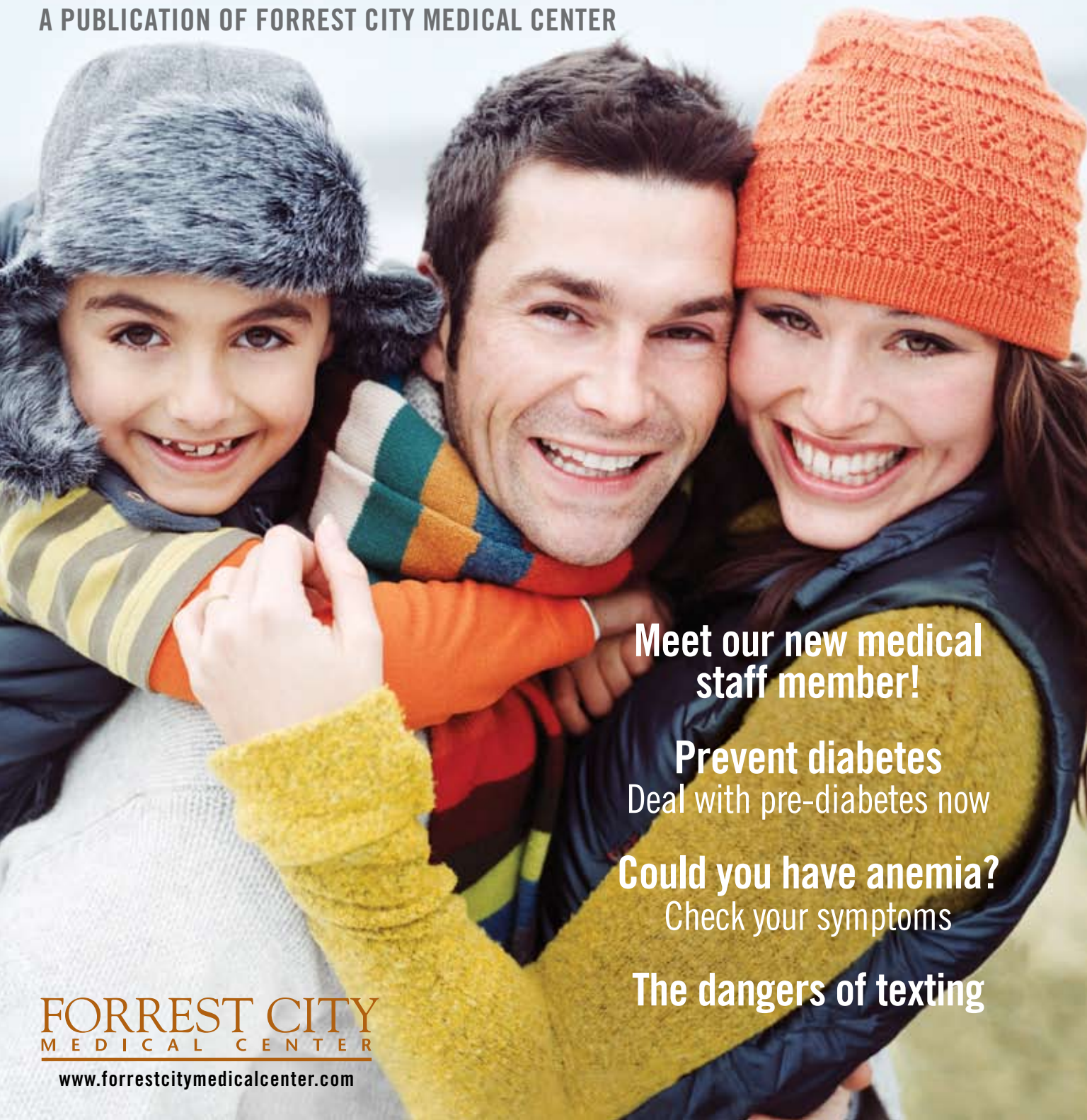


Health Connection

A PUBLICATION OF FORREST CITY MEDICAL CENTER



**Meet our new medical
staff member!**

Prevent diabetes
Deal with pre-diabetes now

Could you have anemia?
Check your symptoms

The dangers of texting

FORREST CITY
MEDICAL CENTER

www.forrestcitymedicalcenter.com

Ease your arthritis pain

More 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

When 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.

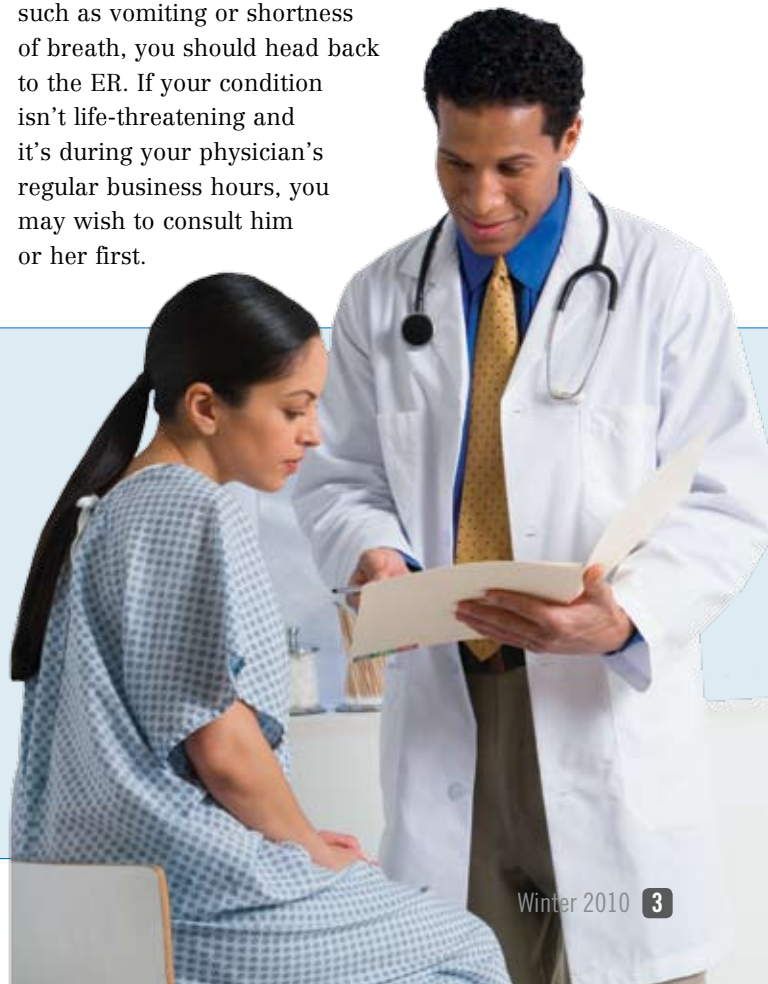
➔ **FOLLOW ALL MEDICATION DOSAGES.** Thoroughly read your discharge instructions. They should spell out what medications have been prescribed, what they treat and how often—and when—to take them.

➔ **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?

When 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.





Brett Kinman
Chief Executive Officer

New physicians join us

Dear neighbors,

Welcome to the winter issue of *Health Connection*. I'm very proud of the accomplishments Forrest City Medical Center (FCMC) had in 2009 and, in particular, the recruitment of two new physicians, Steven M. Jackson, D.O., and Khosrow Maleki, M.D.

WELCOME OUR NEW ORTHOPEDIC SURGEON

In December, FCMC welcomed orthopedic surgeon Dr. Maleki to our medical staff. We're pleased that he and his family relocated from Florida and selected our community for his practice. Patients who suffer from fractured bones or joint problems can be seen in Dr. Maleki's office, located right here on the FCMC campus, instead of being referred out of our community for their care. You'll see and hear more from Dr. Maleki in the future. And you can read more about Dr. Jackson below.

Both Drs. Maleki and Jackson are accepting new patients. For more information, call Tony J. Astin, marketing director, at (870) 261-0446.

RECRUITING FOR YOUR NEEDS

Looking ahead to the rest of 2010, we'll continue to bring new services and programs to FCMC. Improving the overall patient experience and recruiting physician specialists will continue to be among our top priorities. We're working on recruiting physicians who specialize in cardiology, urology and otolaryngology (ear, nose and throat) as well as bringing aboard additional primary care physicians.

As always, I welcome your comments. If you'd like a tour of any area of FCMC, if you have any questions about the services we offer or if you have an issue you'd like to discuss, please let us know. I wish you the best of health!

Sincerely,

BRETT KINMAN
Chief Executive Officer
Forrest City Medical Center

MEET OUR NEW SURGEON

The experienced, dedicated medical staff members at Forrest City Medical Center (FCMC) can help you and your family stay healthy. We'd like to introduce one of them to you.



STEVEN M. JACKSON, D.O.
General Surgery

East Arkansas Surgical Associates
904 Holiday Drive, Suite 402
Forrest City
(870) 633-5500
Accepting new patients

FCMC is proud to announce the opening of East Arkansas Surgical Associates on our hospital campus and the addition of board-certified general surgeon Steven M. Jackson, D.O., to our medical staff.

Dr. Jackson specializes in colorectal and minimally invasive procedures. He received his medical degree from Oklahoma State University College of Osteopathic Medicine in Tulsa, Okla., and completed his general surgery residency at Sun Coast Hospital in Largo, Fla.

To find a physician by specialty, visit www.forrestcitymedicalcenter.com.



Stop diabetes before it starts

Testing and lifestyle changes are key

Diabetes is one of the most common diseases among American adults, with about 23 million cases diagnosed. Even more startling, another 57 million men and women ages 20 and older have pre-diabetes, says the U.S. Department of Health and Human Services. Pre-diabetes is a condition in which elevated blood glucose levels aren't high enough to be classified as diabetes, but do significantly increase the risk of developing full-blown diabetes.

PRE-DIABETES = TYPE 2?

Chronic diseases like diabetes are the leading causes of death and disability in the nation—and pre-diabetes is the body's warning sign that full-blown diabetes could be right around the corner. Research shows that most people with pre-diabetes will advance to type 2 diabetes within 10 years unless they lose significant weight. Pre-diabetes also increases your chances of developing other chronic conditions, such as heart disease, stroke and various eye diseases.

WATCH THOSE RISK FACTORS

Pre-diabetes and diabetes have the same set of risk factors, and the screening for each condition is nearly the same. Pre-diabetes has no symptoms, and many people have it for years before it's detected. However, having pre-diabetes doesn't necessarily mean that diabetes will follow. Recent studies have shown that lifestyle changes, including getting regular physical activity, eating a healthy diet and regularly monitoring your blood glucose

level, can prevent or delay the development of type 2 diabetes.

Risk factors for pre-diabetes include:

- being overweight
- being physically inactive
- having high blood pressure (blood pressure of 140/90 mm Hg or higher)
- being a member of a high-risk ethnic population (African-American, Hispanic or Pacific Islander)
- having a family member with the disease

SCREENING IS KEY TO PREVENTION

A test for pre-diabetes is quick and easy and can be performed as part of your annual checkup. The American Diabetes Association recommends a screening test at age 45 and every three years thereafter for both men and women who are overweight, and earlier for people who are overweight and have any of the above-mentioned risk factors.

It's important to remember that pre-diabetes isn't a direct path to diabetes; the condition can be delayed and even reversed with the right lifestyle changes.

! Dodge diabetes!

To learn more about pre-diabetes prevention or treatment and find a wealth of health information, visit www.forrestcitymedicalcenter.com and click on "Health Resources."

HEALTHWISE QUIZ

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

Take this quiz to find out.

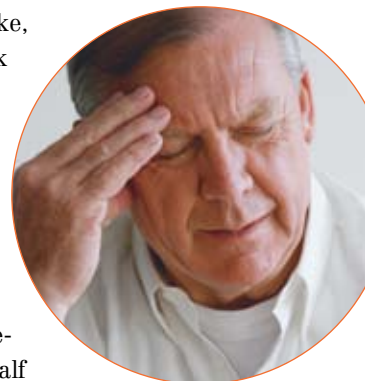
- 1** What percentage of American adults are overweight or obese?
 - a. 25
 - b. 33
 - c. 50
 - d. 66
- 2** Which of the following has not been linked to obesity?
 - a. hyperthyroidism
 - b. cancer
 - c. gallbladder disease
 - d. infertility
- 3** Obese children have a higher risk of:
 - a. asthma
 - 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.
- **H₂O** 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.

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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WINTER 2010



Just not feeling right?

It could be anemia

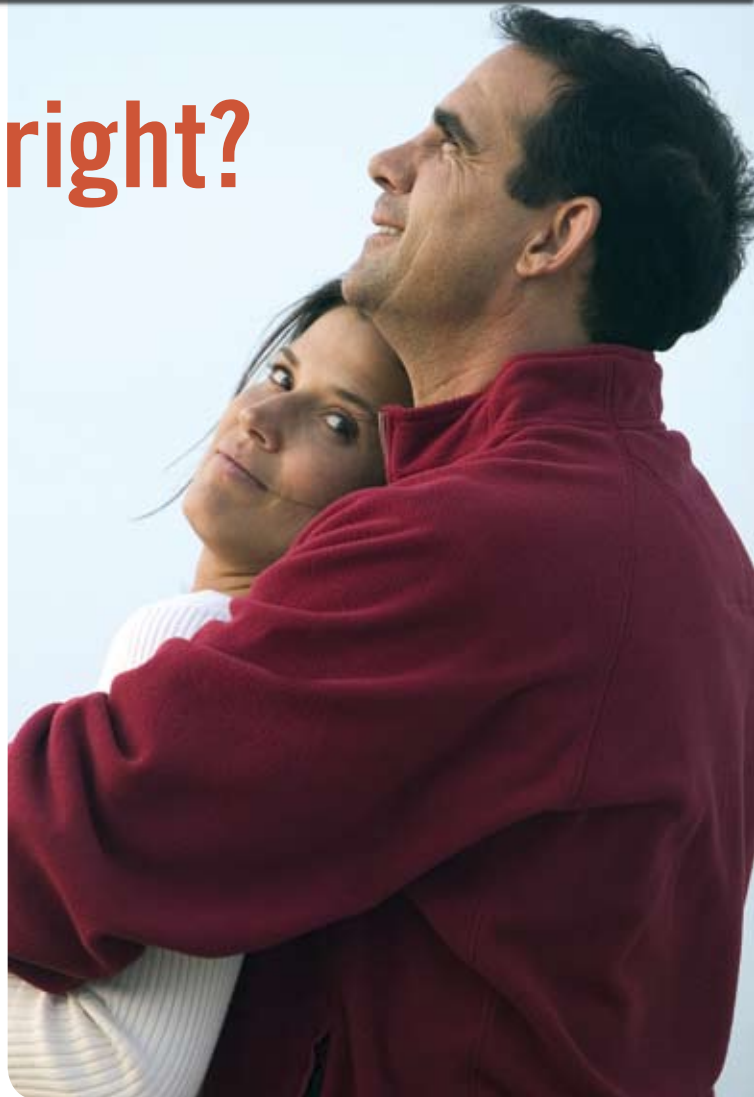
Anemia, the most common blood condition in the United States, affects more than 3 million Americans. Anemia isn't like a cold that can be "caught" at any time. It develops because of a genetic condition or specific circumstances, when blood lacks healthy red blood cells that transport oxygen to the body. Without healthy red blood cells, blood can't provide enough oxygen to all parts of the body. Anemia can be caused by blood loss or destruction of or inadequate production of red blood cells.

COMMON BUT DISTINCTIVE SYMPTOMS

The symptoms of anemia vary based on the underlying cause and any other associated health problems. The most common symptoms are:

- difficulty concentrating
- dizziness
- easy fatigue and loss of energy
- insomnia
- leg cramps
- pale skin
- shortness of breath and headache, particularly with exercise
- unusually rapid heart beat, especially with exercise

Your physician can perform a series of blood tests to determine if you have anemia and what may be its origin. Each cause calls for a different treatment course. Based on blood tests, symptoms and family history, your physician can tailor a treatment to address your anemia and its source. Because anemia has several sources, it's important to receive a diagnosis from a physician to determine the best treatment options for you.



! Get anemia answers!

To learn more about anemia and find a wealth of health information, visit www.forrestcitymedicalcenter.com and click on "Health Resources."