

Health Connection

FROM YOUR FRIENDS AT VOLUNTEER COMMUNITY HOSPITAL



**Better health is
just a click away!**

**When seconds count,
we're here for you**

**The right healthcare
team for you**

**Protecting against
female cancers**

SURGERY 101:

A manual for peace of mind

Did you take your Girl Scout or Boy Scout oath seriously as a child? If so, to this day you're probably sure to pack what you need before a hike: a map, compass, first-aid kit, water and healthy snacks. You ask what the terrain is and where the trail ends so you can get home on schedule.

When it comes to surgery, studies have shown that this same "be prepared" principle can ease pre-op anxiety, reduce your hospital stay and speed recovery.

If you're about to undergo surgery, ask your doctor to describe the procedure completely. Knowing what to expect can defuse stress and help you approach surgery day with a calm head.

Here are some other ways you can make the time before, during and after surgery run more smoothly:

BEFORE YOUR PROCEDURE

- Follow your physician's instructions about refraining from smoking, eating and drinking before the procedure.
- Ask your physician about taking aspirin or other anti-inflammatory drugs before surgery. Because they're blood thinners, these medications may cause excessive blood loss.
- Tell your doctor which prescription and over-the-counter drugs you take. This goes for vitamins and herbs, too, as certain herbal remedies, such as St. John's wort and kava, may extend the effects of anesthesia or create other complications.
- You won't be allowed to drive after the procedure, so make reliable transportation arrangements.
- Organize your home. Make sure you have groceries or frozen meals on hand. If climbing stairs will be a problem, make sleeping arrangements downstairs.

- Practice relaxation techniques such as meditation or yoga. These will help calm you and speed post-op healing.

DURING YOUR HOSPITAL STAY

Your cozy robe or a favorite photo will warm your surroundings and soothe you. Having family and friends visit will bolster you, but don't be afraid to set limits: You'll need some time to rest and recuperate without interruptions.

HOME AGAIN

A little help from friends can be useful. If worries about housework or bills are nagging at you, ask someone to take care of these chores. In the meantime, the relaxation methods you used before surgery can help you feel better now, too. Imagine yourself in the near future doing something you enjoy, such as taking an invigorating hike.



PROTECTING AGAINST FEMALE CANCERS

What every woman should know

Gynecologic cancer is the fourth most common type of cancer in women. Here's a rundown of the gynecologic cancers and facts that can help reduce your risk:

UTERINE CANCER

Uterine cancer—also known as endometrial cancer—is the most common type of reproductive cancer that strikes American women and occurs most often after menopause. Symptoms include unusual vaginal discharge, pelvic pain, pain during intercourse, unexplained weight change and difficult or painful urination.

Obesity, high blood pressure, diabetes and tamoxifen or hormone replacement therapy use may increase risk.

OVARIAN CANCER

Ovarian cancer is the deadliest cancer and often shows no obvious signs until late in its development. But when caught early, most cases can be successfully treated.

Symptoms include abdominal discomfort or pain, nausea, diarrhea, constipation, frequent urination, appetite loss, feelings of fullness, weight change with no known reason and abnormal vaginal bleeding.

An important risk factor is a family history of ovarian cancer. Fertility drugs, hormone replacement therapy, increasing age, infertility, having had no children and a family history of breast cancer may also increase risk.

CERVICAL CANCER

Thanks to Pap tests, deaths from cervical cancer are decreasing. Common symptoms are abnormal bleeding and bloody or discolored vaginal discharge.

The sexually transmitted human papillomavirus (HPV) causes most cervical cancers. The U.S. Food and Drug Administration recently approved a vaccine that protects against HPV. A federal panel recommends females ages 11 to 26 receive the vaccine.

Other risk factors linked to cervical cancer can be avoided, such as smoking and poor diet.

CANCERS OF THE VAGINA, VULVA AND FALLOPIAN TUBES

These cancers tend to be rare. Women should alert their

doctors to symptoms that include unusual bleeding or discharge, persistent itching of the vulva, pain in the pelvic region, difficult or painful urination, unusual pain or pressure in the abdomen, pain during intercourse and a lump or sore on the vulva that won't heal.

Women may be at risk for vaginal and vulvar cancers if they've had genital warts, chronic vulvar irritations, abnormal Pap tests or intercourse at an early age or with many partners. Women who smoke or whose mothers took DES (diethylstilbestrol) when they were pregnant may also be at risk. Risk factors for tubal cancer are unknown, but it tends to strike women after menopause.

WHAT YOU CAN DO

Regular screenings and an annual pelvic exam can detect and even prevent some gynecologic cancers. Keep your doctor informed of any risk factors, especially family history, that you may have.





Comfort and compassion, close to home



Steve Westenhofer
Chief Executive Officer

Martin is a wonderful community. Both newcomers and those born here agree the quality of life found here is rare. As your community hospital, we understand the role we play in that quality of life. We know it's important that we provide healthcare for the bumps and strains but also for those more serious needs. To care for

you, we're constantly working to improve and increase our resources. Sometimes that includes technology resources, like strong magnetic resonance imaging (MRI) or a million-dollar investment in our surgical department. But it also includes the skilled hands of our medical staff. This year, we recruited for our surgery staff, added a neurologist and most recently added to our obstetrics/gynecology staff.

These efforts to expand the level of care we provide are part of making important healthcare available to you at home. Larger medical centers do have subspecialists and larger facilities, but are an hour away. We want to be your first choice for healthcare and we want to meet your needs for essential services. Most of all, we want to demonstrate the care, comfort and compassion that you can only get ... close to home.

Best regards,

STEVE WESTENHOFER
Chief Executive Officer
Volunteer Community Hospital

Better health is just a click away!

Everyone's been there. You're concerned about a bad cough, a scratchy throat or a sick friend. Where can you turn to find answers to your healthcare questions? Volunteer Community Hospital's (VCH) Discovery Hospital Web site at www.volunteercommunityhospital.com. Discovery Hospital provides online health information to help individuals manage their personal health. It consists of more than 7,500 pages of health-related articles and interactive tools.

The Web site provides information and tools you need to manage your personal health and features a medical library on various conditions, an anatomy explorer, a body mass calculator, explanations of various procedures and tests, nutritional information, a symptom explanation module, health centers and more.

"By using digital assets from across our services on cable as well as the Internet, we're able to provide an important educational service to patients using this Web site," says Mark Irwin, vice president of operations at Discovery Interactive Media. "Thanks to partnerships like the one we have with VCH, we can deliver Discovery's reliable health information to patients and allow them to gain a greater understanding of health issues they may be confronting."

Discovery Hospital is another way that VCH provides quality, comprehensive health-care services and information to the community.



When seconds count, we're here for you

You don't plan to visit the emergency department (ED), it just happens—and usually when you least expect it. Volunteer Community Hospital's (VCH) ED is staffed with physicians 24 hours a day, 365 days a year. Our associates live and work here, so we know our community expects the same care we count on for our own families. Patients who come to our ED can be assured that we have highly skilled and trained professionals—from our nurses and technicians to our physicians. We know our patients come to us as their first choice for healthcare and that's a trust we take seriously.

A PHILOSOPHY OF CARE

VCH practices a philosophy of emergency care called ER+, which helps further our goal to provide quality medical care as quickly and professionally as possible. As part of the ER+ program, patients and family members fill out a satisfaction survey about their ED visit. The survey asks for feedback, from courtesy of registration personnel to concern and caring by nurses and doctors. We want to provide a quality ED and our efforts are paying off. Our patients have given us a 94 percent approval rating for concern and caring by our nurses and doctors and a 92 percent overall satisfaction rating.

CARE CONNECTION

VCH also is part of Care Connection, which was established to network area healthcare facilities. VCH and several affiliated hospitals have strengthened their relationship and facility ties with Regional Hospital of Jackson. Care Connection keeps patients informed during transitions, enhances medical care, improves communication between facilities and medical staffs and implements protocols to ensure patient transfers are seamless.

VCH is a full-service community hospital

and can meet most of our patients' healthcare needs. And for patients who need more specialized care, we have the relationships and resources to ensure they get the medical attention they need through Care Connection.

Rest assured that Volunteer Community Hospital is here for you when you need quality emergency care, right here at home.



HEALTHWISE QUIZ

How much do you know about arthritis?

Test your knowledge and learn more about arthritis.

1

What does the word arthritis mean?

- a. Sore joint
- b. Joint irritation
- c. Joint inflammation
- d. Rigid joint

2

Which of the following statements about arthritis is true?

- a. Using artificial sweeteners like Equal and Nutrasweet that contain aspartame increases your risk of developing arthritis.
- b. Arthritis is the leading cause of disability in Americans over age 15.
- c. Arthritis is more prevalent in women than in men.
- d. Most people with arthritis will need minor surgery to lessen the pain.

3

Osteoarthritis is caused by the breakdown/loss of _____ in the joints.

- a. bursa
- b. cartilage
- c. air
- d. synovial fluid

4

How is rheumatoid arthritis different from other forms of arthritis?

- a. It occurs in joints on both sides of the body.
- b. Doctors recommend people with it sleep on a waterbed to alleviate pressure on joints.
- c. Pain is felt only early in the morning or late at night.
- d. It occurs when crystals build up in the joints.

5

Older adults aren't the only ones affected by arthritis; it can affect any age group. How many children are estimated to have arthritis?

- a. 35,000
- b. 150,000
- c. 300,000
- d. 500,000

ANSWERS: 1. C, 2. B, 3. B, 4. A, 5. C

8

easy ways to get more exercise

Fitting exercise into your schedule doesn't have

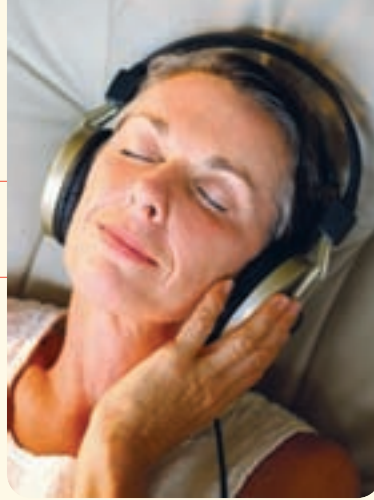
to involve a large bank account or even a lot of time. The following list of ways to make

physical activity a habit was created for even the busiest people.

- 1 **Take the stairs instead of the elevator.** This alternative burns calories and tones muscles.
- 2 **Avoid the phone.** At work, walk down the hallway instead of using the telephone or e-mail to communicate with a co-worker.
- 3 **Walk instead of drive.** It may not be the speediest mode of transportation, but it's effective when you want to visit a neighbor down the street, take your child to a nearby park or pick up a few items at the corner market.
- 4 **Walk during lunch.** Take a friend for company or listen to a book on tape to make your walk mentally as well as physically productive.
- 5 **Clean the house.** You'll have to do more than load the dishwasher to get your heart pumping, but a vigorous cleaning that takes two to three hours may be just what the doctor ordered.
- 6 **Ride your bike.** It's quicker than walking, cheaper than driving and it burns calories.
- 7 **Break activity down into small time increments.** If you don't have the time or energy for 30 minutes of continuous exercise, spread it out. Start with 10 minutes of activity, then do it again and again—for a total of 30 minutes.
- 8 **Vary your activities.** Boredom is one of the biggest commitment killers, so find several activities you enjoy and pick and choose depending on the weather and your mood.



Banish caregiver burnout



If you're caring for someone who depends on you, you need to be healthy and energetic. Yet the sheer amount of time and thought involved in providing care may mean you've put yourself at the bottom of your priority list—making you ripe for stress and burnout. Try these steps to protect your health:

1 Get regular medical checkups. Tell your doctor about your caregiving commitment—he or she may suggest resources to make your life easier.

2 Get plenty of rest. Sleep deprivation contributes to depression. Have a family member pinch-hit (or hire a respite worker) so you can get to bed at a reasonable hour or sneak in a nap.

3 Eat a nutritious diet. A poor diet can lead to malnutrition and fatigue. Regular, well-balanced meals boost energy. Ask family members to help with shopping and meal preparation.

4 Get regular exercise. Moderate exercise combats stress, increases energy and provides a mental-health break.

5 Manage stress. Meditate or learn relaxation techniques. Share your feelings with friends and family members. Ask your doctor for advice or referral to a counselor.

6 Ask for help. Don't try to be a superhero! Ask family

members to help pick up prescriptions, do laundry or drive to doctors' appointments. Ask your doctor about local resources like transportation to medical checkups, home-delivered meals, respite care or adult day-care services.

7 Schedule time for yourself. Schedule time to enjoy your hobbies. Spend time with friends. Try a change of scenery—take a short drive or see a play or concert.

8 Be realistic and flexible. Accept that your loved one's illness may change from week to week. Be flexible as you plan for the future. Acknowledge the many good things you've done and don't be hard on yourself for not being able to do everything on your own.

Real-world strategies to control your weight



Visit the diet and nutrition section of any bookstore and you'll be amazed by the number of books offering the latest miracle diet. Low carb, no carb, high protein, low calorie—but do any work?

Fad diets tend to be tough to stick with. Even worse, people often feel deprived and pile unwanted pounds back on once they're off the diets.

The best way to take off fat is slowly and steadily. That means a weight loss of no more than one to two

pounds a week. Many fad diets drastically reduce your food intake and put your body into "starvation" mode, slowing your metabolism to conserve calories. That's the

exact opposite of what you want. Similarly, restricting certain foods—such as carbohydrates—can lead to cravings that will derail your efforts.

THE TRIED AND TRUE

The following are real-life tips to help you look and feel your best:

- **Rebalance your diet.** If your diet is heavy on foods like crackers, bagels, white rice, low-fiber cereal and pasta, substitute them with whole grains like brown rice, multi-grain breads and pasta enriched with soy. To feel satisfied longer, combine carbs with protein.
- **Count calories.** Simply put, to lose weight you have to ingest fewer calories than you expend.
- **Spread out meals.** Eating small amounts throughout the day boosts your metabolism. Aim for three equal-sized meals, plus nutritious snacks in between.
- **Ditch self-denial.** Instead of avoiding any one food group, make wise choices. Whole-wheat crackers with peanut butter are a smarter snack than a bag of chips.
- **Emphasize weight training.** Add strength training to your exercise program. Resistance exercises build muscle, which burns more calories by increasing your metabolism.

THE RIGHT TEAM FOR YOU

The experienced, dedicated healthcare team at Volunteer Community Hospital can help your family stay healthy. We'd like to introduce two of them to you.



RANDA HASSAN, M.D.
Obstetrician/Gynecologist

Surgical Associates of Martin
300 W. Peach St., Martin
(731) 587-2525

In November 1989, Dr. Hassan graduated from the College of Medicine at Alexandria

University in Egypt. She completed a one-year internship with honors at King Saud University in Riyadh, Saudi Arabia, and an obstetrics and gynecology (Ob/Gyn) residency at Al Yamamah Hospital, a tertiary referral center in Riyadh. She completed an Ob/Gyn residency and a family-planning fellowship at John H. Stroger, Jr. Hospital of Cook County (formerly Cook County Hospital) in Chicago, Ill. While a second-year resident, she received the Sterling Teaching Award and earned first place in the ninth annual Resident's Research Day in 2004. Dr. Hassan has nine years' experience in Ob/Gyn. She and her husband have two children and enjoy family activities. In her free time, she swims and plays the piano and tennis.



AMY MYERS, CFNP
Certified Family Nurse Practitioner

Union City Women's Specialty Clinic
1117 S. Miles Ave., Suite 3, Union City
Hours: Monday, Wednesday, Thursday
and Friday, 8 a.m. to 5 p.m.
Tuesday, 1:30 to 5 p.m.
(731) 881-8150

Martin Specialty Clinic
143 Kennedy Drive, Martin
Hours: Tuesday, 8 a.m. to noon
(731) 587-5321

A certified family nurse practitioner, Myers received her bachelor's degree in nursing from the University of Tennessee at Martin. After working as a registered nurse for five years, she completed a master's degree in nursing at Murray State University. Myers currently practices with David Truett, M.D., at the Union City Women's Specialty Clinic. She provides obstetrical and gynecological healthcare to patients ages 12 and up. She enjoys working with women across lifespans and focuses on health promotion and wellness-illness management. Myers looks forward to helping community women in meeting their healthcare needs. The native of Union City resides with her husband, Rodney, and her daughters, Allison, age 12, and Audrey, age 6.

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