

Health Connection

A PUBLICATION OF
HERITAGE MEDICAL CENTER



**Tired of not
sleeping?**
Our sleep
center can help

**Reduce
your risk for
heart disease**

**Meet two new
team members**

 **Heritage**
Medical Center

www.heritagemedicalcenter.com

Keep your PROSTATE HEALTHY

Sens. Bob Dole and John Kerry, baseball team manager Joe Torre—what do all these men have in common? They're all prostate cancer survivors.

Cancer of the prostate—a walnut-shaped gland located below the bladder—is one of the most common cancers found in men. It may be slow growing and require little or no treatment, or it may be aggressive and spread quickly to other parts of the body.

THE PREVENTIVE APPROACH

While prostate cancer isn't completely avoidable, certain measures may help reduce your risk:

- **Stay active.** Daily exercise improves your overall health and helps keep your weight in check. Some research has shown that men who exercise regularly have a lower incidence of prostate cancer compared to men who don't.
- **Watch your weight.** A sobering fact: Men who are obese when diagnosed with prostate cancer are more likely to have advanced cases, which are more difficult to treat. But eating right and exercising can help you keep off excess pounds.
- **Talk with your physician.** Discuss any risk factors you have—being older than age 65, African-American or

obese, or having a family history of prostate cancer. Also, learn about the pros and cons of screening tests. A digital rectal exam and the prostate-specific antigen (PSA) test are two ways to identify cancer cases, but they can't tell a physician about the aggressiveness of the cancer. And prostate cancer treatments can have unpleasant side effects such as impotence and incontinence.

The American Cancer Society (ACS) recently revised its prostate cancer screening guidelines, encouraging more patient involvement in decisions about screenings:

- The ACS recommends that men at high risk of prostate cancer, including men with a family history of the disease, talk with their physicians sooner—as early as age 40.
- Men who do not have prostate cancer symptoms (trouble urinating, problems with urine stream, blood in urine or semen, leg swelling, pelvic discomfort, bone pain) and who are in relatively good health and are expected to live at least 10 more years should have the screening conversation with their physicians beginning at age 50.
- Men without symptoms who aren't expected to live 10 more years because of age or poor health shouldn't be offered the screening because the risks likely outweigh the benefits.

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Daily exercise improves your overall health and helps keep your weight in check.
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What to ask your physician about prostate health

Be prepared to ask some key questions at your next appointment:

- What is my risk of developing prostate cancer?
- Do you recommend I be tested?
- What is my PSA level (if you've had the test)?
- Will I need more tests? If so, which ones will I need?
- What do the test results mean?
- If I have cancer, what are my treatment options, and what are the pros and cons of each?

Mammogram confusion

Information on new screening guidelines



We've all heard that early detection of breast cancer with mammograms saves lives. So it was surprising when in 2009, the U.S. Preventive Services Task Force (USPSTF)—an independent panel that makes recommendations about which preventive services should routinely be offered and to whom—recommended against routine mammograms for women ages 40 to 49 who weren't at increased risk for breast cancer. Traditionally, all women ages 40 and older were encouraged to get the screening.

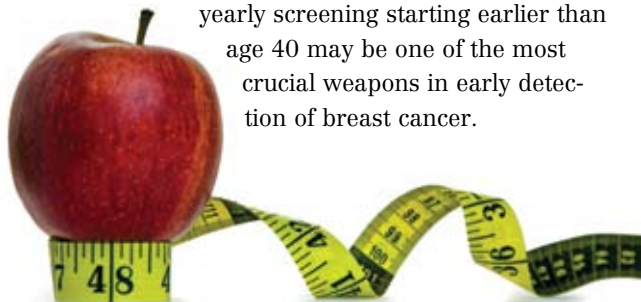
THE FLIP SIDE

In disagreement with the USPSTF's recommendations were major professional health care organizations including the American Cancer Society. "I have tremendous difficulty in not recommending an intervention [mammography]," says Otis Brawley, M.D., chief medical officer of the American Cancer Society. "Women ages 40 and older should have a mammogram every year."

NOW WHAT DO I DO?

Amid the confusion, you may be wondering about how to approach your own mammogram. Some words of advice: Talk with your physician.

The USPSTF's recommendations were just that—recommendations, not rules. Discuss your personal and family health history and how frequently you should get mammograms with your physician. And, if you're at high risk—see *Are you at risk?* at right—a yearly screening starting earlier than age 40 may be one of the most crucial weapons in early detection of breast cancer.



Mammogram comfort

Try these tips for a more comfortable mammogram, courtesy of the Centers for Disease Control and Prevention:

- Don't schedule your mammogram for the week before or during your period, which is when your breasts are likely to be tender or swollen, making mammograms less comfortable.
- Skip the deodorant, perfume and powder on the day of your mammogram. These may show up as white spots on the X-ray.
- For ease of undressing from the waist up, wear a blouse with a skirt or pants, instead of a dress.

Are you at risk?

According to the National Institutes of Health, breast cancer will affect one in eight women in their lifetime. Why breast cancer affects some women and not others isn't known; however, several known risk factors for the disease include:

- increasing age
- having the BRCA1 or BRCA2 genes; if your family members have had breast or ovarian cancer, talk with your physician about getting tested
- starting your period before age 12 or going through menopause after age 55
- being overweight
- using menopausal hormone therapy
- taking birth control pills
- drinking alcohol
- not having children or having your first child after age 35
- having dense breasts



Dan Buckner
Chief Executive Officer

Dear neighbors,

At Heritage Medical Center (HMC), we're committed to enhancing the health and well-being of the citizens of Shelbyville and the surrounding areas.

DEDICATED TO YOU

We measure ourselves against our industry peers, as well as our local competitors, using standard indicators. In 2009, we improved our Hospital Consumer Assessment of Healthcare Providers and Systems combined score to 70 percent. This shows that we're dedicated to making HMC an advanced hospital and to providing you with the care you deserve. In our next issue, we look forward to sharing HMC's "report card" with you.

HMC believes in our community and continues to make important strides to improve access to quality health care. In doing so, our mission remains unchanged: providing compassionate care to the families of Bedford County. These guiding principles are the core of who we are and drive the decisions we'll make in the future.

Thank you for making HMC your medical center of choice. To learn more about our services, visit www.heritagemedicalcenter.com.

Best regards,

Dan Buckner

Chief Executive Officer
Heritage Medical Center

Heart to heart

Reducing your risk for heart disease

Heart disease is the No. 1 killer in the United States, so it's important to know how to lower your risk. According to the American Heart Association, risk factors—those that can be modified and those that can't—contribute to the disease.

FACTORS YOU CAN'T CONTROL

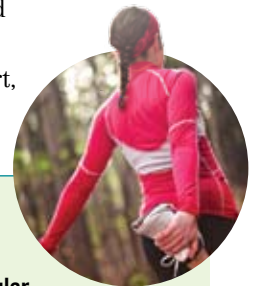
"Heredity plays a major role in heart disease, and your chances of developing heart disease increase if your parents had it," says cardiologist Tina Gresham, M.D. If you have diabetes, you're at a higher risk—80 percent of people with diabetes die from heart or blood vessel disease. If you have diabetes, work with your physician to control blood glucose levels.

FACTORS YOU CAN CONTROL

Several factors are within your control, including smoking, high blood cholesterol, high blood pressure, physical inactivity, obesity and stress. By modifying these factors, you can reduce your risk for heart disease. For example, a smoker's risk for developing heart disease is double that of a nonsmoker's.

Saturated fat contributes to high cholesterol, which increases the risk of heart disease. However, a person's cholesterol also is affected by gender, age and heredity. High blood pressure and frequent stress weaken and overtax the heart. High blood pressure also increases the risk of stroke and kidney and congestive heart failure.

To learn more about caring for your heart, see page 6 of this issue.



HMC is here to help

Heritage Medical Center's (HMC) cardiovascular lab is a full-service, noninvasive facility. The staff diagnoses heart conditions using ultrasound, nuclear medicine, Holter monitoring and stress testing. Diagnostic procedures offered include:

- contrast dobutamine (cDSE) and contrast treadmill stress echocardiogram (CTSE)
- transesophageal echocardiogram (TEE)
- nuclear medicine treadmill stress test (E-MIBI)
- pharmacologic thallium stress test (A-MIBI or D-MIBI)
- echocardiogram (ECHO)
- exercise treadmill test (ETT)

To learn more about cardiovascular services at HMC, call (931) 685-8350.

Tired of not sleeping?

Our sleep disorders center can help

If you're one of the 70 million Americans suffering from sleep disorders such as sleep apnea, narcolepsy and insomnia, help is close to home. The sleep disorders center at Heritage Medical Center (HMC) treats a variety of sleep disorders in a comfortable atmosphere.

Many people suffer from undiagnosed medical conditions that unknowingly contribute to sleep loss. These conditions can increase your inability to get a good night's sleep. If left untreated, long-term serious health consequences can develop.

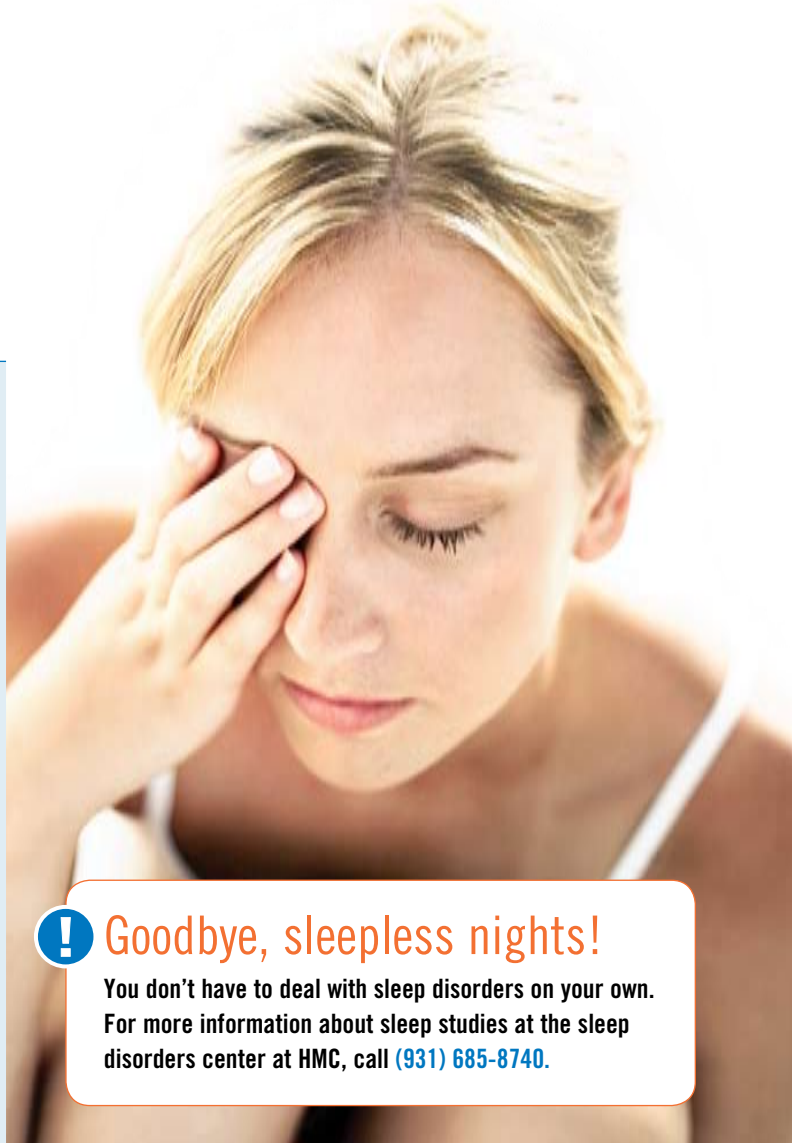
The sleep center at HMC conducts sleep studies in two dedicated sleep lab rooms. These rooms provide the comforts of home plus the technology to provide accurate diagnoses. During the study, our staff uses specialized

equipment to monitor your sleep and identify your specific sleep disorder. In most cases, your sleep study will occur overnight. In the morning, you can go home, unless you've been scheduled for additional daytime studies.

Do you have a sleep disorder?

If you answer yes to three or more of the following questions, talk with your physician about doing a sleep study:

- Do you snore?
- Have you fallen asleep while driving?
- Has anyone ever told you that you stop breathing when you sleep?
- Do you get sleepy during the day?
- Do you have high blood pressure?
- Do you experience leg pain at times other than when you're exercising?
- Do you sleep restlessly?
- Do you sweat excessively during the night?
- Do you ever wake up with headaches?
- Do you lie awake for more than half an hour before going to sleep?
- Does your heart beat irregularly at night?
- Do you tend to fall asleep during inappropriate times?
- Do you have trouble concentrating at work or school?
- Do you awake suddenly gasping for breath or choking?



! Goodbye, sleepless nights!

You don't have to deal with sleep disorders on your own. For more information about sleep studies at the sleep disorders center at HMC, call (931) 685-8740.

HEALTHWISE QUIZ

How much do you know about **high blood pressure**?

Take this quiz to find out.

- 1 **How many American adults have high blood pressure?**
 - a. one in three
 - b. one in five
 - c. one in 10
 - d. one in 20
- 2 **Most people with high blood pressure experience:**
 - a. nausea
 - b. weakness
 - c. trouble concentrating
 - d. no symptoms
- 3 **Healthy adults with no history of high blood pressure should have their blood pressure checked every:**
 - a. six months
 - b. year
 - c. two years
 - d. 10 years
- 4 **High blood pressure can increase your risk for:**
 - a. dementia
 - b. eye damage
 - c. bone loss
 - d. all of the above
- 5 **Which of the following statements is true?**
 - a. After age 65, more women than men have high blood pressure.
 - b. After age 65, more men than women have high blood pressure.
 - c. After age 65, an equal number of men and women have high blood pressure.
 - d. After age 65, the number of men and women suffering from high blood pressure is unknown.

ANSWERS: 1. (a) 2. (b) 3. (d) 4. (d) 5. (a)

Show your heart a little love

Your heart works hard for you, pumping day in and day out to supply your body with the oxygen-rich blood you need for survival. So what are you doing to nurture it? Try these five tips to ensure better heart health:

➔ **Choose good-for-you foods.** Follow a diet such as Dietary Approaches to Stop Hypertension (DASH). This eating plan is centered on foods low in fat, cholesterol and salt; and rich in fruits and vegetables (aim for five to 10 servings a day), whole grains and low-fat dairy products. Foods that are good for the heart also include those with high levels of omega-3 fatty acids, a type of polyunsaturated fat, found in fish such as salmon, mackerel and sardines.

➔ **Give your heart a workout.** You don't need a gym membership to keep your heart in tip-top shape. Get the recommended 30 to 60 minutes of physical activity daily by walking, jogging or biking—and remember that everyday tasks such as gardening, vacuuming and taking the stairs count toward your activity goals. Activity, along with eating healthy foods, can help you maintain a healthy weight, which is another way that you can boost heart health.

➔ **Consider aspirin therapy.** A daily aspirin can benefit many people, but not everyone, so talk with your physician first about the risks and benefits. For example, aspirin can help prevent first and second heart attacks in older women and men of all ages, but only second heart attacks in women younger than age 65. Aspirin also may prevent certain types of strokes.

➔ **Quit smoking.** Tobacco smoke contains thousands of chemicals that damage the heart and blood vessels, including nicotine, which narrows blood vessels and makes your heart work harder. Within one year of quitting, you can expect to see your heart-disease risk drop dramatically.

➔ **Get checked.** Have your blood pressure and cholesterol checked regularly. Ask your physician how frequently you should be tested based on your health history.





CLEAN UP your health

It's easy to focus on all the bad things we breathe in the air outside, such as pollen and pollutants. But what about what's lurking inside our houses? Household dust, mold and various chemicals can make breathing difficult. Here's what might be stirring up trouble at home:

Dust mites. In dust around the home lie dust mites—microscopic insects that are the most common cause of dust allergies. They can also trigger asthma and flu-like symptoms.

Combat them: Wipe dusty surfaces with a damp cloth, and vacuum once a week. Wash bedding once a week in hot water, and cover mattresses, box springs and pillows in mite-proof covers.

Mold. Mold spores thrive in damp areas such as basements and bathrooms. Along with dust mites, mold is considered a biological pollutant and can also trigger allergies and asthma.

Combat it: Use ventilation fans and dehumidifiers to keep humidity at 30 percent to 50 percent. Treat moldy bathrooms, basement walls and furniture with diluted bleach or other disinfectants.

Volatile organic compounds (VOCs): These gases are emitted from products such as paints and cleaning supplies. Health effects range from ear, nose and throat irritation to central nervous system damage.

Combat them: Use chemicals only in well-ventilated areas. Consider purchasing low-VOC paint.

Don't let the bedbugs bite!



Bedbugs are one souvenir you don't want to take home with you from vacation. But these flat, little reddish-brown pests, which are more common in places such as hotels, may find a way into your home by hitching a ride in your suitcase. Waiting to strike, they hide out in beds, box springs, headboards and bed frames. When they do bite, they can cause red, itchy, clustered bite marks on the face, neck, arms and hands. The best way to eliminate them is with a professional exterminator.

DOUBTING diet soda

Diet soda: It's sugar and calorie free, so it must not be bad for you, right? Some recent research suggests otherwise. While most of these health concerns need further investigation, now might be a good time to either limit your diet-soda intake to the occasional indulgence, or switch to water, skim milk or diluted 100-percent fruit juice. Here's why:

Tough on teeth. Diet soda is just as acidic as regular soda, which can damage tooth enamel and promote decay.

Wicked to waistlines. Some studies have found that drinking diet soda regularly may be connected to obesity and type 2 diabetes. Researchers are unsure if diet soda actually causes obesity, but one study found that those who drank three or more of the beverages daily were more likely to gain weight than those who didn't.

Unkind to kidneys. One major study found that women who consumed two or more artificially sweetened sodas a day doubled their risk for kidney function decline. Drinking regular soda or only one diet soda daily did not decrease kidney function more than normal. However, for those prone to kidney stones, a separate study discovered that citrus-flavored diet sodas contain high levels of a compound that may inhibit stone formation.

Bad to the bones. According to the National Institutes of Health, people may be replacing bone-friendly, calcium-rich milk with soda, which may lead to decreased bone mass and an increased risk of fracture.



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MEDICAL STAFF SPOTLIGHTS

Heritage Medical Center (HMC) would like to introduce two new medical staff members to you.



ERICA STICH ROGERS, M.D.
Pediatrician

1612 North Main St.
Suite B
Shelbyville, TN 37160
(931) 685-2022

HMC welcomes Erica Stich Rogers, M.D., a board-certified pediatrician. Dr. Rogers joins Lynette Adams, M.D., at her practice.

Dr. Rogers completed her pediatrics residency at the University of Louisville in Kentucky. She earned her medical degree from Florida State University College of Medicine in Tallahassee and her bachelor's degree in biological sciences from Florida State University College. Her areas of expertise include general pediatrics, pediatric intensive care, neonatal intensive care, emergency medicine and adolescent medicine. She's also a member of the American Academy of Pediatrics.

Dr. Rogers enjoys community service and events and looks forward to playing an active role in our area. She is accepting new patients.



SYDNEY RICHARDSON, F.N.P.
Family Nurse Practitioner

Heritage Medical Clinic
9052 South Church St.
Murfreesboro, TN 37130
(615) 890-4583

HMC welcomes Sydney Richardson, F.N.P., a board-certified family nurse practitioner, to the hospital.

Richardson completed her family nurse practitioner degree at Vanderbilt University School of Nursing in Nashville. She earned her bachelor's degree in recreation from Brigham Young University in Provo, Utah. She also is a member of the American Academy of Nurse Practitioners.

Richardson enjoys spending time with her family, husband and 18-month-old daughter, along with their yellow Labrador Retriever. She likes to read and plays the piano and flute. Richardson is accepting new patients. She treats all members of the family from infants to adults. Walk-ins are welcome, and same-day appointments are available.

To find a physician by specialty, visit www.heritagemedicalcenter.com.

FAST FACT

➤ Did you know that about one in three American adults has at least one type of cardiovascular disease?

To learn how to keep your heart healthy, visit Heritage Medical Center at www.heritagemedicalcenter.com and click on "Health Resources." There, you can assess your risks, take quizzes and more.

