

# Health Connection

Heritage  
Medical Center  
www.heritagemedicalcenter.com

A PUBLICATION OF HERITAGE MEDICAL CENTER

## Building on our successes



Dan Buckner  
Chief Executive Officer

**A**s this new year begins, most of you probably have spent time reflecting on the past year and planning for the challenges that lie ahead for 2010. In Heritage Medical Center's (HMC) quest to be the hospital of choice for your family's health care needs, we're studying the successes of the

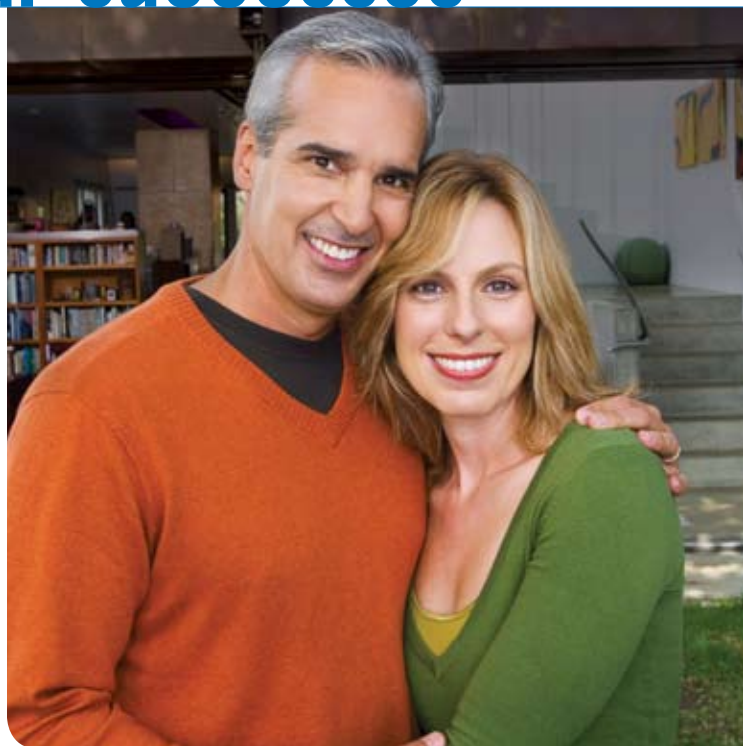
past as we plan for the future.

### CELEBRATING HIGHLIGHTS

HMC celebrated many record-breaking accomplishments in 2009. We had an impressive year bringing new physicians to our medical staff. With that growth has come more specialty services, such as a full cardiac rehabilitation program to support the needs of our community. Other specialty services now offered or on the horizon include a pulmonary rehab program, urodynamics and a wound care center. The HMC Sleep Lab continues to grow with rave reviews, as patients find that through sleep studies and treatment of sleep disorders, a good night's sleep really is a basic necessity to one's overall health and well-being.

### ENHANCED SURGERIES

More inpatient and outpatient surgeries were performed in our hospital last year, including an advanced, minimally invasive orthopaedic procedure performed by Philip Elizondo, M.D. For the first time ever in the state of Tennessee right here at HMC, platelet-rich plasma



injections offer patients a chance for a quality of life they never thought they'd experience again.

From our successes, we're developing significant plans to meet the challenges of our future. We'll continue to keep you aware of those plans to deliver the quality of care your family deserves. We invite your opinions and hope you'll continue to choose HMC.

Regards,

DAN BUCKNER  
Chief Executive Officer  
Heritage Medical Center

# Ease your arthritis pain

**M**ore than 40 million Americans suffer from arthritis, a condition that can make every move painful. Osteoarthritis is the most common form. It occurs when cartilage, which cushions bones in your joints, breaks down and causes irritation.

Luckily, the following lifestyle changes and remedies can help you manage the pain:

• **LOSE WEIGHT.** It's pretty basic: The more excess weight you carry, the more stress on your joints. But a healthy diet of fruits, vegetables and whole grains, paired with regular exercise—at least 30 minutes a day—can help tip the scales in your favor. Cut back on saturated fats, which may increase your body's inflammatory response, adding to joint and tissue inflammation.



• **GET OFF THE COUCH.** Inactivity is a joint's worst enemy. Exercise can strengthen and protect the muscles around the joints, preventing them from stiffening and causing more pain. Walking, swimming, some yoga poses and tai chi are easy on the joints. Also beneficial are range-of-motion exercises, such as raising your arms above your head; strengthening exercises, such as weight training; and low-impact aerobic exercises, such as bike riding. Before starting an exercise program, check with your physician. If needed, ask him or her for a referral to a physical therapist who has a program for people with arthritis.

• **TAKE A PILL, IF NEEDED.** Sometimes you need medication for the pain. Over-the-counter options include non-steroidal anti-inflammatory drugs, or NSAIDs (such as ibuprofen and naproxen), and acetaminophen (such as Tylenol). Topical creams may provide hot or cool sensations to ease pain or contain pain medication that's absorbed into the skin. Your physician may prescribe pills or cortisone injections. Any drug you take can have side effects, so discuss them with your physician before starting a regimen.



• **REST UP.** Your body needs time to heal, so aim for eight to 10 hours of sleep every night, and avoid sitting or standing in one position for too long. Skip high-impact activities such as running. You may also want to look into stress-relievers such as meditation or yoga.

• **ASK ABOUT ALTERNATIVES.** Massage, acupuncture, heating pads, ice packs and supplements such as glucosamine and chondroitin may help reduce symptoms, though studies on the supplements have been mixed. Speak with your physician before trying any home remedies. Sometimes, there simply isn't a remedy that can effectively treat the pain. In that case, surgery to replace the joint may be an option to discuss with your physician.



# Life after the ER

## Following your physician's orders keeps you healthy

**W**hen you're not feeling well and you're surrounded by the hustle and bustle of an emergency room (ER), it's easy to be confused by what a physician is telling you. All you can think about is going home. That's why many people are unclear about how to handle their care when they leave the hospital.

Case in point: A small University of Michigan study found that more than 75 percent of patients didn't understand their discharge instructions or what ER physicians had just told them—although 80 percent thought they did. Some of the patients weren't even sure of their diagnosis.

Unfortunately, these misunderstandings may increase the likelihood of complications once you leave the ER. In reality, the care you receive at the hospital is just one important part of the puzzle. Knowing what to do next—and following those discharge instructions closely—is critical to getting better. Here's what you need to do for the best health care results:

➔ **SPEAK UP.** Don't be afraid to ask questions if you're unsure of your condition, what treatments you were given, your test results or something in the discharge instructions—for example, whether a medication that's been prescribed may interact with one you're already taking. It's best to ask the ER physician caring for you,

rather than having to contact the ER later, when the physician you saw may no longer be on duty.

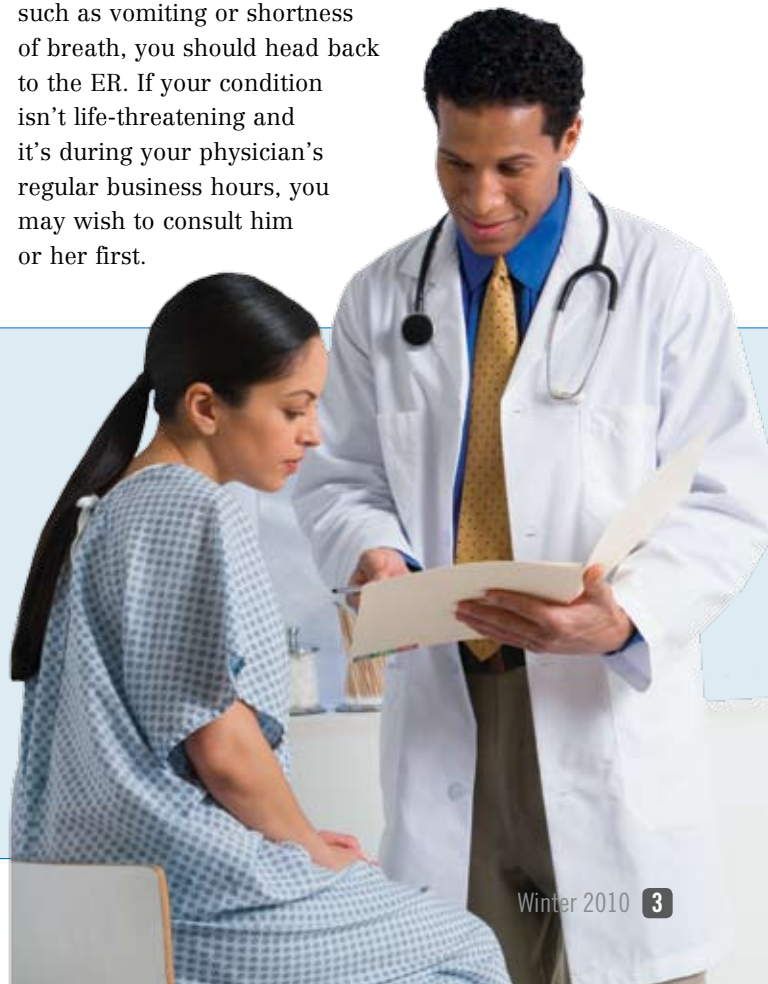
➔ **FOLLOW ALL MEDICATION DOSAGES.** Thoroughly read your discharge instructions. They should spell out what medications have been prescribed, what they treat and how often—and when—to take them.

➔ **FOLLOW UP WITH YOUR FAMILY PHYSICIAN OR A SPECIALIST.** You'll especially need to do this if you've received stitches or a cast. Your discharge instructions will tell you when to go. Double-check with your physician to make sure information about your ER visit, including test results, has been sent to his or her office before your appointment.

➔ **KNOW WHEN YOU SHOULD RETURN TO THE ER.** If your condition worsens or you're noticing new symptoms, such as vomiting or shortness of breath, you should head back to the ER. If your condition isn't life-threatening and it's during your physician's regular business hours, you may wish to consult him or her first.

## How did we do?

**W**hen you check in to the ER, admitting personnel will ask you if it's OK to follow up with you once you're back home. If you agree to it, we'll try to call you within 24 hours of your discharge, asking you six questions about your visit. At that time, if you don't understand your discharge instructions or have any questions about your treatment, a nurse will call you back. This process, called Discharge Callback Administrator, or DCA, helps us improve the way we care for our patients and ensure that you're on the road to recovery.



# Hats off to our Employee and Managers of the Year!

**H**eritage Medical Center (HMC) congratulates our 2009 Employee and Managers of the Year. Staff nominations recognized individuals who continue to raise the level of care and compassionate customer service our patients can expect at HMC.



Amber Davenport, R.N.  
Nurse, Employee Health

## **AMBER DAVENPORT, R.N.** Employee of the Year

Amber Davenport has been with HMC for six years, and her training and versatility are obvious in the roles she has held. Her duties have included critical care unit (CCU) staff nurse, assistant CCU manager and relief house supervisor. She's presently in charge of Employee Health and Education.

Davenport's co-workers describe her as warm-hearted and dedicated. They also say loyalty is second nature to her, which she has demonstrated on numerous occasions.

"I really appreciate the recognition because I think everyone tries their best for the HMC team, which makes this a very special honor for me," Davenport says.



Claudia Curl, R.D.  
Registered Dietitian

## **CLAUDIA CURL, R.D.** Clinical Manager of the Year

Claudia Curl, R.D., has been with HMC for an impressive 36 years. Curl has a close working relationship with patients who require special dietary needs (such as low sodium, low sugar or other dietary requirements) to complement their medical treatment. She also provides patients with education and

guidelines for proper nutrition after returning home. Curl offers a monthly diabetes class in which she provides

in-depth education to those diagnosed with the disease. "The class is probably the most rewarding thing I do here," Curl says. "We get a lot of positive feedback from those who attend, and it's great to know you offer a service that changes lives."

Claudia consistently performs at a level of professional excellence that's hard to match. HMC is grateful to have Claudia's faithful attention to our patients and her many years of dedicated service.



Mike Defoe  
Controller

## **MIKE DEFOE** Non-Clinical Manager of the Year

Mike Defoe joined the HMC team in 2007 as the hospital's controller. He hit the ground running, making many positive changes to the hospital's accounting processing. "What a pleasant surprise to be chosen for this award," Defoe says. "There's no greater reward than recognition by your peers, and I'd like to thank everyone at HMC for this honor. We have a great Heritage team, and I look forward to our continued efforts together."

Defoe brings valuable qualities to HMC. "Mike Defoe is an employee you can count on to get the job done. He never complains and is always up to any challenge presented to him," says Alan Lovelace, chief financial officer at HMC. "He goes above and beyond the call of duty. Heritage Medical Center is blessed to have Mike on its team."



## Visit us online!

**T**o learn more about services, programs and events at HMC, visit [www.heritagemedicalcenter.com](http://www.heritagemedicalcenter.com).

Find information on many health topics by clicking on "Health Resources."

# Live life in the circle!

Let's celebrate and have a good time! That's what members of Heritage Medical Center's Senior Circle program did in January to celebrate the fourth anniversary of dedication to the most energetic group of seniors one can find. Members and their guests enjoyed a barbecue lunch followed by an afternoon of kicking up their heels line dancing.

Senior Circle is committed to encouraging the healthiest, most active lifestyle possible through meaningful education, wellness, health and social activities while providing a forum for fun, fellowship and valuable members-only discounts and privileges.

## EXPERIENCING BENEFITS

Senior Circle membership offers a generous selection of activities and events, exercise and wellness classes, travel opportunities, discounts and services, newsletter and magazine subscriptions, in-hospital privileges and more.

Regular activities include free educational lunch-and-learn programs with staff physicians; exercise and craft classes; game and movie days; holiday parties; monthly birthday parties and bingo; and a host of other social and wellness activities. Opportunities are available for day, overnight and extended travel to area and distant destinations. Member benefits also include a complimentary private room upgrade at HMC when available; a daily complimentary meal pass for a member's caregiver while in the hospital; newsletters featuring monthly calendars, hospital news and helpful wellness information; a quarterly *Inside Circle* magazine subscription; and free notary,



The 400+ members of Senior Circle enjoyed a trip to Washington, D.C., and birthday celebrations!

copying and faxing services. National discounts include prescription, vision and hearing, national car rental and travel and ADT emergency response discounts.

## ! Join the circle!

If you're age 50 or better, join today! Our next trip is to Tunica, Miss. Call advisor Cindy Allen at (931) 685-8950 or marketing director Pam Fisher at (931) 685-8390 to sign up. Membership is \$15 a year (\$27 a year for two people in the same household). Both spouses may join after one spouse reaches his or her 50th birthday.



## Lose weight. For life.

Time and again, you've tried to lose weight and failed. Now it's time to succeed. To learn more about safe and effective surgical weight-loss procedures, we invite you to a free informational seminar hosted by Wayne Westmoreland, M.D., FACS. The event begins at

6 p.m. on Thurs., Feb. 4, in the HMC training room.

The Bariatric Support Group meets at 7 p.m. on the first Tuesday and third Monday of every month in the HMC training room.

For more information or to register, call (931) 685-8840.

## HEALTHWISE QUIZ

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

Take this quiz to find out.

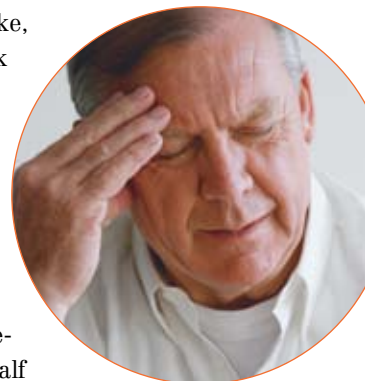
- 1** What percentage of American adults are overweight or obese?
  - a. 25
  - b. 33
  - c. 50
  - d. 66
- 2** Which of the following has not been linked to obesity?
  - a. hyperthyroidism
  - b. cancer
  - c. gallbladder disease
  - d. infertility
- 3** Obese children have a higher risk of:
  - a. asthma
  - b. early puberty
  - c. skin infections
  - d. all of the above
- 4** One problem with body mass index (BMI)—a calculation that assesses obesity—is that:
  - a. It doesn't take height into account.
  - b. It doesn't measure muscle, so a muscular person can have a high BMI.
  - c. It doesn't factor in age.
  - d. none of the above
- 5** How much excess weight do you usually have to be carrying to be considered for weight-loss surgery?
  - a. 30 pounds for women, 50 for men
  - b. 50 pounds for women, 70 for men
  - c. 80 pounds for women, 100 for men
  - d. There's no minimum weight requirement for weight-loss surgery.

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

## { MINI-STROKES }

# Heed the warning

It may not be a full-blown stroke, but a transient ischemic attack (TIA)—also called a mini-stroke—is your warning that one could be just around the corner. TIAs produce symptoms similar to strokes, but they usually only last a few minutes and don't cause damage. About a third of people who have TIAs will subsequently have a stroke, and about half of them will have it within a year.



### INSIDE A TIA

A TIA occurs when a blood clot briefly blocks an artery, cutting off part of the brain's blood supply. Like a stroke, symptoms arise without warning. They include:

- sudden numbness or weakness in the face, arm or leg—usually on one side of the body
- sudden confusion, speech problems or trouble comprehending
- sudden problems walking, dizziness and loss of balance or coordination
- sudden severe headaches
- sudden vision problems such as loss of sight in one eye

If you suffer any of these symptoms, call an ambulance or have a friend take you to the ER right away. Physicians usually have to make a diagnosis based on your medical history.

### IS A TIA IN YOUR FUTURE?

You're at higher risk for a TIA if you:

- have a family history of TIA or stroke
- are 55 years or older
- are a man
- are African-American

Those are things you can't control, but you can help change other risk factors:

- blood pressure 140/85 mm Hg or higher
- high cholesterol
- heart disease, carotid artery disease and peripheral artery disease
- obesity
- cigarette smoking
- heavy drinking
- physical inactivity
- diabetes
- a high-fat, high-sodium diet

## Sending out an SOS:

# Texting can be bad for your health

It's not uncommon to see people crossing busy streets or even driving with their cell phone or BlackBerry® in hand, dashing off a quick message. Texting shifts your focus away from the task at hand and can be downright dangerous.

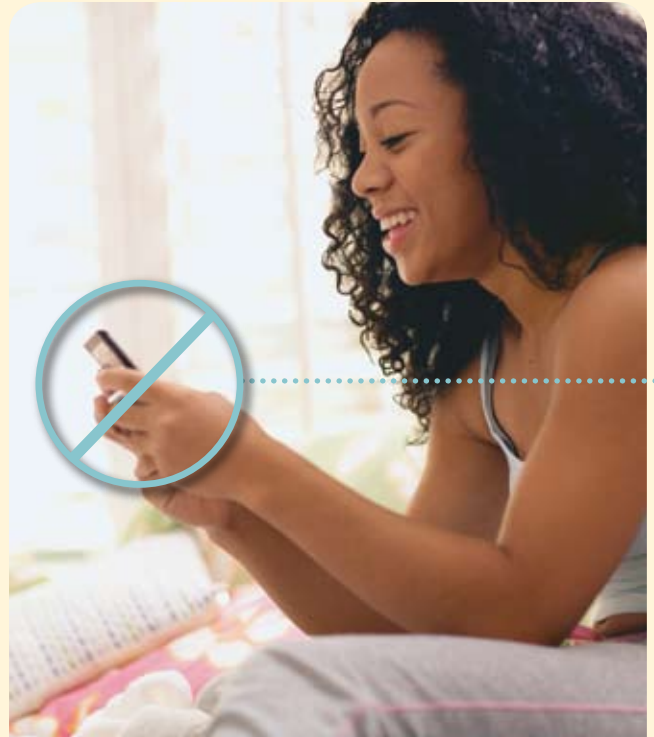
While no hard numbers exist, the American College of Emergency Physicians has reported an anecdotal rise in serious and fatal injuries involving texting—especially among teens and young adults. That includes face, chin, mouth and eye injuries for those who trip and fall while texting, and fatal trauma stemming from car accidents. Texting has also been linked to medical phenomena like “BlackBerry thumb” and “teen texting tendonitis”—catchphrases for conditions that result from the repetitive thumb motions of texting. These conditions can cause pain and numbness in the thumbs and joints of the hand.

### BE TEXT SAVVY

Steer clear of texting troubles by following a few guidelines:

- Avoid texting while doing things like walking and driving. Turn your phone off to avoid temptation.
- On the road, pull over if you need to text immediately.
- Set a good example behind the wheel: Don't engage in distracting behavior in front of your kids.

- Contact your cell-phone provider if you're worried about your child's texting habits. Some companies now offer services that ban texting at certain times of the day.



## A healthy lunch is in the bag!

Every day at noon, workers around the country run to the corner deli for a sandwich, hit a local eatery with co-workers or order in. But if you're watching your waistline—or your wallet—packing your own lunch is a smarter solution. A homemade lunch is more nutritious and economical, as long as you pack it correctly. The recipe for a healthy lunch includes:

- **PROTEIN** Try lean turkey, ham, roast beef, tuna or a bean-based entree, such as hummus or a black bean burrito.
- **GOOD GRAINS** Pack whole-wheat pasta salad and sandwiches made on multigrain bread.
- **FRUITS AND VEGGIES** The deeper the color of the vegetable or fruit, the more vitamins and minerals it contains. Slice up baby carrots, peppers, broccoli, apples, blueberries and oranges.



- **CALCIUM** Slip fat-free yogurt, cottage cheese or string cheese into your bag.
- **H<sub>2</sub>O** Water has no calories, so it's a perfect choice, but if you need a little more flavor, try adding a squeeze of lemon, lime or orange. Watch out for fruit juices, energy drinks and sodas, which are loaded with sugar.
- **FLAVOR APPEAL** Switch it up a bit by adding interesting items, like walnuts in a salad or horseradish spread on a roast beef sandwich.
- **MINIMAL SODIUM** Thinking of one of those “healthy” frozen meals? Watch out for sodium. Total daily intake for a healthy individual shouldn't exceed 2,300 milligrams (mg), and some frozen meals can contain a big portion of your day's allotment. Follow the FDA's recommendation for a healthy frozen meal by choosing one that has 480 mg of sodium or less per serving.

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## New quality officer brings experience

**H**eritage Medical Center (HMC) welcomes Jan Hibdon, M.S.N., R.N., as the hospital's chief quality officer. With HMC's continued commitment to quality inpatient and outpatient care, Hibdon's experience is valuable to maintaining and exceeding recommended guidelines for patient outcomes.

Hibdon was previously a state and federal regulatory compliance surveyor for the Tennessee Department of Health. She surveyed hospitals, surgery centers, end-stage renal disease facilities, home health agencies, mental health hospitals and nursing homes. She has also been vice president of quality improvement and field operations for a health care contract and staffing firm and nursing consultant to the health care staffing industry.

Hibdon earned her associate's degree in nursing, her bachelor's degree in nursing and her master's degree in nursing with a focus in nursing administration from Middle Tennessee State University in Murfreesboro. She's married and enjoys boating, reading and travel.



Jan Hibdon, M.S.N., R.N.

## PHYSICIAN SPOTLIGHT

We'd like to introduce you to a new medical staff member.



**THOMAS JOSEPH  
NEDUMTHOTTATHIL, M.D.**  
Internal Medicine

**Shelbyville Internal Medicine**  
1608 N. Main St., Suite B  
(931) 685-8620

**H**MC welcomes Thomas Joseph Nedumthottathil, M.D., a board-certified internal medicine physician, to the hospital.

"Dr. Thomas," as he's known here, completed his internal medicine residency at the Muhlenberg Regional Medical Center (affiliated with Robert Wood Johnson Medical School) in Plainfield, N.J. He received the 2003 and 2005 Outstanding Resident Performance Award for internal medicine. He earned his medical degree in medicine and surgery from the Medical College Kottayam in Kerala, India, and a bachelor's degree in chemistry from St. Dominics College in Kanjirappally, Kerala, India. His areas of expertise include cardiac disease, high blood pressure and diabetes.

He and his wife, Asha, have three boys ages 5, 3 and 8 months. His hobby is developing Web pages, and he admits to being a bit of a computer geek. He enjoys drawing, swimming, volunteering and music. Dr. Thomas looks forward to playing an active part in the community.

Dr. Thomas is accepting new patients.

**!** We care for you

**F**or more information about services at HMC, visit  
[www.heritagemedicalcenter.com](http://www.heritagemedicalcenter.com).

To find a list of physicians by specialty,  
visit [www.heritagemedicalcenter.com](http://www.heritagemedicalcenter.com).