

Health Connection

A PUBLICATION OF FORREST CITY MEDICAL CENTER



**FCMC helps you
protect your children**

**Women: Don't
suffer in silence**
Urinary incontinence
solutions

Visit
**Healthy Woman
Online!**
See page 4

FORREST CITY
MEDICAL CENTER

www.forrestcitymedicalcenter.com



Brett Kinman
Chief Executive Officer

Keeping you connected

On behalf of all our medical staff, employees and volunteers, I welcome you to the fall issue of *Health Connection*, Forrest City Medical Center's (FCMC) publication that keeps you connected with your community hospital.

GET YOUR MAMMOGRAM HERE

October, National Breast Cancer Awareness Month, is a great time for women to schedule their mammogram. As treatments continue to improve every year, early detection of breast cancer becomes more and more important. As a service to our community, FCMC will be offering extended evening hours for those who can't schedule their mammogram during normal business hours. Please talk with your physician about scheduling this important diagnostic exam. If you've never had a mammogram and have questions, or if you'd like to speak with one of our mammography technicians,

call our radiology department at **(870) 261-0225**. Our mammography technicians would be happy to discuss the exam process with you.

FCMC WINS QUALITY AWARD

FCMC has earned a Best Achievement Award in the Arkansas Foundation for Medical Care's (AFMC) annual Quality Awards program.

The awards are designed to recognize individual performance improvement in AFMC's quality-improvement projects. The Best Achievement Award honors organizations with the highest scores on a set of specific health care measures, with the end goal of improving health care quality for patients.

As always, I welcome your comments about FCMC, and I wish you and your family the best of health.

Sincerely,

BRETT KINMAN
Chief Executive Officer
Forrest City Medical Center



Visit Healthy Woman Online!

Healthy Woman Online is a free resource to empower women ages 25-65 to make informed health and well-being decisions. Join today to:

- be the first to learn about and sign up for events
 - connect with other Healthy Woman members
 - receive information about your health, relationships and life issues
- To confirm that you want to remain or to become a member of the Healthy Woman program, you must sign up at www.healthywomanonline.com

FOR QUESTIONS, E-MAIL US AT HEALTHY_WOMAN@CHS.NET

Go with the flow

Solutions for female urinary incontinence



By **Cem Sarinoglu, M.D.**,
Board-certified Obstetrician/Gynecologist

Many women can recall their teenage escapades and gossip sessions punctuated with giggling fits and the inevitable comment: “I laughed so hard, I almost wet my pants!” As we age, however, urinary incontinence is anything but a laughing matter.

Stress incontinence is a type of incontinence that involves involuntary leaking of urine from the bladder when it’s under pressure. This condition can develop as the muscles that support the bladder become weaker due to the natural aging process, childbirth or certain medical conditions.

Stress incontinence occurs when pressure is placed on the abdominal area by physical activity such as coughing, sneezing, laughing, exercising or lifting a heavy object. When the muscles that hold the bladder and control the flow of urine don’t function properly, accidents can happen—especially if the bladder is full. Stress incontinence affects more women than men, and

can range from an occasional problem to a medical situation that affects your daily routine by limiting your participation in social, work or exercise activities.

COMMON CAUSES

The most common cause of female stress incontinence is damage to tissues or nerves in the pelvic floor area during childbirth, which may begin immediately after having a baby or years later after menopause. The condition is common among women who have had multiple vaginal births and whose bladder, urethra or rectal wall protrudes into the vaginal wall, a condition known as pelvic prolapse.

Age-related changes in the strength and function of muscles can make a woman more susceptible to developing stress incontinence. At menopause, the loss of estrogen means the tissues of the vagina and urethra are more fragile.

Other medical conditions and lifestyle habits can affect the form and function of the bladder and lead to stress incontinence: urinary tract infections, diabetes, chronic bronchitis or asthma, chronic constipation, previous pelvic surgery (such as a hysterectomy) and obesity. Contributing lifestyle factors include excess caffeine or alcohol consumption, smoking and therefore frequent coughing, medications that increase urine production and high-impact exercise.

! Need an Ob/Gyn?

To make an appointment with Ob/Gyn Cem Sarinoglu, M.D., call (870) 633-0091. His office is located at 902 Holiday Drive, Suite 102, in Forrest City.

Health Connection is published as a community service of Forrest City 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 health care provider.

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Precious cargo on board!

Protecting our children

Every year, many children under age 4 are involved in car accidents riding with parents, grandparents or babysitters. If the adult in the vehicle is seriously injured and unable to speak, emergency personnel have no way of identifying the child and his or her special needs, vital information that can help rescue efforts go more smoothly. Sometimes, just knowing a name can help rescue workers comfort the frightened child, while knowing who to contact in an emergency allows rescue workers to immediately notify the parents or the next closest relative.

IDENTIFYING YOUR CHILD

The W.H.A.L.E. (We Have A Little Emergency) program is a free child safety seat occupant-identification program. The program kit comes with two safety seat stickers, two window stickers, an identification label and a brochure. The stickers alert emergency responders to the identification label on the back of your child's car seat, which contains parent/guardian's name, address, city, state, home and work phone numbers; emergency contact information; the child's name, nickname, photo and date of birth; and a place for a list of your child's allergies, medications or conditions.

"The W.H.A.L.E. program benefits all our children," says Wilma Powell, Forrest City Medical Center (FCMC) Auxiliary president. "It helps in rescue efforts, making it easier for emergency personnel to perform their job."



A whale of a lifesaver!

FCMC's Auxiliary chapter is a proud sponsor of the W.H.A.L.E. program. To learn more, call (870) 261-0417. To pick up your free W.H.A.L.E. packet, visit the FCMC Gift Shop on the first floor.