

Health Connection

FROM YOUR FRIENDS AT VOLUNTEER
COMMUNITY HOSPITAL

A sharper image

New technologies
give doctors
a closer look

When it comes to babies, we deliver!

Good day, sunshine!

Greet the day
with an SPF

How health-wise are you?

Find out inside

10 play-safe tips for your kids

Good day, sunshine!

Greet the day with an SPF

You don't have to be a sun worshipper to take sun protection seriously—even limited exposure can cause damage. Skin cancer is the most common kind of cancer in the United States, affecting nearly half of all Americans who live to age 65. Although most cancers don't appear until after age 50, skin cancer results from years of accumulated sun damage. However, you can avoid sun damage and enjoy your favorite outdoor activities by taking sensible precautions and using a sunscreen that protects your skin from damaging ultraviolet rays.

THE ABCS OF SPFS

Sunscreen products are rated according to their sun protection factor (SPF)—the length of time a product will protect you from sunburn caused by ultraviolet B (UVB) rays. But sunscreens don't provide complete protection. You still need to be cautious about timing and limiting your sun exposure.

Your best bet when shopping for a sunscreen is to choose a product with an SPF of at least 15, according to the American Cancer Society. Check the label to make sure it provides “broad-spectrum” protection, which protects against UVB rays and ultraviolet A (UVA) rays. UVB rays cause sunburns that can lead to superficial skin cancers known as basal cell carcinomas and squamous cell carcinomas. They can also lead to the more deadly skin cancer, melanoma. UVA rays penetrate even more deeply into the skin, damaging connective tissue.

SAVE-YOUR-SKIN TIPS

If you'll be outside, slather on sunscreen and find a shady spot, but keep in mind that sunlight reflects off surfaces such as water, sand and pavement. Avoid the sun between 10 a.m. and 4 p.m., when rays are strongest. To block sunlight,



wear sunglasses, a broad-brimmed hat and clothing made from tightly woven fabric, preferably long-sleeved shirts and pants. For your sunscreen to be most effective:

- Apply about 30 minutes before going outdoors.
- Use liberally. Apply 1 ounce of sunscreen to cover all exposed areas of your body, including your neck, ears and scalp.
- Reapply every 90 minutes—more often if you sweat heavily or go swimming.
- Use even on cloudy days—UV rays can still reach you.

Harmful UV rays can pass through car windows, too, so apply sunscreen to exposed skin if you'll be driving during peak sun hours.

Make applying sunscreen a habit—like brushing your teeth—but don't rely on sunscreen for full protection against skin cancer. Be sure to examine your skin each month for unusual changes and see your dermatologist if you spot any irregularities.

“When outside, apply sunscreen liberally every 90 minutes.”



Bouncing back from joint pain

With all the wear and tear we place on our joints, it's no wonder that almost 639,000 people underwent hip or knee replacement surgery in 2003, according to the Centers for Disease Control and Prevention. Knees and hips, in particular, are prone to problems—largely because they play a part in almost everything we do—but shoulder, finger, ankle and elbow joints can need replacement as well.

WHY ARE JOINT REPLACEMENTS NEEDED?

Joint replacement surgery, also known as arthroplasty, becomes necessary when conditions such as arthritis destroy the cartilage that cushions and separates bones. Over time, the friction of bone against bone wears away the joint, causing it to become stiff and painful.

Additionally, sports-related injuries and falls can create the need for surgery. Generally, arthroplasty becomes an option when joint pain disrupts your daily routine.

GETTING NEW PARTS

Surgeons can create a new joint, relieving your pain and providing greater freedom of movement. During the procedure, destroyed bone and tissue are removed and replaced with prosthetics, or artificial parts. The parts are made from durable metal, plastic or ceramic and can last up to 20 years.

Newer minimally invasive techniques are being performed more often, using smaller incisions—just 3 to 5 inches, compared with 6 to 12 inches in standard procedures—and reducing recovery time. Your hospital stay may be reduced to one or two days from four or three, and some patients go home the same day as surgery. However, minimally invasive surgery is not for everyone; patients who are overweight, elderly or frail or who have bone abnormalities do not make good candidates.

With hip or knee replacement surgery, expect to use a walker, crutches or a cane initially after the procedure. As you recuperate, a physical therapist will help you perform exercises to strengthen the joint, guiding your movements so you don't accidentally dislocate the replacement. Barring the unforeseen, you should be walking unassisted two to six weeks later. And though grueling workouts like 10-mile runs may still be too tough for artificial hips or knees, make plans to resume long-lost activities like dancing or strolling on the beach within six months.



Do you need joint replacement surgery?

Your overall health and age and the condition of your joints will help you and your healthcare provider decide whether you're suitable for joint replacement. If you can answer yes to any of the following questions, you may want to consider surgery.

- Are you still in pain even after losing excess weight?
- Does your pain keep you awake nights?
- Does your pain interfere with your ability to earn a living?
- Has your quality of life suffered because of your pain—your ability to travel, perform household chores or visit with friends or family?
- Have you exhausted all other options, including anti-inflammatory drugs to relieve joint pain, walking with a cane, power-walking or swimming instead of jogging?

A sharper image

New technologies give doctors a closer look



Volunteer Community Hospital offers advanced magnetic resonance imaging systems.

artery, for patients with pain, poor circulation and vessel disease in their legs

- renal arteriography to lower high blood pressure, for patients with renal artery stenosis, the narrowing of arteries supplying blood to the kidney
- carotid arteriography to treat carotid artery stenosis, or plaque buildup in the carotid arteries

These procedures are done on an outpatient basis, and patients usually go home the same day. Before this investment, patients had to travel to Jackson, Memphis or Nashville for these procedures.

QUALITY MEDICAL TEAM

Our up-to-date equipment is backed by a team of radiologists that's second to none in West Tennessee. Our radiology specialists are all graduates of an American Medical Association-approved school of radiologic technology, and they've passed a national registry examination specific to their specialty. Each year, these technologists are required to complete 24 hours of continuing education in their field. Rest assured that you're getting the best quality care from an experienced, caring staff.

So whether you need an X-ray, computed tomography (CT) scan, ultrasound, MRI, mammogram or angiography, you can feel confident in VCH's newest technology and the most extensively trained team in the area.

Make an appointment today!

To schedule an appointment with our radiology department, call (731) 588-3440.

Volunteer Community Hospital (VCH) has provided quality care to the community for over 40 years. For this reason, VCH continues to offer the most advanced imaging service technology. Over the past three years, VCH has invested \$2.5 million in some of the best equipment for our radiology department.

LEADING-EDGE OPTIONS

New ultrasound equipment allows technologists to perform all ultrasound procedures, including echocardiography and vascular exams. We also have the most powerful open-field magnetic resonance imaging (MRI) system in the area.

In addition, diffusion-weighted MRI, a highly sensitive method enabling early detection of stroke, takes imaging to another level. If a stroke is caused by a blood clot and is diagnosed within three hours of onset, anticlotting drugs such as a tissue plasminogen activator (TPA) can successfully treat it.

In an effort to make quality care available here at home, VCH has invested in an angiography suite, which helps in viewing blood vessels. Joel Perchik, M.D., a board-certified interventional radiologist, performs the following procedures:

- venous access catheter placement to provide dialysis and arteriography of the neck, legs and vessels in the abdomen, for patients with chronic renal disease
- leg arteriography, in which a stent is placed into an

Giving your baby a healthy start

Complete care at VCH's Maternity Center

When you need the most comprehensive maternity care in the area, look to Volunteer Community Hospital's (VCH) Maternity Center.

EXPERIENCE COUNTS

The maternity center has an experienced team of board-certified obstetricians/gynecologists, family practitioners, certified nurse midwives, pediatricians and certified nurse anesthetists who can ensure your child's birth is a wonderful experience.

The nurses are trained in fetal monitoring and certified in neonate resuscitation. "The nursing staff at the maternity center is highly skilled, experienced and compassionate. They work in partnership with the obstetrical care providers at Volunteer Community Hospital to support patients in every way. All of us feel privileged to be a part of a baby's first encounter with the world and we thank the families who have chosen us to be part of their experience," says Elizabeth Lund, M.D., of Surgical Associates of Martin.

EVERYTHING YOU NEED

VCH's Maternity Center features a Level II intensive care nursery that allows many sick or special care newborns to remain with the mother rather than be transferred to another facility. The center also has modern medical equipment and computer-integrated fetal monitors that record the baby's heartbeat and the mother's contractions. Seven labor, delivery, recovery and



postpartum (LDRP) suites offer a homelike setting, with adjustable birthing beds and lighting, rocking and reclining chairs, TVs, telephones and private bathrooms with showers.

Mothers can care for their baby in their room, or they can use the newborn nursery. Because safety is a priority, a controlled security system is in place.

In addition to pre- and postnatal care, the center offers childbirth preparation classes taught by a registered nurse who specializes in perinatal care.

"One of the greatest joys of my profession is the privilege of taking care of an excited family during their pregnancy with the expectations of a beautiful birth. This is why the maternity center at Volunteer Community Hospital shines. They strive to achieve the greatest experience for each and every family as they're present for the beautiful beginnings of this miraculous event called birth," says David Truett, M.D., of Union City Specialty Clinic.

Tiny Toes is coming soon!

The Tiny Toes Maternity Club, a comprehensive resource for women—

from pregnancy to the baby's first birthday—is coming soon to VCH's Maternity Center. The program brings together many resources that expectant mothers need and also offers a Web site component to post first photos of the new baby.

Learn more!

For more information about programs or to schedule a tour of VCH's Maternity Center, call (731) 588-3390.

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From left to right: Jami Maddox, C.N.M., of Surgical Associates of Martin; Elizabeth Lund, M.D., of Surgical Associates of Martin; Beth Roberts, C.F.N.P., of Surgical Associates of Martin; David Truett, M.D., of Union City Specialty Clinic; and Amy Myers, C.F.N.P., of Union City Specialty Clinic



Our LDRP suites provide a homelike setting with all the comforts mothers need.

HEALTHWISE QUIZ

How much do you know about ADHD?

Take this quiz to find out how much you know about attention deficit hyperactivity disorder (ADHD).

- 1 Which of the following is *not* a symptom of attention deficit hyperactivity disorder?
 - a. hyperactivity
 - b. obsession
 - c. impulsivity
 - d. inattention
- 2 ADHD is thought to be caused by:
 - a. poor parenting
 - b. a genetic disorder
 - c. rheumatic fever
 - d. all of the above
- 3 Other disorders may accompany ADHD in as many as one in three cases. These include:
 - a. Tourette's syndrome
 - b. learning disabilities
 - c. bipolar disorder
 - d. all of the above
- 4 Most children who have ADHD begin to show signs and symptoms of the disorder between ages:
 - a. 1 and 2 years
 - b. 4 and 6 years
 - c. 9 and 12 years
 - d. 13 and 15 years
- 5 Adults can also suffer from ADHD. To be diagnosed with the disorder, a person must:
 - a. have shown symptoms of ADHD in childhood
 - b. have suffered from a serious illness as a child
 - c. have trouble holding down a job
 - d. be a reckless driver

ANSWERS: 1. B; 2. B; 3. D; 4. B; 5. A



STROKE SMARTS

How to spot a stroke

A stroke is similar to a lightning strike—it can happen suddenly and without warning. However, there are sometimes warning signs that lightning is imminent, such as storm clouds, rain and thunder.

Warning signs can signal a stroke, too. If you spot them and act quickly, you may prevent severe disability or death. If you or someone around you show any of these symptoms, seek emergency medical treatment immediately:

- sudden numbness or weakness in the face, arm or leg, especially on one side of the body
- sudden confusion, trouble speaking or understanding
- sudden trouble seeing in one or both eyes
- sudden trouble walking, dizziness, loss of balance or coordination
- sudden, severe headache with no known cause

These signs point to a stroke in progress. Blood and oxygen are not getting to a part of the brain as a result of a burst blood vessel or a blood clot, and that portion of the brain begins to die. Speedy medical care may minimize brain damage.

RISK FACTORS

Lifestyle factors and other health conditions that weaken blood vessels or contribute to blood clots increase your risk for stroke. You can control or treat some of them, such as high blood pressure, smoking, diabetes, carotid or other artery disease, abnormal heart rhythm, transient ischemic attacks (mini-strokes), certain blood disorders, sickle cell disease, high blood cholesterol, high triglycerides, physical inactivity, obesity and substance abuse.

Factors you can't change include increasing age, gender (more men suffer strokes), family history, race (African-Americans face greater risk) and having had a prior stroke or heart attack. Talk to your doctor about ways to reduce your risk for stroke and be prepared to act quickly if warning signs appear.

Outward bound

10 play-safe tips for your kids

What's one of the best things to say to your child? Go outside and play! Close supervision, proper protective gear and these simple precautions will help your kids safely enjoy the great outdoors:

- 1 Apply a sunscreen with an SPF of at least 15 every day—even on cloudy days—and reapply every 90 minutes, especially after swimming or sweating.
- 2 Outfit kids with brimmed hats and don't forget the sunglasses.
- 3 Keep babies under age 6 months out of direct sunlight and in the shade.
- 4 Avoid using swimming aids such as "floaties." They don't substitute for a life vest and can give kids a false sense of security.
- 5 When kids are swimming, keep a portable phone and rescue equipment like a shepherd's hook and life preserver nearby.
- 6 Supervise kids at all times near water and stay within arm's length of babies and toddlers. If you have to step



away even for a moment, get everyone out of the pool area and take little ones with you.

- 7 Insist kids wear proper protective equipment, especially a helmet, wrist guards and knee and elbow pads when bicycle riding, skateboarding and in-line skating.
- 8 Teach kids to bike skillfully. Enroll your children in a class to practice basic skills, such as balance and braking, on a smooth surface away from traffic.
- 9 Visit playgrounds that have soft surfaces like wood mulch or chips, shredded rubber tires or sand to lessen the impact of falls. Avoid play equipment on asphalt, concrete, packed dirt and grass.
- 10 Don't let kids wear helmets, necklaces, backpacks, scarves or clothing with drawstrings while on playgrounds.



Fire up the grill!

But read these food-safety tips first

For many people, summertime fare means fresh, fast, no-fuss meals cooked outdoors. However, warm temperatures can set the stage for a nasty bout of food poisoning. Take these

precautions to make sure your meals are safe:

- **Defrost thoroughly.** Place frozen foods in the refrigerator for safe thawing. If meats are out too long, bacteria can produce illness-causing toxins that remain active even during cooking.
- **Marinate right.** Keep foods refrigerated while marinating.
- **Transport safely.** When traveling, use an insulated cooler with enough ice or cold packs to maintain a temperature of at least 40° F. Wait until you're ready to leave to

pack refrigerated foods in the cooler. Then place it in the coolest part of the car—not the trunk. When you arrive at your destination, move the cooler into the shade, avoid opening it frequently and replenish ice as needed.

- **Bring extra plates and tools.** Use one

platter and spatula, tongs and sauce brush for raw foods and a different platter and utensils for cooked foods.

Don't use a fork to turn meats since puncturing can introduce surface bacteria into the meat.

- **Keep clean.** Bring paper towels and disposable wipes or a sanitizing gel for convenient hand washing and surface cleanup.

- **Prepare the grill.** Light the coals and allow the cooking surface to heat up to kill microorganisms before putting on the food.

Is it done?

Use an instant-read meat thermometer to test meat's doneness. Grill precooked meats such as hot dogs to 165° F until steaming hot. Refer to the chart at right to determine when cooked meat is safe to eat.

Meat product	Safe temperature
poultry	180° F
pork	160° F
beef, ground	160° F
beef, steaks or roasts	145° F
veal	145° F
lamb	145° F

Dear community,

For most of us, healthcare isn't something we think about until we need it, and when we do, it's vital. At Volunteer Community Hospital, we want to be there with those important services—for an emergency, diagnostic tests, inpatient care or treatments. We have a special focus on improving and investing in new technology and services. In this issue, we cover some of these services that provide you with a wide range of care, close to home.

In the midst of changes and improvements, we never lose sight of the one constant—compassion. We understand that being sick or injured is always stressful on you and your family. That's why when you give us the privilege of caring for you, it's our standard and value to always do that with compassion. We're your local hospital and you're our neighbors and friends. We not only want to give you the best in medical care, but also the best in how we treat you like family.

Best regards,

STEVE WESTENHOFER
Chief Executive Officer



MICHAELA TUDORICA, M.D.
Internal Medicine

Martin Medical Center
117 Kennedy Drive, Martin
(731) 587-9511

Dr. Tudorica, a board-certified physician in internal medicine from Bucharest, Romania, specializes in primary care and internal medicine. She completed her residency at Yale University in Danbury, Conn. Dr. Tudorica has practiced medicine in Martin for the past three years and enjoys working in a small community where personal contact with patients and families is important and fulfilling. She's an independent member of the medical staff at Volunteer Community Hospital. In her free time, she enjoys traveling, outdoor activities and painting.



PETER LUND, M.D.
Orthopedic Surgeon

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

Dr. Lund, a board-certified orthopedic surgeon, studied at Tulane University School of Medicine and completed his residency in orthopedic surgery, including sports injuries, at Tulane Medical Center in New Orleans, La. He then completed a fellowship in hand surgery at the University of Mississippi Medical Center in Jackson. Most recently, Dr. Lund attended a conference on newer developments in hand surgery in Tucson, Ariz. He's practiced in Martin since July 1996, and is an independent member of the medical staff at Volunteer Community Hospital.

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