

Health Connection

A PUBLICATION OF FORREST CITY MEDICAL CENTER

**For all your
health needs**

Your primary care
physician's role

**Kids' sports injuries
on the rise**

Keep your child safe

Are you healthwise?

Take our quiz!

Men: Stay healthy!

Get these screenings

**Put sleep
problems to bed**

Our sleep lab can help

FORREST CITY
MEDICAL CENTER

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Do you really need a primary care physician?

Sure, most health plans require a primary care physician (PCP) for specialist referrals. But that's just one reason it's a good idea to have one dedicated clinician to oversee all your health concerns.

THE KEY TO SUPERIOR CARE

Developing an ongoing relationship with one physician who knows you and your medical history leads to a better overall outcome and lower costs. The reason? Your PCP can counsel you on healthy lifestyle choices, such as exercise options, an eating plan and other prudent lifestyle adjustments and modifications. Plus, seeing your PCP regularly makes him or her better at evaluating your symptoms than practitioners who don't know you. Additionally, a PCP provides routine health screenings, which can find diseases early—when they're easier to treat (see “Screenings your PCP may provide”). This, in turn, translates into less invasive and less expensive treatments.

A GUIDING LIGHT

If you've ever wished you could go to one place for all your health concerns or worried whether you're approaching the right physician for a particular ailment, you're in luck. A PCP can be your primary contact to address most personal healthcare needs.

The healthcare system can be intimidating—especially when you're faced with a frightening symptom. A PCP can evaluate the problem and either manage it him- or herself or arrange for the appropriate referrals. And if you need specialist care, your PCP can guide you and coordinate all aspects of your care. Plus, he or she can sort through and help explain the advice of other physicians.

Who's who in the PCP world

When picking a PCP, you can choose from many different types of healthcare professionals:

- **Family practitioners.** Physicians who care for children and adults of all ages. They may also practice obstetrics and minor surgery.
- **General practitioners.** Physicians who provide basic care for all ages.
- **Internists.** Physicians who care for adults of all ages and can treat many different medical problems.
- **Obstetricians/gynecologists.** Physicians who specialize in reproductive health. They often serve as a PCP for women, especially those of childbearing age.
- **Hospitalists.** Physicians who care for people who are hospitalized. Most hospitalists are trained in internal medicine and work with a hospitalized patient's PCP to provide the best care.
- **Nurse practitioners and physician assistants.** Nonphysician providers of primary healthcare. Often referred to as “physician extenders,” they consult with physicians. They may see children, adults or women only and can prescribe medications and other treatments.
- **Pediatricians.** Physicians who treat newborns, infants, children and adolescents.

Screenings your PCP may provide

- | | | |
|--|--|--|
| <input type="checkbox"/> blood pressure | <input type="checkbox"/> cholesterol | <input type="checkbox"/> diabetes |
| <input type="checkbox"/> breast cancer | <input type="checkbox"/> colorectal cancer | <input type="checkbox"/> obesity |
| <input type="checkbox"/> cervical cancer | <input type="checkbox"/> depression | <input type="checkbox"/> prostate cancer |
| <input type="checkbox"/> chlamydia | | |

Strength-train your brain

The mental benefits of exercise

Exercise has long been touted for its physical health benefits, such as improving metabolism, lowering blood pressure and reducing your risk of heart disease, stroke and cancer. But working up a sweat is also good for your head. Here's how:

BEATS THE BLUES

In a review of 80 studies on exercise and depression, researchers concluded that getting physical can act like an antidepressant. The analysis found that exercise decreased depression more than relaxation training (such as meditation or breathing) or engaging in enjoyable activities did. Working out may boost levels of feel-good endorphins, natural painkillers that promote a heightened sense of well-being.

TAMES TENSION

Physical activity releases muscle tension, reduces levels of the stress hormone cortisol and raises body temperature, which may have calming effects. Additionally, it can shift your attention away from anxious thoughts to something more pleasant, like your surroundings or the music that gets you moving.

AMPS UP ENERGY

Often feel drained? Inactivity is the likely culprit. Yes, working out may make you tired in the short term, but it helps increase stamina and energy in the long run. And, according to the Centers for Disease Control and Prevention, staying active may improve sleep quality, which translates into more next-day pep.

CRANKS UP CONFIDENCE

If you're nervous, working up a sweat gives you a confidence boost. How does getting sweaty raise self-worth? The effect is thought to be brought about by the sense of accomplishment that comes from meeting fitness goals or challenges.

BOOSTS BRAIN POWER

Regular physical activity can help keep your thinking, learning and judgment skills sharp as you age. In one study of 62- to 70-year-olds, those who were still working and retirees who exercised sustained their levels of cerebral blood flow and performed better on cognition tests than inactive retirees. What's more, in a few studies of subjects older than age 65, those who worked out for at least 15 to 30 minutes three times a week were less likely to develop Alzheimer's disease.



How much is enough?

If you have a physical disability, talk with your physician before exercising. Once you get his or her OK, do the following activities to reap the mental and physical benefits:

- A minimum of 150 minutes of moderate-intensity aerobic activity (like brisk walking) each week. If you're just getting started, break your workout into three brisk 10-minute walks a day, five days a week. Not into walking? Do water aerobics, go for a bike ride, play doubles tennis or mow the lawn—anything that gets you moving.
- Muscle-strengthening activities that target all major muscle groups on two or more days a week. Try heavy gardening (digging, shoveling), yoga, lifting weights or other weight-bearing moves like push-ups or sit-ups. Aim for eight to 12 repetitions per activity.

Dedicated to your health



Brett Kinman
Chief Executive Officer

Dear neighbors,

Welcome to the fall edition of *Health Connection*. As I look back over the past several months, I'm proud to see the advancements Forrest City Medical Center (FCMC) has made in the health-care we provide. Earlier in the year, the Arkansas Foundation for Medical Care (AFMC), the quality monitoring organization for the state, awarded FCMC a second-place Validation Award and a first-place Best Achievement Award. We're very proud of being recognized by the AFMC.

HOURLY PATIENT VISITS

This year, we've focused on hourly rounding on our patients. Our nursing staff visits inpatients on our medical/surgical and women's services units on an hourly basis between 6 a.m. and 10 p.m. (every other hour overnight). During these visits, we check to see if the patient is comfortable or needs anything. This proactive approach increases our patients' overall satisfaction, and that's our goal.

SENIOR CIRCLE BENEFITS YOU!

The FCMC Senior Circle program, a national membership organization that makes life better for adults ages 50 and older, kicked off this April. Senior Circle members benefit from health talks, in-hospital benefits (including an automatic upgrade to a private room if available), local business bargains and discounts on prescriptions, vision care and personal emergency response systems. To join Senior Circle or to learn more about membership benefits, call Tony Astin at **(870) 261-0446**.

WELCOME STEVEN JACKSON, D.O.

Late this summer, FCMC welcomed board-certified general surgeon Steven Jackson, D.O., who relocated from Florida, to our medical staff. I'm pleased that he and his family selected our community for his practice. Dr. Jackson's office is located in the medical office building on the FCMC campus. You'll see and hear more from Dr. Jackson in the future.

FCMC is constantly striving to provide our patients with comprehensive healthcare. As always, if you have any comments about your experience here, I'd love to hear from you.

Sincerely,

BRETT KINMAN
Chief Executive Officer
Forrest City Medical Center



Lose weight, feel great!

If you're overweight or obese, you're more likely to develop conditions like heart disease, diabetes and liver disease.

To assess your risks and get help with lifestyle changes, visit www.forrestcitymedicalcenter.com.

Celebrate the man in your life!

Health screenings for men



By David M. Coss, M.D.
Board Certified in Family Medicine
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A man's reluctance to visit a physician is a longstanding stereotype. Just like women, men should see their physician for an annual physical and be screened for

certain diseases and conditions that can occur with increasing age.

Many health issues that affect men are preventable, especially with these invaluable recommended screenings:

- **Blood pressure check.** Keeping an eye on a man's blood pressure can help detect hypertension (140/90 mm Hg or higher) or prehypertension (120/80 mm Hg to 139/89 mm Hg). If left untreated, high blood pressure can increase the risk of heart attack, heart failure, stroke and kidney disease. Men should have their blood pressure checked at least once every two years. Even men with normal blood pressure readings can develop high blood pressure starting in middle age.

- **Diabetes and pre-diabetes tests.** More than 6 million people in the United States have diabetes and don't know it. The disease often goes undetected or is mistaken for another ailment. Other health conditions, such as high blood pressure or high cholesterol, increase the risk of developing diabetes. Men ages 45 and older should consider getting tested for diabetes. Those with risk factors (being overweight; having high blood pressure, high cholesterol or cardiovascular disease; or having a family history of diabetes) should talk with their physician about testing before age 45. A pre-diabetes test can help predict



Just like women, men should see their physician for an annual physical and be screened for certain diseases.

the risk for developing diabetes, helping patients make lifestyle adjustments to delay or prevent the disease.

- **Prostate cancer exam.** Prostate cancer—one of the most common male cancers—is very rare in men younger than age 40 but curable when caught early, while symptoms are limited to the prostate. Age is the biggest risk factor for prostate cancer. Almost 70 percent of all men are diagnosed at age 65 or older. A prostate check is usually performed annually beginning at age 50 as part of a man's physical. In the common digital rectal exam, your physician checks the prostate gland for any abnormalities that may indicate the beginning of cancer.

! Link to learn!

Celebrate the men you love by encouraging them to take control of their health. To learn more about any of these tests, visit our Health Resources link at www.forrestcitymedicalcenter.com.

HEALTHWISE QUIZ

How much do you know about breast cancer?

Take this quiz to find out.

- 1** Your risk of developing breast cancer is increased by which of the following?
 - a. radiation exposure to the chest as a child or a young adult
 - b. first pregnancy after age 30
 - c. use of estrogen and progesterone to treat menopausal symptoms for four or more years
 - d. all of the above
- 2** Which is not a risk factor for developing breast cancer?
 - a. having a family history of the disease
 - b. being overweight
 - c. antiperspirant use
 - d. excessive drinking
- 3** Symptoms of breast cancer typically don't include:
 - a. changes in the size or contour of the breast
 - b. breast pain
 - c. an indentation of the nipple
 - d. a clear or bloody discharge from the nipple
- 4** Which of the following is not true about male breast cancer?
 - a. One in five men with breast cancer has a close male or female relative with breast cancer.
 - b. The average male is 60 to 70 years old at diagnosis.
 - c. Being overweight doesn't increase breast cancer risk.
 - d. Health conditions that affect the testicles may increase risk.
- 5** An annual mammogram once you turn 40 is important because:
 - a. your chance of being diagnosed with breast cancer increases with age
 - b. you may have a small cancer that won't show up until your next annual screening
 - c. the sooner you're diagnosed with breast cancer, the easier it is to treat
 - d. all of the above

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



Living with heart disease

Being diagnosed with heart disease can be scary. You may wonder: Will I still be able to do the things I love? By making a few adjustments, you can control your condition and enjoy life to its fullest. Here's how:

Master your medications. If your physician prescribes cholesterol- or blood pressure-lowering pills, tape a note to your mirror, set an alarm—whatever's necessary—to ensure you take them as directed every day.

Learn food math. Don't worry: You can still eat delicious meals. But you'll have to learn to read labels and keep tabs on your daily intake of certain foods. The basics:

- Keep total fat to less than 35 percent of your calories (saturated fat should equal just 7 percent).
- Limit cholesterol to 200 mg a day.
- Restrict sodium to 2,400 mg or less a day.
- Eat just enough calories to maintain or achieve a healthy weight.

Move more. Joining a gym is great (if you'll go), but it's not a requirement. Cleaning your house, walking your dog briskly and biking to the store are all examples of valid activity. Just 30 minutes a day will help protect your heart—even if you do only 10 minutes at a time. Of course, always check with your physician before beginning any exercise program.

If you follow these recommendations, you'll drop any extra pounds slowly, which means your weight loss is more likely to stick. The great news: Losing even 5 to 10 percent of your current weight can reduce your risk of heart attack and improve your overall health.

Keeping little athletes safe

Kids love sports, and we love watching them play. But each year, more than 3.5 million children under age 15 are treated for sports-related injuries, according to the American Academy of Pediatrics (AAP). That number is on the rise. One reason: Many kids now play the same sport year-round, resulting in overuse injuries such as chronic muscle strains, stress fractures and tendonitis. Plus, some sports have gone more extreme. Cheer-leading alone injured almost 70,000 children in 2007. So how can you keep your child out of the ER?

- **Don't start too soon.** Don't let your child join a team until he or she is at least 6 years old, says the AAP.
- **Get a pre-season checkup.** Visit your pediatrician to make sure your son or daughter is indeed sports-ready.
- **Gear up correctly.** Make sure your child doesn't compete without the right sporting shoes, helmet and safety equipment.



- **Teach the wisdom of warming up and cooling down.** Insist that young athletes exercise lightly for at least three minutes, then stretch the muscles to be used for at least 30 seconds each before practice or a game.
- **Fill 'er up.** Make sure your child carries a water bottle and knows the importance of drinking frequently, even if he or she isn't thirsty. Dehydration can cause fatigue and sickness.
- **Watch carefully.** Discourage participation in just one sport. If your child shows sign of strain or injury, insist he or she stop playing immediately—then see your pediatrician.

Healthy eating on the run

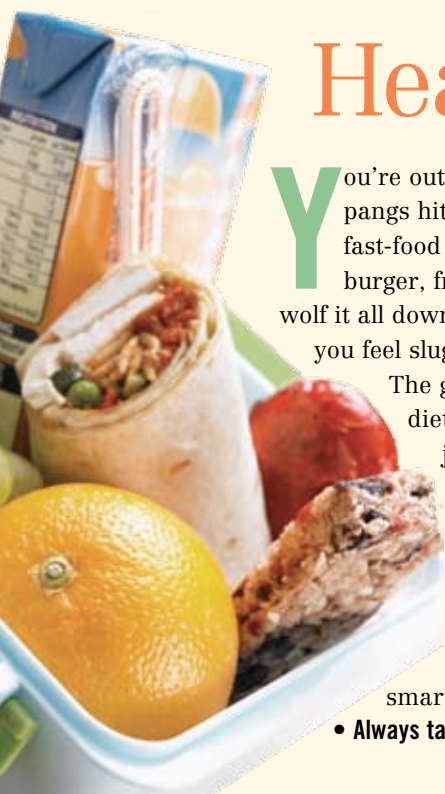
You're out and about when hunger pangs hit. Stopping at the nearest fast-food joint, you order a cheeseburger, fries and a soda and quickly wolf it all down in your car. Minutes later you feel sluggish, bloated—and guilty.

The good news: Your healthy diet doesn't have to suffer just because you're racing from one obligation to the next, spending the day running errands or hitting the road for a family vacation. Be prepared with these smart-snacking tips:

- **Always take water with you.** If it's too

bland, add a slice of fruit or a splash of juice.

- **For an on-the-run breakfast,** grab low-fat string cheese and a piece of fruit.
- **Fill an insulated lunch box with fresh fruit,** carrots, celery sticks, walnuts, yogurt or peanut butter on 100 percent whole-wheat bread for snacks during the day. Keep protein bars or snack bags of almonds or raisins in your purse, glove compartment or tote bag for hunger attacks.
- **If you must hit the drive-through,** opt for a kid-sized meal with fresh fruit or a side salad (with low-fat dressing) instead of fries, and a grilled chicken sandwich instead of one that's breaded and fried. Skip the mayo and other fatty spreads.
- **Need a coffee break?** Order the low-fat, sugar-free version of your favorite frozen coffee or latte and skip the whipped cream and caramel drizzle.



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Get your Zzzs!

Our sleep lab can help you get your rest



A recession isn't only tough on the pocketbook—it can also be bad for your health. More and more Americans are lying awake at night worrying about the economy and their personal finances, according to the National Sleep Foundation's annual poll in March 2009. About one-third of Americans are losing sleep over our country's current state of affairs. The average adult gets just six hours and 40 minutes of sleep each night, while 20 percent get less than six hours. And nearly two-thirds of adults have sleep problems at least a few nights each week.

YOUR BODY NEEDS SLEEP

Sleep helps the body restore and regulate various internal functions, including muscle and tissue repair, toxin removal from the body, hormone production and maintenance of the body's natural rhythms.

Lack of sleep can cause stress, make you more prone to illness and depression, decrease your energy level and affect your memory. The long-term effects of insufficient sleep are more than just chronic drowsiness or difficulty focusing on and performing daily tasks. Sleep deprivation has been linked to an increased risk of high blood pressure, diabetes, obesity, depression, heart attack and stroke.

CAUSES AND CURES

Poor sleep has many causes, from lifestyle factors to medical conditions. A proper diet, regular exercise and an established sleep routine are simple ways to promote good sleep.

Forrest City Medical Center's sleep lab can help your physician diagnose several types of sleep disorders, including obstructive sleep apnea (interrupted breathing during sleep), narcolepsy, insomnia and restless legs syndrome. If you're experiencing any of these problems, discuss them with your physician. Sleep disorder evaluation appointments are usually made with physician referrals. Rest easy: Sleep disorders can be treated.

! Sleep easy!

To learn more about getting a good night's sleep, visit www.forrestcitymedicalcenter.com. With a physician's referral, call (870) 261-0229 for an appointment.