

Health Connection



A PUBLICATION OF BEDFORD COUNTY MEDICAL CENTER

A better kind of surgery

Same day care is available close to home

Outpatient surgery has revolutionized the health-care industry in recent years. Bedford County Medical Center (BCMC) has kept pace, providing faster, safer and less-invasive surgical procedures that offer a quicker path to recovery.

“Outpatient surgery has become a reality because of the use of scopes, from top to bottom,” says William Russell, M.D., general/vascular surgeon at BCMC. “Many times diagnosis and treatment can be done with one procedure. Laparoscopy—in general and gynecological procedures—has revolutionized the surgical approach to abdominal and pelvic disease. Arthroscopy is widely used to diagnose and treat bone and joint disorders. Upper and lower flexible endoscopy is used to diagnose and treat stomach, duodenum and colon pathology. These procedures and many more are done in outpatient surgery.”

Patients are cared for before and after surgery in the dedicated outpatient surgery unit, which allows the same team to care for patients and arrange discharge plans.

A pre-op appointment to educate patients is another essential part of any surgery. “Briefing patients on medications, what they should or should not do, what time to arrive and what to expect the day of surgery helps relieve anxiety,” says



Connie Beech, Linda Gyurnek, Deb Wilson and Paula Turner are the familiar faces of the R.N. team for Outpatient Surgery. They provide exceptional care for patients and their families through the pre-op testing and education process to discharge.



Paula Turner, R.N. Pre-admission paperwork, lab tests and a brief medical history are completed during the pre-op visit, making the day of surgery less complicated.

“The concept of outpatient surgery has revolutionized surgical care,” says Navid Monajjem, M.D., a general surgeon at BCMC. “Without sacrificing quality, we can provide a streamlined process from preparation before surgery to the recovery afterward. Less-invasive techniques and advanced anesthetics allow faster recovery from most surgeries.”

Adds Dr. Russell, “The combination of a dedicated team of healthcare professionals and a dedicated unit make outpatient surgery at Bedford County Medical Center not only doable, but preferable.”

We're here for you!

To learn more about the services available at Bedford County Medical Center, visit us online at www.BCMCTN.com.

You've found a breast lump: Now what?

If the thought of finding a lump in your breast scares you, you're not alone. After all, many of us know someone who has had breast cancer. But some of us are so frightened that we avoid getting mammograms—the very habit that could save our lives if breast cancer develops. If you're in that group, you'll be glad to hear that four in five breast lumps turn out to be noncancerous. Here's a description of some common breast conditions:

Fibroadenoma: a smooth, solid, round painless lump that moves easily and can feel like a marble. Occurs most often in African-American women and women under age 30.

Fibrocystic breast changes: solid or fluid-filled lumps that

increase in size and tenderness five to seven days before each menstrual period.

Cyst: a smooth, fluid-filled lump often sensitive to the touch before the menstrual period. Typically appears in women between ages 35 and 50.

Lipoma: a soft and slow-growing painless lump that moves freely.

Intraductal papilloma: a small, wartlike growth near the nipple that may cause bleeding from the nipple. Occurs most often in women in their 40s.

Mammary duct ectasia: a thick, sticky, gray to green discharge from the nipple.

Mastitis: a warm, tender, lumpy area on the breast that appears red. Most often affects breast-feeding women.

Traumatic fat necrosis: painless, round, firm lumps that can result from a bruise or a blow to the breast. Occurs in older women and women with large breasts.

WHAT HAPPENS IF YOU FIND A LUMP?

If you find a lump, see your healthcare provider. He or she will do a clinical breast exam and may recommend one or more of the following tests and procedures:

Mammography, or breast X-ray, may be recommended to determine the lump's size and location.

Ultrasound examination can determine whether the lump is a fluid-filled cyst or a solid mass.

Fine-needle aspiration is an in-office procedure. Fluid is drawn out of the lump with a thin needle. If the fluid is clear and the cyst disappears, you won't need a biopsy. If the fluid is bloody or the mass is solid, your doctor probably will recommend biopsy.

Stereotactic biopsy removes a small tissue sample with a thin needle for analysis. Computerized imaging guides the needle with pinpoint accuracy to the exact location to be sampled.

Surgical biopsy usually is performed on an outpatient basis. Normally, the surgeon removes the whole lump, but in certain cases he or she will remove only part of it. The tissue is sent to a lab where a pathologist will examine it for cancerous cells.



The good news:
Four out of five
breast lumps turn out
to be noncancerous.



IF PREVENTION DOESN'T WORK

Both a cold and the flu typically involve a runny nose, sneezing, sore throat, cough and fatigue, but only flu characteristically features headache, high fever and that all-over-achy feeling.

Some people are at higher risk for complications from the flu than others and should get prompt medical care instead of trying to self-treat. These include:

- people over age 65
- children and adults with a chronic health condition, such as asthma or diabetes, or a weakened immune system
- pregnant women
- infants and young children
- anyone who lives with children or others at high risk
- healthcare workers and caregivers who are in contact with children or others at high risk

Prescription antiviral medications such as oseltamivir (brand name: Tamiflu) can help shorten the duration of the flu and prevent you from getting sicker if taken within the first 48 hours of symptoms.

If symptoms suddenly worsen, linger more than a week and are accompanied by a dry, hacking cough, the flu might have developed into viral pneumonia. Thick, rust-colored mucus along with a cough may signal bacterial pneumonia. Both types of pneumonia require medical attention.

Easing the sneezing

Surviving cold and flu season

Autumn is almost upon us. Soon it will be time to rake the leaves, pull out the sweaters and pray the kids don't catch something at school that knocks the whole family out of commission for a week.

But with a few simple precautions, parents and children can keep colds and flu away—or at least from spreading. Here are some basic tips to avoid getting sick, whether you're 2 years old or 90:

- Wash your hands several times a day with soap and water—and even more frequently if you're around anyone with a cold.
- Keep your hands away from your eyes, nose and mouth.
- Cover your mouth and nose with a disposable tissue when you sneeze or cough. Then wash your hands.
- Protect and strengthen your immune system by getting enough rest, exercising regularly and eating a healthy diet that includes lots of fruits and vegetables.
- Don't share eating utensils or drinking glasses.
- Avoid crowds of people where germs may spread.
- Most important: Keep annual flu vaccinations up to date.

Call your pediatrician or primary care provider if ...

Your sick child has any of these symptoms:

- labored breathing, often signaled by the abdomen rising and falling dramatically
- a fever of approximately 102° F that acetaminophen (brand name: Tylenol) can't control or that's present for more than three days
- inconsolable crying or irritability
- blood in vomit or stool
- recurring vomiting or loose stools
- greatly diminished food or fluid intake
- pulling or tugging at the ears, which may indicate an ear infection



New guidelines help hearts heal

Bedford County Medical Center (BCMC) has been recognized by the American Heart Association (AHA) as a Get With The Guidelines–Coronary Artery Disease Hospital. Get With The Guidelines, a quality improvement initiative, is designed to reduce the rise of recurrent heart attacks by helping hospital staff follow proven, evidence-based guidelines and procedures in coronary care.

According to the AHA, more than 450,000 people suffer recurrent heart attacks each year. “The full implementation of secondary prevention guidelines is a critical step in saving the lives of coronary patients,” says Gray Ellrodt, volunteer chairman for AHA’s Get With The Guidelines program.

“Bedford County Medical Center is dedicated to making our cardiac unit among the best in the country. Implementing this program will help us accomplish this by making it easier for our professionals to improve the long-term outcome for our cardiac patients,” says Traci Roberts, nurse manager for the ICU/Stepdown unit at BCMC.

Under the program, coronary patients are started on aggressive risk-reduction therapies such as cholesterol-



Corley Roberts (center), of the AHA, presents a plaque to Traci Roberts, nurse manager for the ICU/stepdown unit at BCMC, recognizing the hospital’s participation in the AHA’s Get With The Guidelines program. From left: BCMC chief executive officer Bill Macri; Traci Roberts; Corley Roberts; BCMC director of nursing Pat Sweeton; and BCMC director of risk management Mary Ann Dunlap.

Photo courtesy of Shelbyville Times-Gazette.

lowering drugs, aspirin and beta-blockers. They also receive smoking cessation and weight-management counseling for cardiac rehabilitation before being discharged.



Lori Dunnivant, R.N.

Hats off to our Patient Choice winner!

Lori Dunnivant, R.N., has been named the 2006 Patient Choice Award Winner for Bedford County Medical Center (BCMC).

Patients have voted

to shine the spotlight on her for the exceptional care she has provided patients and their families in BCMC’s Emergency Room.

Lori has been with BCMC for five years, and the care she’s provided has helped many in the community.

The nominations recognize her for going above and beyond the call of duty.

The Patient Choice Award is an annual honor recognizing the quality care, comfort and compassion offered by the nurses at BCMC. This tradition is carried out in conjunction with Nurses Week in May of each year.

Learn more!

For more information about Bedford County Medical Center, visit www.BCMCTN.com.

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.



FRANCISCA V. LYTLE, M.D.
Orthopedic Surgery

Medical Arts Building, Suite K
(931) 685-6185

Francisca V. Lytle, M.D., has been a member of the active medical staff at Bedford County Medical Center since 2003. She specializes in orthopedic surgery and performs total joint replacements, arthroscopy and hip, shoulder and hand fracture treatments at Bedford County Medical Center. Minimally invasive techniques are used whenever possible.

Dr. Lytle has been in private practice for most of her 25-year career. She has special interests in preventive programs such as osteoporosis screening and prevention, fitness for all ages, occupational medicine and sports medicine.

She's a fellow of the American Academy of Orthopedic Surgeons, having been certified by the American Board of Orthopedic Surgery. She's a member of the American Medical Equestrian Association, the Tennessee Medical Association, the Southern Medical Association and the Southern Orthopedic Association.

An experienced horsewoman, Dr. Lytle has logged many hours on horseback, on both Tennessee walking horses and American quarter horses. She has shown extensively, including at the Calsonic Arena. She is currently being certified in canine search and rescue with her Belgian shepherds. Dr. Lytle and her husband, Aldon, have three children.

To schedule an appointment with Dr. Lytle,
call (931) 685-6185.



NAVID MONAJJEM, M.D., FACS
General Surgery

Medical Arts Building, Suite 207
(931) 685-5504

Navid Monajjem, M.D., FACS, is the newest member of the medical staff at Bedford County Medical Center. Since completing his surgical training at the University of Mississippi in 1996, he has practiced in small town settings throughout the south. He's board certified in general surgery and delivers expertise in endoscopy, laparoscopy and dermatologic surgery. He provides an additional level of surgical quality to this community.

Dr. Monajjem brings his wife and two children, ages 9 and 10, to Shelbyville from Emporia, Va. His wife is a registered nurse who plans to continue her career at Bedford County Medical Center. The Monajjem family enjoys outdoor sports like tennis, baseball and golf.

To schedule an appointment with Dr. Monajjem,
call (931) 685-5504.

HEALTHWISE QUIZ

How much do you know about Alzheimer's disease?

Take this quiz to find out.

1 Which example of memory loss may be a sign of Alzheimer's disease?

- a. forgetting where your keys are
- b. forgetting what month and year it is
- c. forgetting the name of a person you just met
- d. forgetting to return a phone call

2 British researchers have recently learned that drinking this beverage can inhibit enzymes associated with the development of Alzheimer's:

- a. orange juice
- b. coffee
- c. tea
- d. white wine

3 All the following may be early warning signs of Alzheimer's *except*:

- a. speaking in jumbled sentences
- b. getting lost in familiar areas
- c. having rapid mood swings for no apparent reason
- d. losing sense of balance or experiencing vertigo

4 Which health condition is suspected of increasing the risk of Alzheimer's?

- a. yo-yo dieting
- b. high blood pressure
- c. asthma
- d. low bone density

5 Which is the most misdiagnosed mental disorder in older adults?

- a. Alzheimer's disease
- b. depression
- c. anxiety attacks
- d. insomnia

ANSWERS: 1. B, 2. C, 3. D, 4. B, 5. A

NUMBER CRUNCHING

Managing high cholesterol



The bad news: High cholesterol plays a key role in whether you develop heart disease or suffer a heart attack or stroke. Excess cholesterol, a waxy, fatlike substance in your blood, builds up on artery walls, reducing blood flow. The good news: You can do something about it.

Many factors contribute to high cholesterol. While you can't change your genes, age or gender—which all affect cholesterol—you can take the following steps to improve your cholesterol levels and your health.

To lower your LDL, or bad, cholesterol and raise your HDL, or good, cholesterol:

- **Eat smart.** Saturated fat and trans fats raise LDL cholesterol levels. Instead, use polyunsaturated or mono-unsaturated fats like olive, safflower, sesame, soybean, canola and peanut oils. Eat no more than six ounces of lean meat, fish or skinless poultry a day. Choose plenty of fruits, vegetables and whole-grain foods. Switch to fat-free or low-fat dairy products and increase soluble fiber found in foods like oats, beans and citrus fruits.
- **Get regular exercise**—at least 30 to 60 minutes of physical activity a day.
- **If you smoke, quit.** Smoking lowers HDL cholesterol and increases the blood's tendency to clot.
- **Consider medication.** If lifestyle changes aren't enough, your healthcare provider may prescribe cholesterol-lowering drugs.

Leveling off your numbers

Aim for these desired cholesterol levels. If you already have heart disease or other risk factors, your doctor may set different goals for you.

Total cholesterol less than 200 mg/dL

HDL cholesterol greater than 50 mg/dL

LDL cholesterol less than 100 mg/dL

Triglycerides less than 150 mg/dL

Bad breaks

First aid for broken bones

If your child were to take a spill from a bike or your best friend turned an ankle while stepping off the curb and you suspected a bone is broken, would you know what to do? Try taking these actions:

- **Determine whether you need emergency help.** All fractures will need medical attention, but call for emergency help if the injury involves the head, neck, back, pelvis or upper leg; there's heavy bleeding; bone has pierced the skin; or a toe or finger on the injured arm or leg is numb or blue at the tip. Also, call for help if you can't transport the injured person by car because he or she can't sit upright or use safety or seat belts.
- **Remove clothing from the injured part.** Use scissors to cut clothing away; don't try to pull the limb out of clothes.
- **Stop any bleeding.** Use a sterile bandage or clean cloth



and apply constant pressure to the wound. Have the person lie down and don't wash the wound or poke the bone back into the skin.

- **Make a splint.** Keep the limb in the position you find it. Place soft padding around the injury with something firm (like a board or rolled-up newspaper) next to it, using first-aid tape. Make sure the splint extends past the joints above and below the injury.
- **Apply cold packs.** Wrap ice in a towel and place it on the injured area to control swelling and pain until help arrives.

In case of emergency ... We're here for you

There's no telling when an accident or a sudden illness will occur. But when it does happen, turn to us, the clear choice for emergency assistance. Our emergency department provides patients with fast, dedicated and compassionate care. What's more, our ER is backed and supported by an entire hospital dedicated to helping you get well.

In an emergency, every second counts. Call us for emergency help anytime you suspect someone needs urgent care.



The whole-grain truth

Think outside the breadbox to include more healthy foods in your diet

Grains like wheat, rice, oats and corn are a staple in the American diet and for much of the world. Whole grains

and foods made from whole grains are an important source of fiber, vitamins, minerals and other nutrients. When refined grains like white flour and white rice are processed, much of the fiber and nutrients are lost.

Eating more whole grains can help you lower cholesterol and control your weight, reducing risk of heart disease, stroke, diabetes, gastrointestinal problems and cancer. Aim to eat at least three servings of whole grains each day. The earthy, nutty flavors and chewy textures are a great way to add a new dimension to your menu. Whole-grain breads, cereals, tortillas and crackers are just the beginning. Explore a variety of whole grains like barley, groats, wheat berries, buckwheat, triticale, bulgur, millet and quinoa.

HOP ABOARD THE GRAIN TRAIN

Upping your intake of whole grains is easier than you think. Try making some of these simple diet switches:

- Start your day with a bowl of bran flakes, shredded wheat or oatmeal.
- Buy whole-grain breads, bagels, rolls, tortillas, muffins, waffles and pancakes.
- Substitute rolled oats or crushed bran flakes for bread crumbs in recipes.
- Switch to whole-wheat pasta.
- Bypass the potatoes and try bulgur, barley, quinoa or brown or wild rice.
- Snack on un buttered popcorn or whole-wheat crackers or pretzels.
- Substitute barley or brown or wild rice for pasta or noodles in soups, stews, casseroles and salads.
- Use whole-wheat pastry flour in place of much of the all-purpose flour in recipes.



Bill Macri
Chief Executive Officer

Dear readers,

At the beginning of this year, we started the Senior Circle program in Shelbyville. It was an immediate success, with an initial enrollment of more than 130 participants. Senior Circle is a vital community program geared to the 50-plus population. Throughout the month, Senior Circle provides several programs, including many focusing on vital health information as well as fun events. In addition to our Lunch and Learn program, we hold bingo and birthday parties and special holiday events. In May, the Senior Circle group made a Saturday trip to Cumberland Playhouse. This group now boasts nearly 300 members and growing.

This type of program is an example of our commitment to bringing the latest health information to you in an exciting and fun atmosphere. In conjunction with National Hospital Week, we provided a community-wide health screening and health fair. Several times a month our physicians submit health articles that appear in the local newspaper. And this magazine, which comes directly to your home four times a year, provides the latest information on many health topics.

We hope you find this information topical and useful. Our goal is to help you and your family live the healthiest and most fulfilling lives possible. If you need hospital services, we're ready to provide for your needs.

BILL MACRI, Chief Executive Officer
Bedford County Medical Center



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