



*Health
Connection
gets a fresh
look!*

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Healthbriefs



tip

Walking

is a great way to reduce stress while you quit smoking. It aids in increasing mood and energy levels.

> New guidelines take the air out of ballooning obesity rates

More than two-thirds of adults and one-third of children are now considered to be overweight or obese. Excess weight raises the risk of serious health issues. To reverse this trend, the U.S. Department of Agriculture (USDA) and Department of Health and Human Services (HHS) updated their Dietary Guidelines for Americans in 2010. The guidelines focus on getting people to eat healthier and exercise more, and help policymakers create nutrition programs. The USDA and HHS released more consumer-friendly advice and tools, including a new food pyramid. They offer these simple strategies to help people change their habits and their weight:

- > Eat less.
- > Watch portion sizes.
- > Fill half of your plate each meal with fruits and veggies.
- > Switch to fat-free or low-fat milk.
- > Look for lower-sodium options.
- > Drink water instead of sugary drinks.



> Act F.A.S.T. to head off a stroke

Rapid medical care can help reduce the risk of brain damage from stroke. Physicians treat patients with a clot-busting drug that can help protect the brain against permanent damage, but the drug must be given within three hours of the stroke's onset. If someone is experiencing stroke symptoms, call 911. To help you remember stroke signs and determine whether someone you know has had a stroke, think **F.A.S.T.:**

- > **FACE:** Does the face look uneven? Can the person smile?
- > **ARMS:** Can the person raise both arms and keep them there?
- > **SPEECH:** Is the person's speech slurred or strange?
- > **TIME:** Call 911 if you notice any of these signs.

> Healthy diet may boost kids' IQs

Fish isn't the only food that's good for your brain. A new study says that other healthy selections might boost kids' intelligence. The flip side may also be true: If kids eat nothing but processed food, they might lose IQ points. Published in the *Journal of Epidemiology and Community Health*, the report collected information from parents on almost 4,000 children. Surveys were given when children were ages 3, 4, 7 and 8.5. The "processed" diet included foods high in fat and sugar. The "health-conscious" diet included foods such as salad, rice, pasta, fish and fruit. Those who ate a processed diet at age 3 scored slightly lower on IQ tests at age 8.5 than those who ate a health-conscious one at age 3. While the difference between the groups was small, it might be another reason to encourage picky eaters to eat a few more vegetables.



Treating an ACL injury

➤ The dreaded torn ACL, or anterior cruciate ligament, is a common injury

for athletes—especially female athletes, who may be at a disadvantage because of hormonal influences and their build—but it can happen to just about anyone.

What is an ACL tear?

Your ACL is one of four knee ligaments. It's located in the middle of your knee and prevents the top of the shin bone, or the tibia, from sliding out in front of the end of the thigh bone, or the femur, while lending stability to your knee. Most often, ACL injuries occur when you stop suddenly and change direction while running, pivoting or landing from a jump or overextending your knee. You can also injure your ACL during contact, such as receiving a blow to your knee during a sports game or any nonsport accident.

When you injure your ACL, you may hear a popping noise and feel your knee giving out. Typically, painful swelling, joint tenderness, pain while walking and the inability to fully move your knee occur. Elevating the joint above heart level, icing it and using pain relievers are recommended until the injury can be evaluated. If your physician suspects an ACL tear, he or she may order an MRI to confirm that no other parts of the knee have been injured.

Treatment

The ACL cannot be “fixed.” Often, physicians have to create a new ligament through surgery. Surgery is the most common treatment for an ACL injury, as untreated injuries may lead to further instability of the knee and the beginning of arthritis in that area.

However, what's best for you depends on the degree of injury (is it a

partial tear or a complete tear?) and your lifestyle.

For example, a sedentary 75-year-old who has suffered only an ACL injury and has no knee instability may be able to function fine without surgery. In this case, bracing the knee combined with physical therapy can help the patient get back on his or her feet.

An athlete will most likely need surgery to continue to compete in sports, as will those who've suffered injury to multiple ligaments in the knee. In these cases, the ligament is rebuilt using a tissue graft from your own tendons, such as the hamstring, or from a cadaver. Most ACL tears typically require physical rehabilitation. Overall, ACL surgery has a long-term success rate of 82 percent to 95 percent.

Prevention

It's not easy to prevent an ACL injury, but you can do your part to reduce the chance that one will occur by:

- warming up properly before a physical activity
- engaging in strength training, such as using weight machines, to gain muscle strength
- asking a trainer to teach you how to land on the balls of your feet if you participate in sports that involve jumping and landing ●



tip

Warming

up properly before physical activity may help prevent ACL injuries.



A message FROM OUR CEO

**DAN
BUCKNER**
Chief Executive
Officer

DEAR NEIGHBORS,

Welcome to the fall issue of *Health Connection*, compliments of Heritage Medical Center (HMC). We're enjoying a busy year so far and we're looking forward to cooler weather and the holidays.

We're excited to announce the opening of the Center for Women's Health and Surgery and to be able to offer women more advanced services right here in our community, with gynecological services offered by Michael C. Good, M.D. You can read about preparing for a mammogram on page 5 to get the latest information about this important test, or call Dr. Good's office at **(931) 685-8668** to learn more or make an appointment.

Also, take a minute to complete the HealthWise Quiz on colon cancer on page 6. Colon cancer is a very serious disease that often can be prevented with proper screenings. To find an HMC physician who can perform a colonoscopy, please visit www.HeritageMedicalCenter.com or call **(931) 685-5433**.

Our goal is to continue to respond to the health care needs of our community, giving area residents every reason to stay here for quality services and treatments. We continue to explore ways in which we can better serve you and your family and we anticipate a bright future for HMC as we set and reach our goals.

Best regards,

Dan Buckner

*Chief Executive Officer
Heritage Medical Center*

MEDICAL STAFF SPOTLIGHT

We'd like to introduce you to a new member of our medical staff:



E. Wayne Mosley, M.D.
Orthopedic Surgeon

Heritage Medical Plaza
2839 Hwy. 231 N., Suite 100
Shelbyville, TN 37160
(931) 685-8770

As an orthopedic surgeon, E. Wayne Mosley, M.D., brings his skill and experience to HMC and Bedford County residents. Dr. Mosley is originally from Elkton, Ky., and received his undergraduate degree from Austin Peay State University in Clarksville, Tenn. He received his medical degree and residency certificate from the University of Kentucky College of Medicine in Lexington, Ky. Dr. Mosley is active in the military and has received several awards. Dr. Mosley is located on the campus of HMC and is now accepting new patients.

To find a physician by specialty, visit www.HeritageMedicalCenter.com and click on "Find a Physician."

Time for your mammogram

Here's how to prepare

➤ **No one looks forward to a mammogram, but it's the most** effective screening tool for breast cancer. Getting a mammogram aids in early detection and diagnosis of breast cancer, which in turn contributes to better outcomes for women who require treatment. It's widely suggested that, beginning at age 40, a woman should have a mammogram once a year, unless her physician has recommended that screenings begin earlier or be conducted more frequently based on her health history.

Here are some simple steps you can take to improve your mammography experience:

- **Keep your physician informed.** Talk with your physician about any new issues, questions or potential problems, such as lumps, pain, tenderness or other symptoms.
- **Schedule strategically.** To minimize any potential discomfort, it's best to schedule your mammogram for the week immediately following your period, when your breasts are the least tender.
- **Dress for success.** On the day of your exam, don't wear deodorant, antiperspirant, powder or lotion under your arms or on your breasts. Metallic particles in these substances can show up on your mammogram and look

like calcium spots in the breast tissue. Also, when you arrive for your mammogram, you'll be asked to undress from the waist up, so it's wise to wear a two-piece outfit.

Your physician may determine that you have dense breast tissue, which means you have a high level of connective tissue compared with fatty tissue. Dense breast tissue is more difficult for mammogram X-rays to penetrate, making mammograms more difficult to read and interpret. So if you have dense breasts, your physician may order multiple pictures or "views" of your breasts or recommend more frequent mammograms to make sure no changes in breast tissue are missed.

Likewise, if you have breast implants, X-rays may not be able to penetrate the silicone or saline implants well enough for your physician to see the breast tissue. Physicians often order four extra pictures—two on each side—for women with implants.

More important than any spa day, a mammogram is one of the best things you can do for yourself. ●



Get serious about breast health!

To learn more about mammograms, visit www.HeritageMedicalCenter.com, click on "Health Resources," and type "mammogram" in the search box. To take our breast cancer quiz or risk assessment, click on "Interactive Tools." To make an appointment with gynecologist Michael C. Good, M.D., at the Center for Women's Health and Surgery, call (931) 685-8668.



Can heart attacks be 'silent'?

➤ **You're undergoing a routine heart test when your physician drops a bombshell:**

"You've had a heart attack."

These are words you didn't expect to hear, because you didn't know you'd ever had one. But that's the trouble with what experts call "silent heart attacks."

While they don't produce the telltale warning signs of heart trouble, they still damage your heart and the rest of your body.

Silence isn't golden

A heart attack occurs when an artery that supplies oxygen-rich blood to the heart becomes blocked. Besides chest pain and shortness of breath, some people experience nausea, extreme fatigue, discomfort in their extremities and sweating.

People who experience a silent heart attack—studies put the number of Americans who do at almost 200,000 a year—either have no symptoms or symptoms

so mild that they're not recognized as a heart attack. These people are more likely to be women and those who have conditions such as heart failure and diabetes. Silent heart attacks also tend to accompany a condition called silent ischemia—or a painless chronic shortage of blood and oxygen to the heart because of artery plaque.

The longer you don't receive treatment, the more likely it is that serious, irreversible damage is being done to heart muscle, which reduces its ability to pump and can greatly increase your risk of death down the road.

Some silent heart attacks may be picked up on an electrocardiogram (ECG) during a routine physician visit because the damage done to heart muscle produces a different "wave."

Breaking through the silence

Risk factors such as smoking, high cholesterol, high blood pressure, obesity and a sedentary lifestyle increase your risk for trouble. Your best bet to prevent a heart attack is to follow a heart-healthy lifestyle:

- Eat a diet rich in fruits, vegetables, whole grains, lean meats, fish and fat-free or low-fat dairy products; limit saturated fats, cholesterol and sodium.
- Work out regularly.
- Quit smoking.
- Manage your diabetes.
- Take any medications used to treat high cholesterol or blood pressure as prescribed. ●

HealthWise QUIZ

How much do you know about colon cancer?

➤ TAKE THIS QUIZ TO FIND OUT.

- 1 **Which of the following is known to raise your risk of colon cancer?**
 - a. exercising too much
 - b. being under the age of 50
 - c. being obese
 - d. being of Asian descent
- 2 **How often should healthy individuals ages 50 or older at average risk of colon cancer get a colonoscopy?**
 - a. once every three years
 - b. once every five years
 - c. once every seven years
 - d. once every 10 years
- 3 **A possible symptom of colon cancer is:**
 - a. narrower stools
 - b. fatigue
 - c. rectal bleeding
 - d. all of the above
- 4 **Although more research is needed, which of the following supplements may possibly help reduce the risk of colon cancer?**
 - a. folic acid
 - b. green tea
 - c. vitamin A
 - d. vitamin C
- 5 **A true statement about colon cancer is:**
 - a. It's the leading cause of cancer deaths in the United States.
 - b. It usually arises from growths called polyps.
 - c. Blood tests can be used to detect colon cancer.
 - d. all of the above

Answers: 1. (c) 2. (d) 3. (d) 4. (a) 5. (d)



Dangerous dishes

Keep your child safe from culinary choking hazards

➤ **Each year, more than 10,000 children younger than age 14 end up in the emergency room after choking on food.** That's because children lack the larger molars, stronger chewing ability and wider airways of older children and adults.

The American Academy of Pediatrics in 2010 recommended that hot dogs—one of the most common food choking hazards in children—carry a choking hazard warning on packaging, and that the hot dogs themselves be redesigned to make them less likely to get stuck in young throats.

But hot dogs aren't the only concern. Other choking hazards include peanuts, sausages, whole grapes, chewing gum, hard candy, whole cherry tomatoes, popcorn, tough meat, large pieces of raw fruits and vegetables and chips. You

can reduce the threat of injury or death by following these tips:

- Keep an eye on your child as he or she eats.
- Make sure your child is sitting up straight.
- Cut food into no more than ½-inch pieces.
- Teach children to chew and swallow properly.
- Cook vegetables until they're soft or grate them.
- Be on the lookout for stuffed cheeks—a sign your child is storing large quantities of food in his or her mouth and not swallowing. ●



In case of emergency

It's always a good idea to be prepared in case of a choking emergency. Visit www.redcross.org/www-files/Documents/pdf/Preparedness/ConsciousChokingPoster_EN.pdf to print out a chart that shows you what to do if an adult, child or infant is choking.

The truth about cereal

Is your breakfast bowl a dietary disaster?

➤ **Just how healthy are the cereals you and your child eat?** Sure, the box promises plenty of whole grains and fiber, but that might not be the reality.

Cereal can be a tasty and fast way to get your day started healthfully. But you need to look carefully at the nutrition label when making your purchase. First, carefully note the serving size; otherwise, you may be eating double the calories shown. Then, look for other key information:

➤ **Sugar.** Excess sugar is a major source of extra calories in the American diet. It also promotes tooth decay and may raise triglyceride levels—a type of blood fat—which can boost heart disease risk. Opt for cereal with 5 grams or less of sugar per serving. Skip cereals that list sugar at the top of the ingredients list or that contain many types of added sugar, such as high-fructose corn syrup.

➤ **Calories.** To avoid calorie overload, choose cereals with 120 calories or less per serving. Just remember, some cereals can be slightly higher in calories and still be healthy.



➤ **Fiber.** Ideally, you should purchase cereal that has at least 5 grams of fiber per serving, but be sure there are no less than 3 grams per serving. Why? This important nutrient may help lower your cholesterol and reduce your risk of heart disease, diabetes and some types of cancer. Make sure you're using fat-free or low-fat milk instead of whole milk or you could be canceling out those healthy benefits!

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Trouble getting your zzzs? We can help

Who hasn't spent a sleepless night awake because of stress?

At one time or another just about everyone has experienced this situation.

In fact, anything that increases a person's emotional response can interfere with sleep. Many times, people are unaware that their work, family, friends and social events have

elevated their stress levels. For many, stress-induced sleep loss is temporary. But this is not the case for all.

Many people suffer from undiagnosed medical conditions that unknowingly contribute to their sleep loss. These conditions, coupled with stress, can increase a person's inability to get a good night's sleep.

When is it time to consult a physician? When you have sleep problems that last more than two weeks and interfere with other parts of your life or if you stay up for days. There are treatments for more sleep ailments, but the first step is recognizing a problem exists. Your physician can order a sleep



Learn more

For more information about a sleep study, contact your physician or call **(931) 685-8740**.

evaluation from a recognized sleep center like The Sleep Center at Heritage Medical Center.

The center offers a team approach to long-term healing, which helps each patient understand his or her disorder. The center provides private rooms in a bed-and-breakfast atmosphere. It treats sleep disorders such as:

- > sleep apnea
- > insomnia
- > excessive daytime sleepiness
- > narcolepsy
- > restless leg/periodic limb movement disorder
- > sleepwalking
- > night terrors
- > sleep violence
- > sleep eating
- > gastroesophageal reflux

Remember, your sleepless nights might be an indication of a bigger problem. ●

Healthy Woman is working to keep up with you

We know women have busy schedules and it's not always

easy to keep up with friends and family, let alone health information and community programs. So how can women keep up with hospital happenings and Healthy Woman events? It's easier than ever!

Check out the new Healthy Woman section of our hospital website. We have a new email program to keep women even more up to date. And, when registering for upcoming Healthy Woman events, you'll get a confirmation email with a map. You can even register your friends as guests! ●

Enjoy the benefits!

If you're not a Healthy Woman member yet, join today. Membership is free and the benefits can last a lifetime. Go to www.HeritageMedicalCenter.com/HealthyWoman or call **(931) 685-8390**.

HEALTHY WOMAN™
A HERITAGE MEDICAL CENTER RESOURCE