

Health Connection



A PUBLICATION OF BEDFORD COUNTY MEDICAL CENTER

Building a better community hospital

Groundbreaking planned for spring

Progress continues on the promise to build a new \$35 million modern hospital facility for the people of Bedford County and surrounding areas. The formal groundbreaking this spring will officially begin the building process. It

will provide visual assurance of the fulfillment of our promise to provide a facility that will offer preferred healthcare right here at home.

Purchase of the land on Highway 231 North was finalized last October. Meetings between administration, department directors, engineers, architects and interior designers also began in the fall and continued for several weeks until preliminary plans were completed. The final step was drafting construction plans and approval of those plans by state regulators.

The replacement facility will be a two-story building licensed for 60 beds. All patient rooms will be located on the second floor. Three surgery suites and a procedure room will be located on the first



floor, along with the admitting office and the emergency room. The labor and delivery, laboratory and radiology departments also will be located on the first floor.

A medical office building will be on the campus as well and, as the simpler of the two projects, may be constructed sooner than the hospital. A helipad will be on site at the new location and land has been made available to Bedford County for building a new emergency medical service station to serve the north side of the county.

The new hospital facility is expected to open in the summer of 2008.



Barry Cox (right), maintenance and safety director at BCMC, discusses plans for the new facility with Mike McMillen, Parsons' director of communications and IT planning.

Preparing for outpatient surgery

Thanks to the miracle of science, surgeries that once required a hospital stay can now be done on an outpatient basis. That's good news for those who recover better in the comfort of home, but it also means that any necessary arrangements must be made before the surgery date. If you or a loved one is facing outpatient surgery, try the suggestions below to help make the experience as smooth as possible.

PLAN AHEAD

As surgery day draws closer, you'll find it helpful to have certain things taken care of. Once you know your surgery date and time, ask yourself these questions:

- **Do I need to make any changes in my house's setup?** You may have to set up a temporary bedroom on the first floor if you think you'll have difficulty climbing stairs, for instance.
- **Do I have enough food in the house?** Stock up on meals in the freezer (either homemade or store-bought) so you

won't have to worry about food preparation. Ask your doctor about dietary restrictions or recommendations.

- **Will I need help in the house?** Plan to have a friend or a family member drive you home from the hospital. It's also a good idea to have someone stay with you during the first 24 hours. After that, schedule your visitors. They'll brighten your mood but may also cut into your resting time. Be sure to limit visits based on how you feel.
- **Is there anyone I'm responsible for?** If you have baby-sitting or caretaking responsibilities, remember to make other arrangements for your recovery period.

THE DAY BEFORE

Your doctor will probably instruct you not to eat or drink within eight hours of surgery. Ask your doctor whether you should abstain from taking medication or bring a day's dosage with you to the hospital.

If you're recovering from or coming down with a cold, tell your doctor. Your surgery may be postponed until you feel healthy.

Because skin-tone changes can sometimes be a sign of postsurgery problems, don't wear any makeup the day of surgery, including eye makeup and nail polish. Also, plan to wear loose clothing to the hospital.

AFTER SURGERY

Tell your healthcare team about any discomfort, irritation or pain you feel. How long you stay at the hospital will depend on your ability to drink fluids, walk and urinate. The amount of pain you're in will also affect your discharge. Before you leave, get a written list of postoperative instructions, symptoms to monitor and in-case-of-emergency phone numbers.





A strong, stable core helps reduce your risk of injury and prevent back pain.

At the core of fitness

postures that focus on building flexibility, balance and strength.

- **Tai chi.** This Chinese ritual involves precise, relaxed exercises to increase both agility and balance.

- **Pilates.** It's the latest craze, involving the use of certain exercises to create longer and stronger muscles without the bulk.

- **Weight training.** Focus on exercises that target your core muscles. Start light and increase the intensity of your workout over time. You may want to consult with a personal trainer to develop a program tailored to your needs.

- **Stability ball.** Sometimes

Head of core conditioning? It's the "apple-a-day" way for you to ensure that your body stays strong and steady. Simply put, core conditioning is a series of exercises that target your core—the body's center of power that starts just below your shoulders and ends just below your hips. You work out to gain strength in the muscles that control your trunk and spine while improving balance, agility and flexibility. Adding core strength helps you perform daily functions like lifting grocery bags, playing with your kids and getting in and out of your car. A strong, stable core also helps reduce your risk of injury and prevent back pain.

Try these exercises to build the back, abdominal, thigh and buttock muscles associated with a strong core. Check with your physician first to be sure you're starting at a fitness level that's right for you.

- **Yoga.** This ancient practice involves stretching and holding

called a Swiss ball or a resist-a-ball, this large, rubber exercise ball is one of the best ways to actively target and stabilize your core. Start with the ball slightly deflated or secure it against a wall until you're ready to add more challenge to your balance. Choose a ball that comes with a video of basic exercises.

- **BOSU ball.** Shaped like a stability ball cut in half—flat on one side, domed on the other—the BOSU ball is designed to activate and strengthen your core as you perform exercises on it. Many gyms offer BOSU ball classes, and you can also buy video and DVD workouts to use with the BOSU at home.

- **Stability equipment.** Other light equipment ranging from foam rollers, balance pads and discs and mini-trampolines (ideal for beginners) to balance and wobble boards (for the more advanced) can help you improve core strength and stability.



Just for women

Our new program can keep you healthy

Women typically take charge of the majority of routine healthcare decisions and responsibilities for their families. Meeting multiple obligations leaves many women concerned about managing all their family and work commitments—not to mention maintaining their own health.

That's why Bedford County Medical Center is excited to announce its new program for women. Healthy Woman was created to improve the emotional, physical and fiscal well-being of women and their families. It's about improving the health of women of all ages, as well as the health of their loved ones.

The Healthy Woman kickoff will be held Tuesday, Feb. 20, at the Blue Ribbon Circle. The evening will include a pre-event health and information fair, dinner, door prizes and giveaways and will feature guest speaker Suzanne Metzger, Ph.D. For more than 15 years, Metzger has captivated audiences with humorous yet provocative speeches. She knows the importance of having the right attitude and the power of "soft skills" in building a healthy and happy approach to life. Author of *Learning Through Living ... Some Assembly Required* and co-author of *The Complete Idiot's Guide to Living with Breast Cancer*, Suzanne leads workshops and writes columns on self-motivation to help others get themselves on the right track. Her story will inspire you to gain self-acceptance and learn the value of a positive attitude. Tickets for the event are \$15 and may be purchased by calling (931) 685-5592.

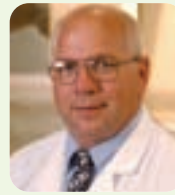
Learn more!



Healthy Woman provides free events to help educate women on the need for a healthy body, mind and spirit. We invite you to join us by signing up at www.bcmctn.com or calling (931) 685-5592.

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.



DENNIS J. WIECK, M.D.
Obstetrics and Gynecology

Shelbyville Women's Center
Medical Arts Building, Suite 202
845 Union St.
(931) 685-5522

Dennis J. Wieck, M.D., is board certified in obstetrics and gynecology, and practiced in Tullahoma from July 1990 to October 2003, where he was chief of staff at Harton Regional Medical Center. In 2003, he moved his office to Dyersburg, where he practiced until January 2007.

"My family and I are glad to be coming 'home' to the Middle Tennessee area," Dr. Wieck says. He and his wife, Leigh, have two children, Kim, 18, and Libby, 11.

A graduate of the University of Tennessee at Memphis, Dr. Wieck did his Ob/Gyn residency at Ohio Valley Medical Center in Wheeling, W.Va. and is a Fellow of the American College of Obstetricians and Gynecologists. He received an undergraduate degree in aerospace administration from Middle Tennessee State University.

Dr. Wieck has a pilot's license. His other hobbies and interests include amateur ham radio and defensive pistol competitions.

To schedule an appointment with Dr. Wieck, call (931) 685-5522.



KENT CLARK, M.D.
General Medicine

Medical Arts Building, Suite A
845 Union St.
(931) 685-4777

Canadian born and trained, Kent Clark, M.D., is a graduate of Dalhousie University Medical School in Halifax, Nova Scotia. Dr. Clark emigrated to Shelbyville and Bedford County with his wife, Debra, and son, Zachary, more than 10 years ago. "We have come to enjoy and appreciate this pleasant and friendly part of the country," says Dr. Clark.

Dr. Clark's practice has included general medicine, pediatrics, geriatrics, emergency medicine and, until just a few years ago, obstetrics. Just recently, Conan Carter, certified nurse practitioner, joined his practice, and is available to meet your health needs Monday through Friday.

Dr. Clark has an interest in a wide variety of sports, writing, music and languages. He has been involved locally in the Families First program; sat as Medical Director of the Child Abuse Review Team; and has volunteered at the local Community Clinic.

To schedule an appointment with Dr. Clark, call (931) 685-4777.



Employee of the Year, JoAnn Nard
Nutritional Services Supervisor



Clinical Manager of the Year, Phil King
Pharmacy Director



Non-Clinical Manager of the Year, Barry Cox
Facilities Management Director

Employee and managers of the year announced

Bedford County Medical Center (BCMC) is pleased to recognize JoAnn Nard as the 2006 Employee of the Year. Chief Executive Officer Bill Macri made the announcement recently, also honoring Phil King as Clinical Manager of the Year and Barry Cox as Non-Clinical Manager of the Year.

Nominations were taken from the staff in recognition of those individuals “whose efforts have distinguished them with both excellence in work performance and customer service,” Macri says.

Nard, the nutritional services supervisor, has been with BCMC for the past eight years. A resident of Cowan, she leaves home by 4:15 a.m. in order to be at the hospital by 5:30 a.m.

“You’d think the early morning drive alone would cause her to be grumpy some days, but not so,” says George Hodge, dietary director for BCMC. “She always has a smile on her face and is a pleasure

to work with. She’s knowledgeable, kind and considerate to patients, their families and other facility staff. JoAnn’s dedication and good work have earned her the title of Employee of the Year.”

King is director of the pharmacy and has held that position for the past 28 years. “My selection as Clinical Manager of the Year came as a complete surprise. It’s one of the nicest things that has ever happened to me,” King says. “If I do a good job, it’s because of the people I work with in the pharmacy. They go above and beyond anything that I ask them to do. They make my job easier. I am very lucky to get to work with them.”

Cox has served as facilities management director for 10 years. He says he lives his life from a favorite Bible verse, Colossians 3:17, “Do everything in excellence both word and deed.”

BCMC congratulates these employees on receiving these honors.

HEALTHWISE QUIZ

How much do you know about **menopause**?

Take this quiz to find out.

1 The average age when women in the United States reach menopause is:

- a. 51
- b. 55
- c. 48
- d. 64

2 The single biggest risk factor for osteoporosis, or brittle bone disease, is menopause. All of the following are signs that you may have osteoporosis except which one?

- a. height loss
- b. tooth loss
- c. joint pain
- d. backaches

3 One of the few reasons you should consider using hormone therapy is to:

- a. prevent ovarian cancer
- b. relieve severe menopausal symptoms such as hot flashes
- c. protect against heart disease
- d. lower your risk of breast cancer

4 The transitional period of two to 10 years before menopause, characterized by hormone fluctuations that can cause menopausal symptoms, is called:

- a. premature menopause
- b. premenopause
- c. perimenopause
- d. postmenopause

5 Of the following remedies, which is the only one approved by the U.S. Food and Drug Administration to relieve hot flashes?

- a. soy
- b. black cohosh
- c. phytoestrogens
- d. hormone therapy

Take control!

7 steps to healthy blood pressure and cholesterol

Heat disease and stroke kill millions of Americans each year. Unless you take steps to control your blood pressure and cholesterol levels, you may be at risk for these diseases. Get on the road to better health today with these seven simple steps:

- 1 Take a walk.** Exercise helps control your blood pressure and improves your cholesterol. Choose activities you enjoy and strive for at least 30 minutes of moderate-intensity physical activity on most days of the week.
- 2 Manage your weight.** Reducing your weight by just 10 pounds may help lower your blood pressure and reduce bad cholesterol. Since dropping pounds may be easier when working with a group, ask your healthcare provider to refer you to experts, groups or classes that can help.
- 3 Toss the cigarettes.** Smoking causes blood vessels to narrow and blood pressure to rise. It also makes it easier for cholesterol-rich plaque to stick to artery walls. A smoking cessation class can offer extra support.
- 4 Eat well.** Enjoy vegetables, fruits, whole grains, beans and legumes, along with moderate amounts of lean protein and healthy fats like those in salmon and olive oil. Avoid foods high in saturated fat, cholesterol, sodium, sugar and trans fatty acids.
- 5 Try soy.** A recent study shows that two servings a day of uncooked soy protein—found in tofu, soy milk or soy powder—lowers cholesterol levels by as much as 9 percent.
- 6 Limit your liquor.** Women should consume no more than one drink a day and men no more than two drinks a day.
- 7 Get screened.** Routinely checking your blood pressure and cholesterol levels keeps you on top of your cardiovascular disease risks. If your blood pressure's high, ask your doctor about buying a blood pressure monitor for home use.





First-aid foresight

Would you know what to do?

Sooner or later, we all face a medical problem that calls for immediate first aid and clear thinking. Knowing what to do next is a health skill everyone needs.

Bleeding. Apply pressure to the wound with a thick, clean cloth and raise the wound above the heart. If bleeding is severe or isn't controlled in five minutes or if the wound is very dirty, longer than an inch or gaping, get immediate medical care.

Puncture wounds. Don't self-treat deep puncture wounds since they can result in deep-tissue injury or infection.

Burns. Run cool water over minor burns, immerse in cold water or wrap the burned area in a cold, wet cloth for about 10 minutes or until pain subsides. Apply an antibiotic ointment and cover with a bandage. Call your doctor if blisters form.

Poisoning. Before doing anything, call the National Poison Control Hotline at 1-800-222-1222. Induce vomiting only if instructed.

Shock. Shock may cause cold, clammy skin; weakness; confusion; a rapid heartbeat; or deep, shallow or irregular breathing. Keep the victim warm and lying down on his or her back until help arrives. Don't give the victim anything to drink.

Electrical injuries. Do not touch someone who has just been electrocuted—the current may pass through you. While waiting for help to arrive, try to turn off the source of electricity.

Sprains and strains. To treat sprains and strains, follow the RICE method: rest, ice, compression and elevation. Apply ice packs or cold-water compresses to relieve swelling. Wrap the injury in an elastic bandage and keep it elevated above the heart.

Broken bones. Quickly call for emergency assistance. It's best not to move the person or attempt to straighten a broken bone.

Dine the Greek way

Although many of their meals consist of 40 percent fat, residents of the Greek isle of Crete who eat a traditional diet live longer than most other ethnic groups. In fact, Greeks who haven't succumbed to Western-style meals are 20 percent less likely to die of coronary artery disease and about 30 percent less likely to die of cancer than Americans are.

These stats make nutritionists take note, and what they've found is that the traditional Greek diet is one of the healthiest eating styles you can choose. The diet focuses on:

- vegetables, fruits, fish, grains, beans, nuts and legumes like chickpeas
- olive oil as the sole source of added fat
- only a few weekly servings of poultry, eggs and sweets
- daily, small to moderate amounts of cheese and yogurt
- red meats saved for special occasions only

What's more, the Greek diet is tasty—a sign that you don't have to give up good food to stay healthy.

BEWARE OF TROJAN HORSES

But be cautious: Some Greek foods found in the United States don't fit the heart-healthy profile of traditional



Greek cuisine. The nonprofit Center for Science in the Public Interest analyzed typical restaurant-size portions of some popular Greek meals. What they found could stop your heart. For example, spanakopita (spinach pie in phyllo dough) has 410 calories and 24 grams of fat, beef or lamb gyro (sandwich) has 760 calories and 20 grams of fat and moussaka (a meat and eggplant casserole) has 830 calories and 48 grams of fat!



Bill Macri
Chief Executive Officer

Dear neighbor,

In October, we completed the purchase of the land for the new hospital facility on Highway 231 North. Since then we have completed the design and architectural plans, which have been submitted to the state for their review and approval. Very soon we will be having a groundbreaking ceremony for the start of

construction. The construction of this new facility is the completion of a commitment to invest in our community's future. Our employees perform at their individual best to provide high-quality care for our patients and this facility will allow us to raise the level of this care for our community and the patients who count on us.

In this issue of *Health Connection*, you'll find information about our newest community program, Healthy Woman, which will begin later this month. Last month we celebrated the one-year anniversary of Senior Circle, which now has more than 300 active

members. These two programs provide useful health-related information and social activities to their members. I encourage you to visit our Web site, www.bcmtcn.com, to find out more about these programs and consider joining.

BILL MACRI
Chief Executive Officer
Bedford County Medical Center



Fast fact

It's never too late to quit smoking—and the benefits start 20 minutes after your last cigarette. After 15 smoke-free years, your risk of coronary heart

disease is that of a nonsmoker, and your risk of dying from lung cancer is only slightly higher than that of a nonsmoker.

70BCM



Bedford County Medical Center
845 Union St.
Shelbyville, TN 37160

PRSRT STD
U.S. POSTAGE
PAID
Lebanon Junction, KY
Permit 19

WINTER 2007

Health Connection

Health Connection is published as a community service of Bedford County Medical Center. There is no fee to subscribe.

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your healthcare provider.

Copyright © 2007 Bedford County Medical Center