

Health Connection

WINTER 2006

PREMIERE ISSUE!

FROM YOUR FRIENDS AT VOLUNTEER COMMUNITY HOSPITAL

Meet our
new doctors

Surgical care
you can trust





Nimble body, nimble mind

Question:

To fight memory loss and dementia, it's a good idea to:

- A. do a crossword puzzle
- B. take up a new hobby
- C. exercise regularly
- D. all of the above

If you answered D, you're right. Scientists now know it takes more than mental stimulation to keep your brain sharp well into your later years. Physical activity gives your body and your brain a boost. A half-hour of moderate exercise—walking, golfing, gardening, performing household chores—on most days of the week can help you think more clearly and feel better at any age.

HOW EXERCISE HELPS

Exercise increases blood flow to your brain, promoting brain-cell growth, and helps reduce stress—important since chronic stress causes the release of hormones that can damage your brain over time. Some studies suggest exercise increases levels of important chemicals that maintain brain health. Other studies on mice show that exercise appears to delay or prevent plaque development in brain regions used in memory, thinking and decision making.

Regular exercise also helps preserve healthy brain functioning by:

- **Reducing your risk for heart disease.** Exercise lowers homocysteine, an amino acid in your blood that makes

nerve cells in the brain stop working and die.

- **Controlling your blood sugar.** Diabetes is linked with several types of dementia, including Alzheimer's and vascular dementia (common to stroke survivors). Both aerobic and weight-bearing exercises control your blood sugar by increasing your metabolism.
- **Lowering your blood pressure.** Unchecked, high blood pressure can damage blood vessels in your brain and reduce its oxygen supply, leading to a decline in decision making, memory and verbal skills.
- **Controlling your body weight and improving physical fitness.** Studies show a link between dementia and being overweight, possibly because overweight individuals have more cardiovascular risk factors associated with dementia than people at a healthy weight.

DIVERSITY IS KEY

For the most brain benefits, vary your exercise routine often. It's not how hard you exercise but how many activities you participate in that's key to preventing cognitive decline. Johns Hopkins University found that adults ages 65 and older who were involved in a number of activities (such as walking, biking, swimming, dancing and bowling) experienced less dementia than people who participated in fewer activities. One explanation could be that the variety of activities keeps more parts of the brain active.

So don't worry about how much you're sweating or how vigorously you're moving—just enjoy a variety of activities every day and keep trying new ones.

With good health habits and a little luck, you may never face a sudden medical crisis. But sooner or later, many of us find ourselves involved in one. Suppose it's chest pain, stomach cramps or a nasty kitchen accident—what's the right response? Should you get emergency help or just go see your family doctor?

A true medical emergency is a situation that's life threatening or could cause permanent harm if not treated immediately. Every minute counts. That's the difference between cases needing instant, emergency room intervention and those your doctor can handle in the office.

Doctors say there are no wrong reasons to call for medical assistance in a real emergency, especially if it's heart related. At such a critical time, don't drive yourself to the ER or get someone else to drive you—it could be dangerous. Plus, you need the expertise and equipment that's in an ambulance.

Below are examples of symptoms that constitute a medical emergency. Call for emergency assistance right away if you or a friend experiences any of them. And remember, if you're ever in doubt, play it safe and get help. It could save a life.

SEEK EMERGENCY TREATMENT ...

In cases of trauma:

- uncontrollable bleeding
- wounds with gaping edges



- wounds that involve the face or hands
- wounds caused by a puncture or wounds in which glass, metal or other objects have pierced the body
- severe burns
- head, neck or back injuries
- abdominal injuries or sudden, severe abdominal pain
- problems with movement or feeling after injury
- suspected broken bones
- animal or human bites
- contact with poisonous substances
- sunburn with nausea, vomiting, fever and chills

When the ER is your best option

Medical conditions that require emergency care

Any time these symptoms are present:

- chest discomfort
- difficulty breathing or shortness of breath
- nausea, dizziness, fainting or profuse sweating, especially when combined with chest pain and breathing difficulty—classic signs of heart attack
- sudden numbness on one side of the face or limbs, confusion, slurred speech, vision loss, severe headache or dizziness—all signs of a possible stroke
- severe allergic reactions from insect bites, food or beverages
- sudden or persistent vomiting or diarrhea
- coughing up or vomiting blood
- fainting, dizziness or hallucinations
- convulsions or seizures
- stiff neck with fever or headache
- sudden severe fever coupled with sensitivity to light
- stupor or dazed behavior
- drug or alcohol overdose
- attempted suicide or suicidal threats or statements

Surgical care you can trust



Meeting the community's surgical needs is the goal of Volunteer Community Hospital's (VCH) Surgical Services Department. With the recent addition of Thomas Batay-Csorba, M.D., who brings more than 30 years of experience, our surgical care providers have more than 200 years of combined experience.

Our team includes Peter Lund, M.D., orthopedic surgeon/fellowship trained hand/upper extremity surgeon; E. Rebeiro, M.D., general and cancer surgeon; Elizabeth Lund, M.D., and David Truitt, M.D., who perform surgical services for gynecological needs. Urology, ophthalmology and emergency medical technician procedures are also available at VCH.

THE LATEST TECHNOLOGY

Our professional staff of registered nurses provides excellent, patient-focused care. With the recent addition of a harmonic scapula, our up-to-date technology is designed to decrease surgery time and potential complications. Our postoperative infection rate is consistently less than the national rate.



Pictured above is our experienced surgical team. Left to right: E. Rebeiro, M.D., General and Oncologic Surgeon; Mary Ermis, C.R.N.A.; Mike Morel, C.R.N.A.; Chris Kelly, C.R.N.A.; and Peter Lund, M.D., Orthopedic Surgeon/Fellowship Trained Hand/Upper Extremity Surgeon.

INPATIENT AND OUTPATIENT SERVICES

The Surgical Services Department includes inpatient and outpatient services, intravenous infusion therapy, endoscopy, anesthesia, post-anesthesia recovery and sterile processing.

We provide skilled outpatient services to those whose conditions warrant procedures beyond VCH's facilities, but do not require emergency room or inpatient hospitalization. These outpatient procedures are provided to ambulatory patients of all ages. The Surgical Services Department is proud of its service from pre-admission to discharge.

CONVENIENT HOURS

The operating room and endoscopy services are available 24 hours a day, seven days a week. outpatient services are available Monday to Friday, 6 a.m. to 5 p.m.

Learn more!

For more information about VCH's Surgical Services Department, call (731) 587-4261, or visit our Web site at www.volunteercommunityhospital.com.

MEET OUR NEW DOCTORS

The experienced, dedicated physicians of Volunteer Community Hospital can help your family stay healthy. We'd like to introduce you to three of them.



SURESH THOTA, M.D.
Internal Medicine

Martin Specialty Clinic (MSC)
143 Kennedy Dr.
(731) 587-5321

We're pleased to welcome Dr. Thota to MSC. He's an internal medicine physician and is board certified by the American Board of Internal Medicine. Dr. Thota studied medicine at Osmania Medical College in India and completed an internal medicine residency at the Bronx Lebanon Hospital Center in Bronx, N.Y., where he was chief resident. He's a member of the American Medical Association. Dr. Thota and his wife, Kavita, have a 7-year-old son. In Dr. Thota's spare time, he enjoys sports and music.



JUDI CHALYKOFF, M.D.
Family Practice

Martin Medical Center (MMC)
117 Kennedy Dr.
(731) 587-9511

We're pleased to welcome Dr. Chalykoff to MMC. She has practiced for 30 years in the areas of general and family practice, and her office is open to patients of all ages. She's a Canadian-trained physician and is licensed in Tennessee and Ohio. Dr. Chalykoff has a long-standing interest in the care of cancer patients. Her husband, Thomas Batay-Csorba, M.D., is a general surgeon at Martin Specialty Clinic (see below). They have three children. In Dr. Chalykoff's spare time, she enjoys knitting, sewing and quilting.



THOMAS BATAY-CSORBA, M.D.
General Surgery

Martin Specialty Clinic (MSC)
143 Kennedy Dr.
(731) 587-5321

We're pleased to welcome Dr. Batay-Csorba to MSC. He's a Canadian-trained fellowship surgeon. He has practiced in the area of general surgery for more than 30 years in Canada, Michigan and Arizona. His interests are general abdominal and laparoscopic surgery. He plans to start a flexible sigmoidoscopy practice at MSC and to perform endoscopies and colonoscopies at the hospital. Dr. Batay-Csorba is licensed to practice general surgery in Ohio, Michigan, Illinois, Arizona and Tennessee and is a member of the American College of Surgeons. His wife, Judi Chalykoff, M.D., is a family practice physician at Martin Medical Center (see above). They have three children. Dr. Batay-Csorba enjoys golfing and fishing in his spare time.

HEALTHWISE QUIZ

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

Test your knowledge and learn more about asthma.

- 1** Which of the following statements about asthma is *not* true?
- Cockroaches are a major trigger of asthma symptoms.
 - Asthma can develop at any age.
 - Approximately 4,000 Americans die from asthma each year.
 - People with severe asthma should avoid exercise.

- 2** Which of the following is a risk factor for asthma?
- hay fever
 - chronic sinusitis
 - obesity
 - all of the above

- 3** Asthma is the most common chronic childhood disease. According to the American Academy of Allergy, Asthma & Immunology, the number of U.S. children estimated to have asthma is:
- 1.5 million
 - 5 million
 - 10 million
 - 20 million

- 4** All of the following are asthma triggers *except*:
- stress
 - home appliances that use natural gas as fuel
 - corticosteroid medications
 - mold

- 5** If someone is having an asthma attack, one of the first things you should do is:
- Take him or her outside for fresh air.
 - Have him or her breathe into a paper bag.
 - Help the sufferer get his or her prescribed asthma drugs and inhaling equipment.
 - Use the sufferer's Epi-Pen to administer an injection of epinephrine.

Conspiracy theory

How 5 risk factors join forces against your health

When it comes to heart disease, you know that risk factors like family history and being overweight don't work in your favor. Now, experts say a combination of five factors—a condition called metabolic syndrome—also conspire against you, adding up to a far greater chance of suffering a heart attack, stroke or diabetes.

You have metabolic syndrome if you have three or more of the following problems:

- **abdominal obesity**—a waist circumference of 40 inches or more for men; 35 inches or more for women
- **high blood pressure**—135/85 mm/Hg or higher
- **high triglyceride levels**—150 mg/dL or more
- **abnormal cholesterol**—HDL cholesterol levels of less than 40 mg/dL for men and 50 mg/dL for women
- **high blood glucose or insulin resistance**—a fasting glucose, or blood sugar, level of 100 mg/dL or higher

Studies show people with metabolic syndrome are twice as likely to suffer a heart attack or stroke than people without these factors.

WHAT YOU CAN DO

You can head off future trouble if you take these steps now:

- **Lose weight.** Losing as little as 5 percent to 10 percent of your body weight can reduce insulin levels and bring blood pressure down.
- **Eat healthier.** Include more fiber-rich foods like whole grains, beans, fruits and vegetables to aid weight loss and lower insulin levels. Reduce the salt, calories and fat you consume.
- **Exercise.** Get at least 30 minutes of moderately strenuous activity most days of the week.
- **Kick the habit.** Smoking increases insulin resistance and worsens many health problems.
- **Schedule regular checkups.** Get timely checks on your blood pressure, blood sugar and cholesterol levels.
- **Consider drug therapy.** Your doctor may prescribe aspirin therapy or medication to control risk factors.



MATCH GAME

Finding the right doctor for you and your family

Different stages of life bring different medical scenarios. Still, one factor remains a constant: the need for a primary care provider who knows you well and can treat you and your family best. So, how should you go about choosing a primary care doctor?

The first step is to put together a list of candidates. Ask friends, family members, co-workers or people you know who work in the medical community. You'll need to find out which doctors are on your health plan.

Once you've chosen a few candidates, call their offices and find out more by asking:

1. Which hospital does the doctor use?
2. What are the practice's office hours?
3. How far in advance do I have to book a routine visit?

4. If I'm sick, will the doctor see me the day I call?
5. Who covers for the doctor when he or she isn't available?
6. How long is the average waiting room time?
7. What is the office policy on appointment cancellations?
8. What do I do if I have an emergency after office hours?
9. Does the doctor give advice over the phone for common problems?
10. How long will I have to wait for a call back from the doctor or a staff member?

Consider your interaction with staff during your phone calls. Were they friendly, efficient and knowledgeable?

Narrow your list to one or two physicians and make an appointment to talk to them. Most likely, you'll have to pay for these visits. As you talk to the doctor, notice whether he or she pays attention to your questions or seems distracted, giving "stock" answers.

Now you should be ready to choose the doctor who can treat you and your family best—and give you peace of mind.

Food for thought

Eating right can help you control diabetes

If you're one of the 16 million Americans who have diabetes, you understand that nutrition should always take center stage.

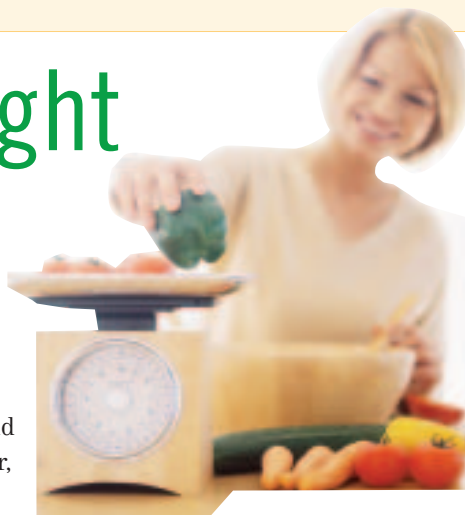
Healthy food choices, along with exercise and medication, are vital to keeping your blood sugar, or glucose, in line and avoiding complications.

WHEN YOU EAT

If you have diabetes, you should eat three balanced meals and two snacks a day. Spacing food and trying to eat meals at the same time each day will help control blood sugar and weight. Eating reasonable portions of carbohydrates throughout the day—instead of consuming all your servings at one meal—will keep blood sugar levels stable.

WHAT YOU EAT

Planning what you'll eat at each meal will help you keep blood sugar within a healthy range all day. Limiting carbo-



hydrate intake, sugary sweets and desserts helps control blood sugar levels. However, you must consume a moderate amount of carbohydrates to supply your body with the valuable energy they provide. But choose quality fuel. Variety among all food groups is key: fresh fruits and vegetables in abundance; beans,

brown rice and whole-grain breads and cereals; lean meat, poultry and fish; and low-fat dairy products.

Drink plenty of water, too, and avoid sweetened drinks. If you drink citrus juice, limit the serving to no more than 6 ounces. If you drink soda, switch to a diet variety.

It's important to stick to proper portion sizes. Learn how to measure and weigh portions. Read food labels, paying particular attention to serving sizes and total carbohydrates. A diabetes educator or dietitian can help you develop an eating plan. By learning to eat properly and controlling your weight and blood sugar levels, you can avoid most diabetes complications.



Steve Westenhofer
CEO

Dear Community,

Since opening in 1964, Volunteer Community Hospital (VCH) has strongly connected to the community. Our goal is to meet your critical healthcare needs. Recently, VCH, with the assistance of its board of trustees, updated the hospital's mission statement:

The mission of Volunteer Community Hospital is to serve the lifelong healthcare needs of our community by enhancing and maintaining quality of life in a sustainable manner. We are a dedicated team of professionals that provides quality care, comfort and compassion in a safe environment. We strive to be the first choice of emergency and urgent care, prevention, detection, treatment and rehabilitation services.

We serve the community from the birth of a child to providing comfort and quality later in life.

We want to sustain these services and resources for future generations.

VCH provides care for the body and spirit, a comfortable environment and compassion for every individual we serve. We also work hard to assure that care is provided in the safest way.

Lastly, we want to be your first choice for emergency care, early detection and prevention of illness and for treatment and rehabilitation during illness or injury.

I believe it's important for the community to be informed about our mission. Let us know how we can improve and when we do a good job. After all, the doctors, nurses and staff at VCH are part of this community too, and we consider our patients to be our family and friends.

Best regards,

STEVE WESTENHOFER
CEO

70VCH



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WINTER 2006

Health Connection

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