMS AND TESTS.

Your PCP can alert you to screenings you're due for, such as an eye exam, cholesterol test, or mammography.

3 YOU'LL GET A LOOK INSIDE YOUR BODY.

Some potentially serious conditions, such as High Blood Pressure, may not have symptoms. Your provider will perform exams that may alert you to hidden health conditions.

4 YOU'LL KEEP UP WITH YOUR VACCINES.

Regular immunizations aren't just for kids. Ask your PCP which vaccines you need now.

5 YOU'LL GET THE TREATMENT YOU NEED.

Minor or annoying symptoms may signal a bigger issue. Your PCP can diagnose and address the problem before it gets worse.



Dylan Estes, MD, is a Board-Certified Physician on the Medical Staff at White River Medical Center. He is in private practice at Batesville Family Practice. Dr. Estes can be reached at **870-793-1126**. To find a primary care provider in your area, visit WhiteRiverHealthSystem.com and click *Find A Provider*.