

Health Connection

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Karavadia, M.D.
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Healthbriefs



tip

Balance

your protein choices. Lean animal, fish and vegetable sources can help lower cholesterol.

› Pick cholesterol-lowering foods

When it comes to bringing down LDL (bad) cholesterol, it appears foods like soy protein, nuts and plant sterols (found naturally in plants) have the upper hand. According to a study in *The Journal of the American Medical Association*, people with high cholesterol who combined such foods and incorporated them into their diets had a greater reduction in LDL cholesterol than those who followed low-saturated-fat diets that focused on high fiber and whole grains alone.

The study followed 351 people over the course of six months. Researchers found that the cholesterol levels of those who followed the low-saturated-fat diets dropped 3 percent, while those consuming the cholesterol-lowering foods saw a decrease of up to 13.8 percent. These results don't mean you should ditch a heart-healthy, low-saturated-fat diet. Instead try adding the cholesterol-lowering foods to an already heart-healthy regimen.

› New moms: 5 ways to prevent back pain

Back pain is a common complaint of new moms. Here are some tips for keeping your back in good health, courtesy of the American Academy of Orthopaedic Surgeons:

- 1 With your obstetrician's OK, try to begin exercising shortly after you have your baby (women who've had C-sections usually have to wait at least six weeks). This will help rebuild tone in your abdominal and back muscles.
- 2 When lifting your baby, don't stretch your arms. Bring him or her close to your chest before picking the child up. Bend at your knees—lifting with your legs.
- 3 Carry your child in a front pack for longer walks. Avoid carrying him or her on your hip.
- 4 Kneel on the back seat when placing your child in the car seat. Don't attempt to load the baby when standing outside the car.
- 5 Use a chair that offers back support, not a soft couch.



› Aerobic exercise key to banning belly fat

Looking to get rid of that spare tire or paunch? Then it's time to get your heart pumping. A recent study in the *American Journal of Physiology* found that aerobic activity burned 67 percent more calories than resistance training (such as weight lifting). The eight-month Duke University Medical Center study followed 196 overweight, inactive adults who either performed aerobic exercises equivalent to jogging 12 miles a week or did three sets of eight to 12 weight-lifting repetitions, three times a week. The researchers discovered that aerobic exercise greatly reduced liver fat and deep-lying abdominal fat (called visceral fat), which increases the risk of heart disease, diabetes and certain types of cancer. The aerobic activity improved insulin resistance, triglyceride levels and liver enzymes—risk factors for disease—while the resistance training didn't.

Your best bet? Aim for a balanced exercise regimen that incorporates weight training, which can improve your strength and build lean muscle, and aerobic exercise.



Facing migraines head-on

➤ You're sitting at your desk at work when you feel it coming—that throbbing pain in your head. With dread, you prepare to face the nausea that will soon follow.

What you're experiencing, most likely, is a migraine, and you're not alone—28 million Americans get them.

What's a migraine?

Simply put, migraines are severe headaches that usually come back, whether it's weekly, monthly or only every few years. They may be preceded by visual disturbances such as zigzagging lines or flashing lights; last several hours or a whole day; occur on one side of the head; trigger nausea or vomiting; and they're usually disabling.

Migraine triggers include stress, hormonal changes (such as pregnancy, menstruation and menopause), certain types of food (alcohol, aged cheeses, too much or too little caffeine, food additives such as MSG, processed meats and citrus fruits), environmental factors (bright lights, excessive heat, allergies and perfume), irregular eating and sleeping habits, smoking and certain medications.

How can I control them?

The first step to managing migraines is to take note. When did your migraine happen? What were you doing? What did you eat in the past 24 hours? How long did it last? On a scale of one to 10, how bad was your migraine?

Keeping a migraine journal and answering such questions each time you experience one can help you avoid triggers and assist your doctor in tailoring an effective treatment plan.

Some people may benefit from medications, which can either knock out pain or prevent a migraine from occurring in the first place, while others may only need lifestyle adjustments:

- **Food substitutes.** For example, if blue cheese is a trigger, choose another type of cheese.
- **Stress.** Avoid stressful situations or engage in relaxing activities, such as yoga and meditation.
- **Sleep.** Aim for six to eight hours each night.
- **Exercise.** Remain active every day with activities such as brisk walks or laps at the local indoor pool.
- **Eating.** Eat regularly scheduled meals. Skipping meals can send your blood sugar crashing.
- **Smoking.** If you smoke, quit. Also avoid secondhand smoke.
- **Medicine.** Blood pressure medications and birth control pills are two types of medications that may aggravate migraines. If you think this is happening, talk with your doctor about possible substitutions (but don't just stop taking medicine).

If you experience symptoms such as a sudden headache (like a thunderclap) or a headache accompanied by other symptoms, such as fever, a stiff neck or trouble speaking, seek immediate medical attention, as these can indicate more serious conditions. ●

If you experience symptoms such as a sudden headache or a headache accompanied by other symptoms, seek medical attention.

tip

Keep

a journal to track your migraines and help you learn more about what triggers them.





A message FROM OUR CEO

KYLE SWIFT
Chief Executive Officer

DEAR FRIENDS,

I've had the opportunity to meet many of you at various community events as well as in the halls of the Medical Center of South Arkansas (MCSA). It has been a pleasure getting to know you. My family and I already feel very much a part of this community and appreciate your welcoming spirit.

In these first few months of my service here at the MCSA, we've continued moving forward with providing comprehensive and compassionate care to those we serve, right here, close to home. We're striving diligently to bring you the health care services needed in South Arkansas, including additional specialists.

As always, quality care is our top priority and is reflected in our consistent top rankings with the Arkansas Foundation of Medical Care. I always want you and your loved ones to be very satisfied with the care you receive while in our hands. Please let me know of any concerns you may have, as well as compliments, so that I can address them accordingly. I sincerely appreciate the opportunity and privilege to serve you.

With gratitude,

Kyle Swift

Chief Executive Officer
Medical Center of South Arkansas



Did you know?

One in three American adults has at least one type of cardiovascular disease. To learn how to keep your heart healthy, visit the Medical Center of South Arkansas at www.TheMedCenter.net and click on "Health Resources." There, you can assess your risks, take quizzes and more.

PHYSICIAN SPOTLIGHT



Saumil Karavadia, M.D.
Urology

South Arkansas Urology Associates
704 W. Grove St., Suite 4
El Dorado • (870) 875-5508

Urologist Saumil Karavadia, M.D., has recently begun his practice with South Arkansas Urology Associates. After graduation from medical school at University of Missouri-Columbia, Dr. Karavadia completed his residency with University of Texas Southwestern Medical Center in Dallas, where he served as chief resident.

His love for the field of urology led him to specifically train in using advanced technology and innovative treatments. Using laser equipment for kidney stone removal and performing minimally invasive procedures, such as plasma vaporization for enlarged prostate glands, are options that can safely, gently and efficiently treat urologic concerns. Dr. Karavadia is also skilled in robotics and laparoscopic surgery.

Settling in our neighborhood has been easy for the Karavadia family. They're enjoying the small, loving community of El Dorado and its warm, friendly people. You may find them walking the beautiful Arkansas trails, swimming in the crystal pools or hitting the tennis courts for a match. Join us as we continue to welcome Dr. Karavadia and his family to our community!

Dr. Karavadia is accepting new patients. For an appointment, please call **(870) 875-5508**. Most insurances and Medicare are accepted.

For a list of doctors by specialty, visit www.TheMedCenter.net.



Take charge of **your health!**

Screenings for healthy baby boomers

BY PAMELA J. SCHONEFELD, M.D., FACP
BOARD CERTIFIED IN INTERNAL MEDICINE
FELLOW OF THE AMERICAN COLLEGE OF PHYSICIANS

Most middle-aged people have planned for retirement, but they haven't scheduled regular diagnostic testing to maintain good health. Baby boomers should have routine screenings for cholesterol, blood sugar and blood pressure, among other "vitals."

See the health screening guide below for healthy baby boomers. These are the most important tests for this age group. Try to schedule them as recommended, as they can help prevent problems as you age. ●



SCREENING	FREQUENCY	RECOMMENDED BY
> Vision	Every 2-3 years	American Association of Ophthalmology
> Dental (teeth, gums and tongue)	Every year	American Dental Association
> Hearing	Every 3 years	Centers for Disease Control and Prevention
> Cholesterol	Lipid profile every 5 years	Mayo Clinic
> Blood pressure	Every 2 years	Mayo Clinic
> Type 2 diabetes	At least once by age 45 or sooner, especially if overweight; every year after age 45	American Diabetes Association
> Vaccinations	Flu shot every year; tetanus booster every 10 years	Centers for Disease Control and Prevention
> Thyroid	Thyroid screening every 5 years or as recommended by your doctor	American Thyroid Association
> Colon and rectal cancer	Starting at age 50, stool test every year; flexible sigmoidoscopy every 5 years or colonoscopy every 10 years	American Cancer Society
> Cervical cancer (women only)	Pap test every year for sexually active women; if 3 consecutive Pap tests are normal, screenings may be decreased to every 2 years (your doctor will advise you)	American Cancer Society
> Breast cancer (women only)	Optional monthly breast self-exam; clinical breast exam every year; mammogram every year	American Cancer Society
> Prostate cancer (men only)	Discuss with your doctor	Mayo Clinic



Learn more!
For more information or to schedule an appointment with Pamela J. Schonefeld, M.D., call (870) 875-5501.

HealthWise QUIZ

How much do you know about dementia?

> TAKE THIS QUIZ TO FIND OUT.

- 1 The most common type of dementia is:**
 - a. Alzheimer's disease
 - b. Lewy body disease
 - c. vascular dementia
 - d. none of the above
- 2 Which of the following conditions can cause or mimic the symptoms of dementia?**
 - a. Lyme disease
 - b. thyroid problems
 - c. low blood sugar
 - d. all of the above
- 3 According to the Alzheimer's Association, the risk of developing Alzheimer's after age 85 is about:**
 - a. 10 percent
 - b. 25 percent
 - c. 50 percent
 - d. 75 percent
- 4 One known risk factor for dementia is:**
 - a. getting too much vitamin D
 - b. having diabetes
 - c. regularly using a cell phone
 - d. exposure to everyday sources of aluminum
- 5 While there's no surefire way to prevent dementia, experts recommend which of the following measures to possibly lower your risk of developing it?**
 - a. taking high doses of vitamin C
 - b. lowering your blood pressure
 - c. keeping up to date on vaccinations
 - d. both (b) and (c)

Answers: 1. (a) 2. (d) 3. (c) 4. (b) 5. (d)

A dangerous trio

Sorting out stroke, heart attack and cardiac arrest



➤ What do stroke, heart attack and cardiac arrest have in common? They're all possible complications of heart and blood vessel diseases that affect millions of Americans each year.

Read on to learn more about each of these conditions.

Heart attack

When fatty deposits called plaque build up in the arteries, it can narrow them or cause a blood clot to form. When this occurs, blood flow to the heart is blocked, damaging heart muscle.

➤ **Symptoms:** Signs of a heart attack vary, but may include: tightness, a feeling of heaviness, pressure or a squeezing sensation in the chest; indigestion; anxiety; fainting; dizziness; nausea or vomiting; irregular heartbeats; shortness of breath; and sweating. Women may have less common symptoms, such as fatigue.

Stroke

A stroke occurs when a blood vessel leading to the brain becomes blocked (usually by a clot) or ruptures. This deprives the brain of oxygenated blood, causing parts of the brain to die.

➤ **Symptoms:** Stroke symptoms come on suddenly and include: numbness or weakness in the face, arm or leg (particularly on one side of the body); confusion; speech and comprehension problems; vision difficulties;

problems walking; and severe headache with no known cause.

Cardiac arrest

Sudden cardiac arrest is the result of a problem in the heart's electrical system, which regulates the heart's rhythm. This disturbance, or arrhythmia, causes the heart to stop beating, depriving the body of oxygenated blood.

If not treated immediately (with CPR and a defibrillator), a person in cardiac arrest usually dies within minutes. Heart attacks can sometimes trigger cardiac arrest.

➤ **Symptoms:** Cardiac arrest symptoms include sudden collapse, lack of pulse, no breathing and loss of consciousness.

If you or a loved one experiences symptoms of any of the conditions listed, call 911. ●



- **Harvinder S. Dod, M.D.**
Interventional Cardiology
- **Nicky L. Pipkin, M.D.**
Cardiothoracic Surgery
- **Rakesh K. Sharma, M.D.**
Interventional Cardiology
- **Donald J. Voelker, M.D.**
Interventional Cardiology

Make an appointment by calling (870) 875-5540.

Breaking cabin fever

Five ways to beat the indoor blues

Rainy days, snowy days, bitterly cold days—whatever's going on outside can test the patience of adults and kids alike who are trapped inside.

While it's tempting to flip on the TV or let your children play video games, neither of these keeps them physically active or their brains engaged. Try these healthier boredom busters instead:

1 Create family time. Bond with your children over a board game or plan a family outing to places you may not visit in nicer weather, such as a museum.

2 Let your children's imagination run wild. Check your closets and discount stores to put together a trunk of clothes for dress-up; build a fort using sheets and furniture; or create a craft

box by adding items such as paper, crayons, glue, glitter, string, beads and buttons.

3 Keep your children active. Make an obstacle course in your living room with couch cushions and laundry baskets. Or, try classic childhood games such as Duck, Duck, Goose. Old-time favorites like Simon Says and the hokeypokey are great ways to teach toddlers about following commands and different parts of the body.

4 Get in touch with nature. Have a set of binoculars? Help your children spot the many different types of birds or other wildlife in your backyard.

5 Get them involved. Planning a big vacation? Lay out travel materials and let your children help plan the itinerary. ●



Reclaim your colon

The right food can keep things running smoothly

Do you have a happy colon? If you're regularly battling constipation or diarrhea, chances are the answer is no. But there are foods that can help get you back on "tract."

Yogurt

Yogurt contains "good bacteria" called probiotics, which some research suggests may curb diarrhea and tackle the symptoms of irritable bowel syndrome (IBS).

It's also a good source of calcium, which, along with vitamin D, may protect against colon polyps and colon cancer.



Veggies, whole grains and legumes

These are all sources of insoluble fiber, which can ease or prevent constipation by bulking up and softening your stool. On the flip side, fiber can add substance to loose stool, relieving diarrhea, and may ease IBS symptoms. Fiber may reduce the risk of diverticular disease, a condition that causes small pouches in the colon.

Don't forget that legumes, potatoes, brown rice and whole grains are also good sources of vitamin B-6, which some research has shown may help prevent colon cancer in women.



Low-fat foods

Eating a lot of fat—especially saturated fats from red meat and foods such as hot dogs—can increase your colon cancer risk.

Increasing low-fat or nonfat dairy and vegetable intake are great additions to your diet. Reduce the fat by making other substitutions: lean poultry, pork or fish instead of red meat; frozen fruit instead of ice cream; or tub margarine instead of stick margarine or butter. Since not all margarines are created equal (some can be worse than butter), it's important to check the nutrition label for the amount of saturated and trans fats. ●



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The hard facts about kidney stones

BY SAUMIL KARAVADIA, M.D., UROLOGIST

Kidney stones are inconvenient, painful and often unexpected. More than 10 percent of American men and 5 percent of women will suffer from a kidney stone at some point in their lives, and a person who has already had a stone has a 50 percent chance of developing another. Fortunately, many of these stones can be prevented by making minor lifestyle changes.

Development and treatment

Kidneys remove excess fluid, electrolytes and waste from the blood. They also help regulate salts, phosphates and other substances. Kidney stones develop when there's an imbalance in these substances. Common stones are a combination of calcium and oxalate or phosphate, which crystallize together in high concentrations.

Many kidney stones pass with minimal pain, but others may not, causing severe discomfort. Today, the standard is to treat kidney stones so they pass in one day.

Shock wave lithotripsy targets the stone and breaks it into small fragments. Laser lithotripsy uses a laser, which is passed through the kidney tube, to break up the stone. The kidney stone is then removed with a basket.

Preventing stones

Many factors play a role in the development of kidney stones. However, you can make these simple lifestyle changes to reduce your chances of developing them:

- **Drink plenty of water.** This helps control the concentration of substances filtered by the kidneys.
- **Eat a balanced diet.** Too much salt and animal protein increases your risk for a stone, while whole grains, potassium and magnesium help lower that risk.
- **Be active.** Low physical activity causes the bones to release calcium into the bloodstream, which eventually lands in the kidneys. ●

South Arkansas
Urology Associates



Prevent stones!

To learn more about kidney stones, visit www.TheMedCenter.net, click on "Health Resources" and search for "kidney stones." To schedule an appointment, call **(870) 875-5508**.

