

# Health Connection



A PUBLICATION OF BEDFORD COUNTY MEDICAL CENTER

## Building for a healthy future

### BCMC plans new \$35 million hospital

**Y**es, Shelbyville and Bedford County, there is a new hospital coming. Bedford County Medical Center (BCMC) has an option on 25 acres of land in the Airport Business Park on US 231, and plans are underway to make that the new address for BCMC.

“We wanted to locate on the vital North Main Street/231 corridor, and the airport site was affordable—unlike sites available closer to town,” says Bill Macri, BCMC’s chief executive officer.

The first step toward building the new \$35 million facility was to file a Certificate of Need with the State of Tennessee. This process, initiated in February, takes approximately three months. Design approval is the next step, with construction expected to begin sometime this fall. The actual building process is estimated to take 18 to 24 months, meaning this community could be looking forward to the opening of a new hospital by summer 2008.

Of the land purchased, 12 to 15 acres will be used for the hospital itself. In addition, a new medical office building will be located on site, along with other healthcare-related services and businesses.



Proposed first-floor plan of the new Bedford County Medical Center.

The new hospital will be licensed for 60 beds and designed for easy expansion for inpatient and outpatient services as the need arises. Macri estimates the hospital will have 20 private rooms and 20 semi-private rooms.

Physician recruitment is another vital growth

area to which BCMC is committed. Over the next two years, more than \$2 million will be spent on physician recruitment, a painstaking process of seeking out the best candidates in various specialties, such as surgery, Ob/Gyn, cardiology and others needed in the community.

# Good day, sunshine!

## Greet the day with an SPF

**Y**ou don't have to be a sun worshipper to take sun protection seriously—even limited exposure can cause damage. Skin cancer is the most common kind of cancer in the United States, affecting nearly half of all Americans who live to age 65. Although most cancers don't appear until after age 50, skin cancer results from years of accumulated sun damage. However, you can avoid sun damage and enjoy your favorite outdoor activities by taking sensible precautions and using a sunscreen that protects your skin from damaging ultraviolet rays.

### THE ABCS OF SPFS

Sunscreen products are rated according to their sun protection factor (SPF)—the length of time a product will protect you from sunburn caused by ultraviolet B (UVB) rays. But sunscreens don't provide complete protection. You still need to be cautious about timing and limiting your sun exposure.

Your best bet when shopping for a sunscreen is to choose a product with an SPF of at least 15, according to the American Cancer Society. Check the label to make sure it provides “broad-spectrum” protection, which protects against UVB rays and ultraviolet A (UVA) rays. UVB rays cause sunburns that can lead to superficial skin cancers known as basal cell carcinomas and squamous cell carcinomas. They can also lead to the more deadly skin cancer, melanoma. UVA rays penetrate even more deeply into the skin, damaging connective tissue.

### SAVE-YOUR-SKIN TIPS

If you'll be outside, slather on sunscreen and find a shady spot, but keep in mind that sunlight reflects off surfaces such as water, sand and pavement. Avoid the sun between 10 a.m. and 4 p.m., when rays are strongest. To block sunlight,



wear sunglasses, a broad-brimmed hat and clothing made from tightly woven fabric, preferably long-sleeved shirts and pants. For your sunscreen to be most effective:

- Apply about 30 minutes before going outdoors.
- Use liberally. Apply 1 ounce of sunscreen to cover all exposed areas of your body, including your neck, ears and scalp.
- Reapply every 90 minutes—more often if you sweat heavily or go swimming.
- Use even on cloudy days—UV rays can still reach you.

Harmful UV rays can pass through car windows, too, so apply sunscreen to exposed skin if you'll be driving during peak sun hours.

Make applying sunscreen a habit—like brushing your teeth—but don't rely on sunscreen for full protection against skin cancer. Be sure to examine your skin each month for unusual changes and see your dermatologist if you spot any irregularities.

**“When outside, apply sunscreen liberally every 90 minutes.”**



# Bouncing back from joint pain

**W**ith all the wear and tear we place on our joints, it's no wonder that almost 639,000 people underwent hip or knee replacement surgery in 2003, according to the Centers for Disease Control and Prevention. Knees and hips, in particular, are prone to problems—largely because they play a part in almost everything we do—but shoulder, finger, ankle and elbow joints can need replacement as well.

## WHY ARE JOINT REPLACEMENTS NEEDED?

Joint replacement surgery, also known as arthroplasty, becomes necessary when conditions such as arthritis destroy the cartilage that cushions and separates bones. Over time, the friction of bone against bone wears away the joint, causing it to become stiff and painful.

Additionally, sports-related injuries and falls can create the need for surgery. Generally, arthroplasty becomes an option when joint pain disrupts your daily routine.

## GETTING NEW PARTS

Surgeons can create a new joint, relieving your pain and providing greater freedom of movement. During the procedure, destroyed bone and tissue are removed and replaced with prosthetics, or artificial parts. The parts are made from durable metal, plastic or ceramic and can last up to 20 years.

Newer minimally invasive techniques are being performed more often, using smaller incisions—just 3 to 5 inches, compared with 6 to 12 inches in standard procedures—and reducing recovery time. Your hospital stay may be reduced to one or two days from four or three, and some patients go home the same day as surgery. However, minimally invasive surgery is not for everyone; patients who are overweight, elderly or frail or who have bone abnormalities do not make good candidates.

With hip or knee replacement surgery, expect to use a walker, crutches or a cane initially after the procedure. As you recuperate, a physical therapist will help you perform exercises to strengthen the joint, guiding your movements so you don't accidentally dislocate the replacement. Barring the unforeseen, you should be walking unassisted two to six weeks later. And though grueling workouts like 10-mile runs may still be too tough for artificial hips or knees, make plans to resume long-lost activities like dancing or strolling on the beach within six months.



## Do you need joint replacement surgery?

**Y**our overall health and age and the condition of your joints will help you and your healthcare provider decide whether you're suitable for joint replacement. If you can answer yes to any of the following questions, you may want to consider surgery.

- Are you still in pain even after losing excess weight?
- Does your pain keep you awake nights?
- Does your pain interfere with your ability to earn a living?
- Has your quality of life suffered because of your pain—your ability to travel, perform household chores or visit with friends or family?
- Have you exhausted all other options, including anti-inflammatory drugs to relieve joint pain, walking with a cane, power-walking or swimming instead of jogging?

# BEDFORD HOME HEALTH Brings the care to you



“Our experience with Bedford Home Health has been excellent and a source of security for us. **All the personnel who have cared for Mother [Ruth Vannatta] in her home have been professional, knowledgeable, caring and prompt to respond when we’ve called for assistance.** My family feels very fortunate to have the services of Bedford Home Health.”

—Judy V. Hornaday, Shelbyville

provides treatment to younger adults and children who have experienced acute illness or physical disabilities. Home healthcare provides medical, nursing, social, therapeutic or pain-management treatment as well as assistance with daily needs such as bathing and dressing.

“We average about 40 to 50 patients in the home healthcare program at any given time,” says Charlotte Williams, R.N., director of Bedford Home Health for the past five years. “Home health is an intermittent service and not a custodial one. Our patients must meet certain requirements to qualify for home care and must be recertified every 60 days.”

Home healthcare patients are referred by a physician and remain under his or her care and supervision. Most home care services are covered by Medicare, TennCare or private insurer, with each having different coverage and/or requirements.

It’s been said that home is where the heart is. And most of us think of “home” as where we find our comfortable chair. It’s the place treasured family memories are made. Home is where loved ones still gather and our favorite family pet rules the household.

But sometimes the effects of aging, an illness or physical disability can make living at home difficult. Bedford Home Health is one service of Bedford County Medical Center that offers health and social services to patients in the comfort and safety of their own home.

Often, older people who elect to live a more independent lifestyle prefer to receive home care services as an alternative to nursing home care when their physical needs increase. Home healthcare also



Charlotte Williams, R.N., and Bedford Home Health Director, far left, visits with patient Bertie Patterson to discuss her treatment. LPN Holly Baltimore visits with Bertie and her husband, Jimmy, on a regular basis to provide the home healthcare services Mrs. Patterson requires.

## Care at home

**A** representative from Bedford Home Health will be happy to discuss your individual plan. For additional information, call (931) 685-5330.

## PHYSICIANS' SPOTLIGHT

The experienced, dedicated physicians of Bedford County Medical Center can help your family stay healthy. We'd like to introduce you to two of them.



**SIVAPRAGASAM SRIHARAN, M.D.**  
**Pulmonology**

**Medical Arts Building  
Suite 205  
(931) 685-5524**

Bedford County Medical Center (BCMC) is pleased to announce that

Sivapragasam Sriharan, M.D., has reopened his pulmonology practice in the Medical Arts Building, Suite 205.

Dr. Sriharan has triple board certifications in internal medicine, pulmonary diseases and critical care medicine. Certification in three medical fields is a unique honor, and BCMC is pleased to welcome Dr. Sriharan back to the medical staff and offer his services and expertise to this community.

For the past two years, Dr. Sriharan has been on staff at the Alvin C. York VA Medical Center in Murfreesboro, Tenn., providing services in pulmonary and critical care medicine.

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**To make an appointment with Dr. Sriharan, call  
(931) 685-5524.**



**WILLIAM RUSSELL, M.D.**  
**General/Vascular Surgery**

**Medical Arts Building  
Suite 103  
(931) 685-0986**

William Russell, M.D., has been a member of the Bedford County

Medical Center (BCMC) staff since 2003. Dr. Russell, a nationally known surgeon, was active in the vascular surgery department at Erlanger Medical Center and Professor of Surgery at U.T. Chattanooga College of Medicine before deciding to bring a new level of surgery skill to this community.

Dr. Russell's love for the Tennessee Walking Horse gave him and his wife, Alice, their first connection to Bedford County, where he saw a need for the vascular surgical experience and expertise he could offer. He decided to leave the 26-person surgical association in Chattanooga where he was a member and open his private practice in Shelbyville. Dr. Russell is board certified in general surgery and vascular surgery.

Dr. Russell also gives his time to serve as chief of staff, and he is a member of the BCMC Board of Directors. His role as mentor and advisor has led to many positive changes and improvements for the patients and families who choose BCMC.

The Russells have a daughter and son-in-law who live in Charlotte, N.C., and a son, daughter and son-in-law who still make their homes in Chattanooga.

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**To make an appointment with Dr. Russell, call  
(931) 685-0986.**

## HEALTHWISE QUIZ

### How much do you know about ADHD?

Take this quiz to find out how much you know about attention deficit hyperactivity disorder (ADHD).

- 1 Which of the following is *not* a symptom of attention deficit hyperactivity disorder?
  - a. hyperactivity
  - b. obsession
  - c. impulsivity
  - d. inattention
- 2 ADHD is thought to be caused by:
  - a. poor parenting
  - b. a genetic disorder
  - c. rheumatic fever
  - d. all of the above
- 3 Other disorders may accompany ADHD in as many as one in three cases. These include:
  - a. Tourette's syndrome
  - b. learning disabilities
  - c. bipolar disorder
  - d. all of the above
- 4 Most children who have ADHD begin to show signs and symptoms of the disorder between ages:
  - a. 1 and 2 years
  - b. 4 and 6 years
  - c. 9 and 12 years
  - d. 13 and 15 years
- 5 Adults can also suffer from ADHD. To be diagnosed with the disorder, a person must:
  - a. have shown symptoms of ADHD in childhood
  - b. have suffered from a serious illness as a child
  - c. have trouble holding down a job
  - d. be a reckless driver

ANSWERS: 1. B; 2. B; 3. D; 4. B; 5. A



## STROKE SMARTS

### How to spot a stroke

A stroke is similar to a lightning strike—it can happen suddenly and without warning. However, there are sometimes warning signs that lightning is imminent, such as storm clouds, rain and thunder.

Warning signs can signal a stroke, too. If you spot them and act quickly, you may prevent severe disability or death. If you or someone around you show any of these symptoms, seek emergency medical treatment immediately:

- sudden numbness or weakness in the face, arm or leg, especially on one side of the body
- sudden confusion, trouble speaking or understanding
- sudden trouble seeing in one or both eyes
- sudden trouble walking, dizziness, loss of balance or coordination
- sudden, severe headache with no known cause

These signs point to a stroke in progress. Blood and oxygen are not getting to a part of the brain as a result of a burst blood vessel or a blood clot, and that portion of the brain begins to die. Speedy medical care may minimize brain damage.

#### RISK FACTORS

Lifestyle factors and other health conditions that weaken blood vessels or contribute to blood clots increase your risk for stroke. You can control or treat some of them, such as high blood pressure, smoking, diabetes, carotid or other artery disease, abnormal heart rhythm, transient ischemic attacks (mini-strokes), certain blood disorders, sickle cell disease, high blood cholesterol, high triglycerides, physical inactivity, obesity and substance abuse.

Factors you can't change include increasing age, gender (more men suffer strokes), family history, race (African-Americans face greater risk) and having had a prior stroke or heart attack. Talk to your doctor about ways to reduce your risk for stroke and be prepared to act quickly if warning signs appear.

# Outward bound

## 10 play-safe tips for your kids



**W**hat's one of the best things to say to your child? Go outside and play! Close supervision, proper protective gear and these simple precautions will help your kids safely enjoy the great outdoors:

- 1 Apply a sunscreen with an SPF of at least 15 every day—even on cloudy days—and reapply every 90 minutes, especially after swimming or sweating.
- 2 Outfit kids with brimmed hats and don't forget the sunglasses.
- 3 Keep babies under age 6 months out of direct sunlight and in the shade.
- 4 Avoid using swimming aids such as "floaties." They don't substitute for a life vest and can give kids a false sense of security.
- 5 When kids are swimming, keep a portable phone and rescue equipment like a shepherd's hook and life preserver nearby.
- 6 Supervise kids at all times near water and stay within arm's length of babies and toddlers. If you have to step

away even for a moment, get everyone out of the pool area and take little ones with you.

- 7 Insist kids wear proper protective equipment, especially a helmet, wrist guards and knee and elbow pads when bicycle riding, skateboarding and in-line skating.
- 8 Teach kids to bike skillfully. Enroll your children in a class to practice basic skills, such as balance and braking, on a smooth surface away from traffic.
- 9 Visit playgrounds that have soft surfaces like wood mulch or chips, shredded rubber tires or sand to lessen the impact of falls. Avoid play equipment on asphalt, concrete, packed dirt and grass.
- 10 Don't let kids wear helmets, necklaces, backpacks, scarves or clothing with drawstrings while on playgrounds.



## Fire up the grill!

### But read these food-safety tips first

**F**or many people, summertime fare means fresh, fast, no-fuss meals cooked outdoors. However, warm temperatures can set the stage for a nasty bout of food poisoning. Take these

precautions to make sure your meals are safe:

- **Defrost thoroughly.** Place frozen foods in the refrigerator for safe thawing. If meats are out too long, bacteria can produce illness-causing toxins that remain active even during cooking.
- **Marinate right.** Keep foods refrigerated while marinating.
- **Transport safely.** When traveling, use an insulated cooler with enough ice or cold packs to maintain a temperature of at least 40° F. Wait until you're ready to leave to

pack refrigerated foods in the cooler. Then place it in the coolest part of the car—not the trunk. When you arrive at your destination, move the cooler into the shade, avoid opening it frequently and replenish ice as needed.

- **Bring extra plates and tools.** Use one

platter and spatula, tongs and sauce brush for raw foods and a different platter and utensils for cooked foods.

Don't use a fork to turn meats since puncturing can introduce surface bacteria into the meat.

- **Keep clean.** Bring paper towels and disposable wipes or a sanitizing gel for convenient hand washing and surface cleanup.

- **Prepare the grill.** Light the coals and allow the cooking surface to heat up to kill microorganisms before putting on the food.

### Is it done?

Use an instant-read meat thermometer to test meat's doneness. Grill precooked meats such as hot dogs to 165° F until steaming hot. Refer to the chart at right to determine when cooked meat is safe to eat.

Meat product	Safe temperature
poultry	180° F
pork	160° F
beef, ground	160° F
beef, steaks or roasts	145° F
veal	145° F
lamb	145° F

Dear readers,



Bill Macri, CEO

Growing, changing and improving. These are the words that best describe our hospital today as we look to build for the future. In February, we submitted a Certificate of Need application with the State of Tennessee to build a replacement facility. Our new hospital site is on Highway 231 North just across from the Shelbyville Airport. The site was selected for its convenience, visibility, land availability and ease of construction. Upon approval of the Certificate of Need, which should occur this month, we will complete architectural and engineering drawings to begin construction before the end of the year. We are projecting to open our new facility in early 2008.

In this issue of *Health Connection*, we are spotlighting two of our active staff physicians, William Russell, M.D., and Sivapragasam Sriharan, M.D. In coming months, we will be presenting many new physician faces and providing information on current medical staff members who have cared for our community through the past years. It is our distinct honor to work with the many fine professionals who provide healthcare in our facility.

If you ever have a need, I hope you will give the new Bedford County Medical Center an opportunity to meet your healthcare needs. Quality care, Right here—more than a slogan, it's our guiding principle.

A handwritten signature in black ink that reads "Bill Macri". The signature is written in a cursive, slightly slanted style.

BILL MACRI, Chief Executive Officer  
Bedford County Medical Center

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