

Health Connection



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A PUBLICATION OF BEDFORD COUNTY MEDICAL CENTER

Women: Trust BCMC with your healthcare needs

If you need healthcare, it's comforting to know that help is available 24 hours a day, seven days a week. At Bedford County Medical Center (BCMC), you have physicians board certified in obstetrics and gynecology (Ob/Gyn). Dennis J. Wieck, M.D., FACOG, and Jan L. Crean, M.D., FACOG, share full-time on-call coverage for their Ob/Gyn patients, as well as comprehensive care for women of all ages. Teaming up to give Bedford County women quality care isn't something new to Drs. Crean and Wieck; they also worked together in Tullahoma.

LESS PAIN, FASTER RECOVERY

Our two specialists can perform laparoscopic (minimally invasive) surgeries, including hysteroscopy and:

- outpatient endometrial ablation for heavy uterine bleeding
- outpatient single-incision laparoscopic sterilization
- laparoscopically assisted vaginal hysterectomy, with

overnight stay in the hospital

The team also provides procedures like colposcopy, LEEP cervical cone biopsy, removal of skin tags and moles, endometrial biopsy, vulvar biopsy and placement or removal of Mirena IUD (long-term birth control without sterilization). After most of these office procedures, patients can return to work right away.



Dennis J. Wieck, M.D.,
FACOG



Jan L. Crean, M.D.,
FACOG

PUT AN END TO HEAVY BLEEDING

NovaSure, a potential solution for many women who suffer from heavy menstrual bleeding, is performed as an outpatient procedure. NovaSure provides an effective, minimally invasive alternative to hysterectomy and also avoids the potential side effects and long-term risks of hormone therapy.



This quick, simple procedure requires no incisions and generally takes less than five minutes. Women often see significant reduction in bleeding, less painful menstruation and reduced premenstrual symptoms. If you're considering endometrial ablation, discuss pregnancies and birth control issues with your physician.

A COMFORTING ENVIRONMENT

Drs. Wieck and Crean offer a patient-friendly environment with a skilled and pleasant office staff. Personal phone calls for routine lab results, educational materials and compassionate approaches to care make for comfortable and relaxing visits to these Ob/Gyns.

! Contact our Ob/Gyns

For a consultation with Dr. Wieck, call (931) 685-5522.
To reach Dr. Crean, call (931) 685-5536.

Minimally invasive surgery

Less pain, faster recovery

Minimally invasive surgery (MIS) is the buzzword in healthcare right now. And with good reason.

With advancing technology and surgical techniques, patients now have the benefit of undergoing procedures that require just a few small incisions. In years past, those same procedures would have required large cuts and left equally large scars.

HOW IT WORKS

MIS—sometimes referred to as laparoscopic surgery—mirrors the techniques of traditional surgery but decreases the patient’s surgical trauma. Because surgeons using MIS lose some visibility with smaller incisions, they have to create a larger workspace. They do this by making a small cut in the skin, then gently expanding the body cavity with a gas (such as carbon dioxide). A small camera (laparoscope) is then inserted through the incision and into the newly expanded space to help surgeons see where to operate.

While MIS isn’t suited for all types of surgery, it has been used for such procedures as appendectomies, hernia repair, gallbladder surgery, hysterectomies, brain tumors, herniated spinal discs, knee and hip replacements, sinus surgery and certain types of heart procedures.

MINIMAL TRAUMA, MAXIMUM BENEFITS

The goal of MIS is to treat patients with the least amount of trauma. In addition to minimized scarring, this type of surgery also:

- **Minimizes bleeding.** Decreased blood loss means a decreased chance of blood transfusion.



- **Lessens pain.** Small incisions reduce trauma to the skin and underlying muscles, meaning less postoperative pain.
- **Reduces infections.** Unlike a traditional operation, where the body is wide open, tissue isn’t exposed to the air for extended periods during MIS.
- **Shortens hospital stays.** Reducing bleeding, pain and the chance for infection means you’ll get to walk out of the hospital sooner.
- **Hastens recovery.** MIS can dramatically reduce recuperation time—in some cases, by half.

Other minimally invasive procedures

Endoscopic surgery is similar to laparoscopic surgery because it also requires a small camera. However, the equipment (endoscope) passes through an existing opening such as the mouth, anus or urethra.

Robotic laparoscopic surgery uses techniques identical to laparoscopic surgery but allows surgeons to use robotic arms to perform the procedure.

Ablation targets and destroys diseases, such as kidney and prostate cancer, with high-frequency energy, leaving normal tissue nearby intact. It’s also been used to correct benign heart arrhythmias.

WAITING TO INHALE

Breathing problems you shouldn't ignore

Take a deep breath." The command sounds easy, but for some people it's not so simple.

Being unable to breathe deeply or feeling short of breath may be a sign of a serious condition.

If you have any of the following symptoms, get them checked out by a physician:

- inability to take a deep breath
- shortness of breath without exertion
- shortness of breath after mild exertion, such as climbing a short flight of stairs
- wheezing
- tightness in the chest
- pain or discomfort when inhaling and exhaling
- a chronic cough or clearing of the throat
- difficulty breathing when you lie down
- a lack of energy
- coughing up blood or mucus

Difficulty breathing shouldn't be taken lightly. Lung disease is the number three killer in the United States.

It takes on many forms, including:

- **Asthma**, a chronic disease in which the passages that

carry air in and out of your lungs become sore and swollen. Asthma is characterized by wheezing, coughing, chest tightness and trouble speaking.

- **Chronic obstructive pulmonary disease (COPD)**, which includes emphysema and chronic bronchitis. In COPD, your airways and air sacs lose their shape and become floppy, like a stretched-out rubber band. Coughing up mucus is often a first sign of this disease. COPD is typically caused by cigarette smoking.

- **Pneumonia**, an inflammation of the lungs, usually caused by an infection. It's normally accompanied by shortness of breath and a cough or a fever.

- **Lung cancer**, which can take years to develop. If it's diagnosed early, before it spreads, the survival rate is almost 50 percent.

Breathing difficulties can also be a sign of heart disease or a heart disorder, such as congestive heart failure, heart arrhythmia or pulmonary hypertension.

In these or any other case of breathing distress, your physician can help you find the source of the problem with a thorough physical exam.



If you're having trouble catching your breath, it's time to see your doctor.

When cough drops don't do the trick

A chronic cough—one that lasts more than three weeks—may be your body's way of telling you a problem exists. Your cough could be the result of:

- allergies, particularly postnasal drip, which often triggers coughing
- asthma
- heartburn, where acid from your stomach backs up into your throat
- medicines, including beta-blockers for high blood pressure, migraines and glaucoma and ACE inhibitors

PHYSICIAN SPOTLIGHTS

Bedford County Medical Center is proud of its experienced physicians. We'd like to introduce you to two of them.



JAN L. CREAN, M.D., FACOG
Obstetrics and Gynecology

FIRST OFFICE:

Medical Arts Building, Suite K
(931) 685-5536 (Shelbyville)

SECOND OFFICE:

105 Ledford Mill Road
(931) 393-5097 (Tullahoma)

Jan L. Crean, M.D., FACOG, obstetrician/gynecologist (Ob/Gyn), grew up in the Philadelphia area. She's been a featured health speaker at schools, business and community functions and religious institutions.

Dr. Crean attended Middlebury College in Middlebury, Vt., graduating Phi Beta Kappa. She delayed further education until nine years later to pursue a career in medicine. She earned her medical degree at the Medical College of Pennsylvania in Philadelphia.

Dr. Crean completed her residency at York Hospital in Maine, achieving chief resident status. She then went into private practice with a group of Ob/Gyns in Philadelphia. Dr. Crean is a Fellow of the American College of Obstetricians and Gynecologists.

In 2002, Dr. Crean relocated to Tennessee, practicing for five years in Tullahoma. Then Bedford County Medical Center became her practice's new home. She's delighted to be a part of the community.



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

Shelbyville Women's Center

FIRST OFFICE:

Medical Arts Building
(931) 685-5522 (Shelbyville)

SECOND OFFICE:

105 Ledford Mill Road
(931) 393-5097 (Tullahoma)

Dennis J. Wieck, M.D., FACOG, a dedicated obstetrician/gynecologist, brings quality personal care to patients.

A graduate of the University of Tennessee at Memphis, Dr. Wieck completed his residency at Ohio Valley Medical Center in Wheeling, W.Va. A Fellow of the American College of Obstetricians and Gynecologists and board certified in obstetrics and gynecology, Dr. Wieck practiced in Tullahoma from 1990 to 2003, where he was chief of staff at Harton Regional Medical Center. Then Dr. Wieck practiced in Dyersburg. He later moved back to Middle Tennessee and opened Shelbyville Women's Center. He recently reopened a second office at 105 Ledford Mill Road in Tullahoma.

Dr. Wieck has been approved for membership in the American Society for Laser Medicine & Surgery. He received an undergraduate degree in aerospace administration, from Middle Tennessee State University in Murfreesboro, and holds a pilot's license.

"My family and I are glad to be in Shelbyville and Tullahoma, the areas we call home," Dr. Wieck says. He and his wife, Leigh, have two daughters, 19-year-old Kim and 11-year-old Libby. His hobbies include amateur ham radio and defensive pistol competition.

Hats off to our Employee and Managers of the Year!

Bedford County Medical Center (BCMC) congratulates our 2007 Employee and Managers of the Year. Staff nominations recognized individuals who contribute quality work and compassionate customer service. BCMC past chief executive officer Bill Macri made the announcements.



ANITA PEOPLES, CPHT
EMPLOYEE OF THE YEAR

With BCMC for 16 years, Anita Peoples, CPHT, started out in the nursing home as a certified nurse assistant and transferred to the pharmacy in 1996. In 2002, Peoples became a certified pharmacy technician.

“She’s one of the most dedicated pharmacy techs I’ve ever worked with,” says Phil King, pharmacy director at BCMC. “She has one of the best work ethics I’ve ever seen. She’s in constant motion, always working, always doing more than expected. If we do a good job in the pharmacy, it’s in large part because of Anita.” Other departments often tell King how much they appreciate what Peoples does for them.

“There are so many great employees who work here, and for me to have been nominated was wonderful,” says Peoples. “I’m lucky to be surrounded by the best coworkers and department director you could ask for and am blessed to work at a job that I love!”



CLARA BUNTLEY, R.N.
CLINICAL MANAGER OF THE YEAR

Clara Buntley, R.N., nurse supervisor for medical and surgery, only recently assumed this position. She’s been with BCMC for 12 years, also serving as education director, and along with dietitian Claudia Curl, has

conducted free Diabetic Awareness classes for BCMC and the community it serves.



MAGGIE BLACKHURST
NON-CLINICAL MANAGER OF THE YEAR

Maggie Blackhurst joined the BCMC team in June 2006 as the health information management director. She immediately hit the ground running, making many needed changes. “Maggie’s positive attitude, work

ethic and sense of teamwork have been refreshing to her colleagues and employees,” says Alan Lovelace, BCMC chief financial officer. “Her recognition is well-deserved.”

“I was so surprised,” says Blackhurst, upon learning of her selection. “I’m truly honored to receive this, but this is simply a reflection of the team I work with every day. In the long run, it’s our commitment to our patients and each other that makes awards like this so meaningful.”



Fast fact

While it’s best to get vaccinated in the fall, a flu shot in January can still keep you healthy, especially during flu’s peak in February. Flu season can even last until May. Talk to your healthcare provider today.

! We’re here
for you!

For more information about
Bedford County Medical
Center, call (931) 685-5433.

HEALTHWISE QUIZ

How much do you know about **sleep disorders**?

Take this quiz to find out.

1

Lack of sleep may put you at a higher risk for:

- a. type 2 diabetes
- b. low blood pressure
- c. asthma
- d. gastric ulcers

2

Which of the following changes in your sleep routine may be a result of an underlying heart problem?

- a. waking up during the night to urinate
- b. waking up during the night due to shortness of breath
- c. not being able to fall asleep
- d. both a and b

3

Restoring your body with sleep has been shown to:

- a. improve skin tone
- b. improve red blood-cell count
- c. reduce eye strain
- d. improve reaction time and attention span

4

Women diagnosed with obstructive sleep apnea often experience these symptoms:

- a. snoring loudly with periods of gasping or snorting
- b. waking up with a sore throat
- c. waking up with a headache
- d. all of the above

5

The most common treatment for sleep apnea is:

- a. antihistamine medication
- b. surgery
- c. a continuous positive airway pressure (CPAP) mask worn at night
- d. analgesic medication

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



WOMEN: Is a heart attack in your future?

A heart attack may seem to come out of the blue. Yet your personal risk factors and lifestyle habits may hold clues to your heart's health and what your odds are of suffering from a heart attack.

LOOK FOR THE SIGNS

High blood pressure (140/90 mm Hg and above) and high blood cholesterol (240 mg/dL and above) are significant clues that you may be developing heart blockages in the form of plaque. Being postmenopausal and having diabetes or rheumatoid arthritis can also increase heart attack risk.

Talk with your healthcare provider about what risk factors are significant for you. He or she can help you control your blood pressure and cholesterol levels and may also recommend testing for metabolic syndrome. Recent research shows this condition may be useful for detecting signs of heart disease in women who might appear healthy. The signs of metabolic syndrome include a waist size greater than 35 inches, higher-than-normal levels of triglycerides and glucose, and insufficient levels of HDL, or good cholesterol.

Also, be aware of what a heart attack might feel like for a woman, as some symptoms can differ from those of men. Chest pain or pressure; nausea; vomiting; indigestion; cold sweat; shortness of breath; light-headedness; fatigue; or discomfort in the arms, back, neck, jaw or stomach are all possible signs.

GO HEART SMART

- Aim for a normal weight.
- Exercise for 30 minutes every day.
- Quit smoking and avoid secondhand smoke.
- Avoid foods high in saturated or trans fat and curb refined carbohydrates—cookies, white bread, sweet drinks—sometimes referred to as “high-glycemic-index” foods.

Bone-afide steps to a strong family framework

Bones are vital to protecting our organs, anchoring our muscles and supporting our bodies. The best ways to build strong bones in ourselves and our children—while reducing the risk of brittle bones later in life—is through adequate calcium consumption and regular physical activity.

Getting adequate amounts of calcium and vitamin D (necessary for calcium absorption) is essential throughout life, particularly during the peak bone-building years from ages 9 to 18. The amount of calcium* you need is largely determined by age:

- Birth to 6 months: 210 milligrams (mg)
- 6 months to 1 year: 270 mg
- 1 to 3 years: 500 mg
- 4 to 8 years: 800 mg
- 9 to 18 years: 1,300 mg
- 19 to 50 years: 1,000 mg
- 50+ years: 1,200 mg
- Pregnant or lactating women: 1,000–1,300 mg

Good sources of calcium for the entire family include

dairy products (low-fat or non-fat milk, cheese and yogurt), dark green leafy vegetables (broccoli and bok choy), nuts (almonds) and calcium-fortified foods (orange juice, cereal, bread, soy beverages and tofu products). If you can't get enough calcium from your diet, consider taking a calcium supplement.

Physical activity is a must for all ages to build and maintain sturdy bones. The best exercises for bones are weight bearing: jumping rope, walking, jogging, climbing stairs, aerobic dancing, skateboarding and playing soccer. How much exercise do you need for maximum bone strength? Kids should get at least 60 minutes of moderate physical activity daily, and adults at least 30 minutes.

**Source: National Academy of Sciences*



Eat smart for energy

The busy lifestyles many of us lead would slow to a crawl without a dependable source of energy. We get much of that energy from the foods and beverages we consume. That's why it's more important than ever to eat healthy foods that not only keep our bodies charged but our weight and cholesterol down.

What are the healthiest, fuel-packed foods? Good

energy foods include those rich in:

- **complex carbohydrates**, such as whole-grain breads, pasta and rice; potatoes; and legumes
- **iron**, including beef, raisins, kidney beans, pumpkin seeds and spinach

- **B vitamins**, such as fortified cereal, fish, whole grains, legumes, leafy green vegetables and milk

Active people also need constant fluids to avoid dehydration, which can cause fatigue. Drink plenty of water (you can jazz it up with lemon or lime), low-fat or fat-free milk, or vegetable or tomato juice. Steer clear of caffeine and alcohol, which can dehydrate the body, and sugary drinks.

Be careful not to overeat. It can cause fatigue, especially if you eat foods high in sugar and fat. And skipping breakfast will leave you worn out by 10 or 11 a.m. Instead, start with a low-fat, high-fiber breakfast and then refuel every three to four hours.

Without the proper foods and fluids, your body won't have the fuel it needs for energy.

Breaking new ground



Dan Buckner
Interim Chief
Executive Officer

I want to extend a personal thank-you to all of the physicians and staff that have welcomed me so warmly here at Bedford County Medical Center (BCMC). I grew up right here in Middle Tennessee and, after nearly 30 years, it's nice to be back home!

RIGHT AT HOME

I'm fortunate to come back home at exactly the right time. BCMC has a brand-new momentum moving us to excel in our ability to be your community hospital. We realize that our hospital can't do everything and be everything to everyone, but we can focus on the basics and do them very well.

EXPANDING FOR YOU

We have a new hospital to look forward to in August, and with that "carrot" in front of us, we're building extensive programs, service lines, protocols and system-of-care delivery right now. We acknowledge your right to hold us accountable to deliver quality care in a clean, friendly environ-

ment, and we're all up to the challenge. Our staff has always been qualified, and now with these new resources, you can expect to be impressed.

I look forward to leading this hospital into the future and to treating you, when you visit or are admitted, just as if you were family.

Respectfully,

DAN BUCKNER
Interim Chief Executive Officer
Bedford County Medical Center



At the hospital campus in November, a ground breaking was held for the new medical office building.

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