

Health Connection

A PUBLICATION OF THE
MEDICAL CENTER OF SOUTH ARKANSAS

Meet a new
cardiologist

We want to hear
from ER patients
Expect a call!

New hourly
check-ins
are here

5 family-friendly
snacks



MEDICAL CENTER



of South Arkansas

The Right Healthcare. Right Here.

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Weigh your options

Which surgical weight-loss treatment is right for you?

What do you think of when you hear the term “weight-loss surgery”? Most people associate it with gastric bypass, the most common type of weight-loss surgery (also called bariatric surgery). But it’s not the only choice. Today, several options are available when it comes to surgery to take off the weight—some less invasive than others.

YOUR OPTIONS

As with any procedure, weight-loss surgery isn’t for everyone. In general, physicians recommend surgery for women who are at least 80 pounds over their ideal weight, or 100 pounds for men. That means they have a body mass index (BMI) of 40 or higher, which is considered extreme obesity. Or, they have a BMI of 35 to 39.9 as well as a serious weight-related health problem, such as diabetes, high blood pressure or sleep apnea. Those who are a little less overweight but are suffering from serious weight-related health complications may also be candidates.

Most patients undergo one of three types of surgery:

1 Gastric banding: An adjustable band is placed around the stomach’s opening, which reduces the amount of food you can handle in one sitting. The surgery is done laparoscopically, or through small incisions, and the band can be adjusted after surgery. The procedure is fairly simple—the band can be removed if needed and the risk of complications is low. However, you need to be diligent in your weight-loss efforts because the band won’t make you feel full after consuming liquid calories. The average weight loss is about one-third to half of the extra weight that you’re carrying. You should keep losing weight for up to three years.

2 Gastric bypass: Also called Roux-en-Y gastric bypass, this surgery divides the stomach, creating a small pouch and attaching it to the small intestine so food bypasses the



rest of the stomach. This reduces the amount of food you can eat and the amount of calories and nutrients you can absorb. Gastric bypass can be done through a large incision or laparoscopically. On average, patients lose up to 68 percent of their excess weight in the first year, and may lose half or more of their extra thereafter.

3 Gastric sleeve: This surgery reduces the stomach’s size, reshaping it into a narrow tube. Doing so helps the stomach produce less of the hunger hormone called ghrelin. Some evidence suggests it may control hunger better than gastric banding; it may have fewer complications because no foreign materials are used and there’s less risk of malnutrition—a risk with gastric bypass. On average, patients lose 33 percent of excess weight in the first year.

Which surgery will work for you depends on your needs and weight-loss goals, as well as the surgical risks you’re willing to accept. Discuss any concerns with an experienced bariatric surgeon. Most surgeons require patients to undergo three to six months of formal and rigorous preparation that includes nutritional counseling and psychological assessment. Patients are also encouraged to get into optimal health before surgery in order to reduce surgical risks.

It’s also important to note that patients who undergo gastric bypass surgery have a significantly increased risk of vitamin deficiency. Therefore, these patients will need a lifetime of follow-up to monitor their nutritional status.

Typical results depend on many factors. Consult your physician about the benefits and risks.

Depression and diabetes

What to do about this unhealthy combination

The rigors of managing diabetes can understandably get you down. But what if your blues are something more?

Diabetes and depression can go hand in hand, experts say. Those with diabetes are twice as likely to develop depression as those who don't have diabetes, and those who are depressed have a 37 percent increased risk of developing diabetes. According to research, people who have both diabetes and depression tend to have more severe symptoms of both diseases. While it's unclear in what order these conditions may occur or why these relationships happen, some theories exist. Some experts believe depression could stem from the stress of controlling diabetes or related health complications, such as diabetic neuropathy (nerve damage); or that unhealthy habits associated with depression—such as overeating, not exercising and smoking—increase your risk for diabetes.

However, both diabetes and depression are treatable. And the sooner you seek help, the better. Depression can make it difficult for you to stay on top of your diabetes, and uncontrolled blood sugar can increase your risk for diabetes complications. Here are some tips to help combat the two conditions:

➔ **WATCH FOR SIGNS OF DEPRESSION.** In addition to feeling sad or hopeless, you may experience fatigue, a loss of interest in normal daily activities, sleep and concentration problems, weight gain or loss, thoughts of harming yourself and unexplained physical ailments, such as headaches.

➔ **TALK WITH YOUR PHYSICIAN.** A treatable physical problem may be causing your

depression. For example, poor diabetes control—blood sugar that's too high or too low—can sometimes trigger depression symptoms. Substance abuse, thyroid problems and side effects from medication are possible culprits as well.

➔ **GET TREATMENT.** If you don't find a physical cause for your depression, your physician may recommend seeing a psychiatrist or other mental-health expert. Treatment could entail antidepressants and counseling, which will help you deal with stressors and problems in your life.

➔ **SPEND TIME WITH FAMILY AND FRIENDS.** A strong support base and plenty of people willing to lend an ear can be extremely helpful.

➔ **EXERCISE REGULARLY.** Not only is activity a mood booster, but it can help you stay healthy by strengthening your heart and keeping your weight in check. Even a short walk can do wonders.



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Both diabetes and depression are treatable. And the sooner you seek help, the better.

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A MESSAGE FROM OUR CEO



America Farrell
Chief Executive Officer

Dear friends,

Thank you for taking time to discover the new, exciting health care advancements we're making to better serve your needs and those of your loved ones.

Medicine is increasingly technology driven, and the Medical Center of South Arkansas (MCSA) is keeping the pace. A few examples of our progress toward becoming your sole source for

advanced health care include:

- **a hospitalwide software conversion**, providing improved access to patient records as well as report generation
- **the addition of portable devices** for pharmacy staff to assist in making clinical decisions at patient bedsides
- **emergency department software** that aids in patient tracking and throughput
- **the addition of physician portals**, allowing remote access to the hospital network
- **new ultrasound equipment**
- **the acquisition of the open magnetic resonance imaging (MRI) center** located on Hillsboro Avenue

NO. 1 IN QUALITY

MCSA is a consistent leader in 29 quality measures across the state, as ranked by the Arkansas Foundation for Medical Care. MCSA has ranked No. 1 in the state time and time again!

We take our role as a health care leader seriously. We're working hard to enhance the health care available locally. With new programs for the community, additional specialist choices and advanced technology on the horizon, the health care community of El Dorado has more than ever to offer. We sincerely appreciate the opportunity and privilege to serve you.

With gratitude,

America Farrell

Chief Executive Officer
Medical Center of South Arkansas

PHYSICIAN SPOTLIGHT

The experienced and dedicated medical staff at the Medical Center of South Arkansas (MCSA) can help you and your family stay healthy. We'd like to introduce you to one of them.



HARVINDER S. DOD, M.D.
Interventional Cardiology

**Heart & Vascular
Institute of MCSA
700 W. Grove St.
El Dorado
(870) 875-5540**

MCSA is proud to introduce you to the newest member of the Heart & Vascular Institute team, Harvinder S. Dod, M.D.

Board certified in internal medicine, general cardiology and interventional cardiology, Dr. Dod earned his medical degree at the University of Rajasthan, India, and completed his residency at the University of Pittsburgh Medical Center. He completed his fellowship in echocardiography at the University of Alabama at Birmingham and fellowships in cardiology and interventional cardiology at West Virginia University.

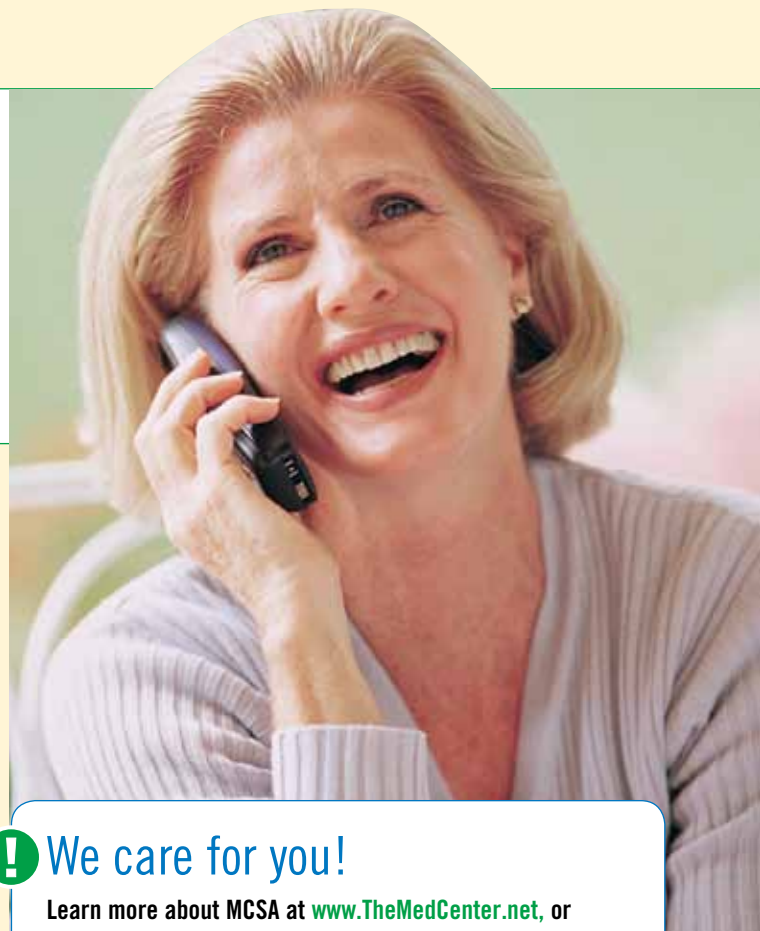
Dr. Dod has received several awards for distinguished service and has published numerous articles in professional medical journals. Dr. Dod is proud to join the team of qualified physicians of the Heart & Vascular Institute, as well as the community of El Dorado. Along with his wife and children, he enjoys the beauty of the area and the sincerity, compassion and friendliness of our citizens that seem to come so naturally.

Dr. Dod is accepting new patients. No physician referral is required. Most insurances, Medicare and Medicaid are accepted. Call **(870) 875-5540** to make an appointment.

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

Who's on the phone?

The ER staff!



After a visit to the emergency room (ER), it's not uncommon for family and friends to check in to see how you're doing or help with errands until you're back on your feet. But you probably don't expect to hear from the ER staff that treated you. Patients who have visited Medical Center of South Arkansas' (MCSA) ER shouldn't be surprised when they receive that phone call.

ER follow-up phone calls are part of our commitment to great patient care that doesn't end when a patient is discharged home. Through this Discharge Callback Administrator (DCA) program, more than 8,700 calls were made to our ER patients in 2010.

WE VALUE YOUR FEEDBACK

While still in the hospital, patients treated at MCSA's ER will be asked by a staff member for permission to call after they're discharged. Those who agree to a follow-up call are contacted within four days by a clinical team member and asked how they're feeling; if they have any questions about their discharge instructions, medications or pain issues; and if their condition has changed. The caller will also ask about the patient's experience at MCSA and how satisfied he or she was with the care and service.

"This call is a patient's opportunity to ask any questions about his or her medical care or recovery, and our chance to collect valuable feedback about the service we provide," says Chief Nursing Officer Keitha Griffith. Patients who

! We care for you!

Learn more about MCSA at www.TheMedCenter.net, or call (870) 864-3245 today for a tour or to schedule an appointment with an MCSA physician.

have a concern about medication, their diagnosis or matters that need urgent attention are tagged for a follow-up call from a medical staff member.

"We take these calls seriously. We want to hear what the patient's experience was like so that we can recognize those staff members who excel at patient care and reinforce good habits, as well as identify areas where we could do a better job," says Griffith. "All responses are valuable, as they help us identify our opportunities to improve as well as determine our strengths."



Want to give back?

The Medical Center of South Arkansas (MCSA) Auxiliary has a place for you! We're seeking volunteers to add a special touch to the care environment for patients, families and visitors. Choose to serve in areas including the information desk, ICU waiting, gift shop and more. Besides priceless fellowship, Auxiliary membership benefits include annual flu immunizations, yearly TB screenings and cafeteria discounts. To learn more, call Rachel Scriber at (870) 864-3245.

◀ MCSA Auxiliary members

HEALTHWISE QUIZ

How much do you know about **Alzheimer's disease?**

Take this quiz to find out.

- 1** The greatest risk factor for developing Alzheimer's is:
 - a. stroke
 - b. a family history of Alzheimer's
 - c. a head injury
 - d. aging
- 2** To stop the progression of Alzheimer's, physicians recommend:
 - a. taking medications such as Aricept and Exelon
 - b. eating plenty of fruits and vegetables
 - c. taking vitamin E supplements
 - d. The progression of Alzheimer's can't be stopped.
- 3** You have a greater risk of developing Alzheimer's if you're:
 - a. Asian
 - b. African-American
 - c. Caucasian
 - d. All ethnicities have an equal chance of developing Alzheimer's.
- 4** Which of the following can cause symptoms that mimic Alzheimer's?
 - a. vitamin B12 deficiency
 - b. certain medications
 - c. depression
 - d. all of the above
- 5** How many people in the United States have Alzheimer's?
 - a. 1.3 million
 - b. 3.1 million
 - c. 5.3 million
 - d. 10.2 million

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

What's your beef?

The truth about red meat and your health



That big, fat, juicy steak that most of us crave now and then is a great source of protein, but it's not the healthiest way to get this much-needed nutrient.

If you treated yourself to a 16-ounce broiled porterhouse steak at your favorite restaurant, for instance, you'd take in not only an astounding 109 grams of protein, but also more than 1,200 calories and more than 32 grams of saturated fat. And research suggests that if you did this regularly, or you're a carnivore who downs more than 18 ounces of red meat per week, you might be increasing your risk for colon cancer. Fans of processed meats such as bacon, deli meats and hot dogs can expect increased cancer risks, as well.

A diet high in saturated fat is known to be a risk factor for heart disease, but the cancer-red meat link is a little less clear. According to the American Institute for Cancer Research, red meat contains the compound heme iron, which can damage the colon's lining. People who eat more meat may also be less likely to eat plant-based foods, so they miss out on vegetables' cancer-protective offerings.

Experts recommend getting 50 to 65 grams of protein a day, which can also be found in foods such as dairy items, beans and eggs. Most Americans have no problem getting enough protein, but it's tricky getting it in a healthy way.

HEALTHY SUBSTITUTIONS

So what should you put on your plate instead of red meat? Think nuts, fish, poultry and low- or nonfat dairy, Harvard researchers say. Here are some other healthy ideas.

- Substitute pinto or black beans for meat in chili, tacos and soups.
- Try tofu instead of beef in stir-fries and casseroles. Freeze, thaw and crumble tofu to mimic ground beef.
- Slice tempeh, which is cooked and slightly fermented soy-bean paste in cake form, to use in sandwiches or cut it into chunks for kebabs.
- Replace meats in sandwiches with nut butters.
- Choose leaner cuts of beef—round, sirloin and loin—to satiate an occasional red-meat craving.

Work out like a kid



Tired of the same old boring gym routine? Want something that's actually fun and can get you in shape? Look no further than childhood games.

When you were a child, you weren't focused on building healthy bones or boosting your heart health, so you probably didn't realize that playground activities—whether it was a game of tag or hopscotch—were actually giving you a good workout.

And though you're a grown-up now, that doesn't mean you're too old to get fit like a kid. Try these activities:

➤ **HULA HOOP.** Twirl your hips for more than 10 minutes for a great aerobic workout. Smaller, lighter hoops are more challenging to keep spinning, so they use more energy; heavier hoops are easier to keep spinning, letting you hula longer.

➤ **DANCING.** Tone muscles, improve your flexibility, strengthen your heart and boost your lung capacity—all hallmarks of a good aerobic workout—by signing up for a

dance class in your community. If you want something more low-key, go out dancing with friends or, if you're a little shy, incorporate some moves into your household chores.

➤ **JUMP ROPE.** Get a great cardiovascular workout while improving hand and foot coordination and, like with any weight-bearing activity, building stronger bones. Purchase a rope with good grips, and sneakers such as an aerobic shoe or cross-trainers.

➤ **TAG!** Hike your heart rate with an old-fashioned game of tag. It will get both you and your kids moving. Up the ante with a game of freeze tag, where the last person who's "it" has to take out the garbage.

If you have arthritis and find it hard to do any of these activities, try swimming or cycling on a stationary bike.

SNACK ON THIS!

Snacks have earned a bad reputation. It's said that they spoil meals, add on pounds and rot your teeth. Sure, that's true for junk foods, but *healthy* snacks offer essential vitamins, minerals and an energy boost. Plus, they help prevent high-calorie between-meal

munchies and midnight fridge raids. To maximize snack time, choose fruits, vegetables, whole grains, nuts and low- or nonfat dairy products. Also be mindful of portion size, and munch only when you're hungry. Try these tasty snack suggestions.



▲ **CALCI-YUM!** Use mini cookie cutters to cut low-fat or nonfat cheddar or American cheese slices into fun shapes for you and your kids. Or dip fruit slices into fat-free vanilla yogurt.



▲ **VITAMIN C, PLEASE.** Mix together ½ cup sliced kiwifruit and ½ cup strawberries. Or serve tomato slices tossed with olive oil and a sprinkle of oregano or basil.



▲ **FIBER FILL.** Take a whole-grain English muffin, top with tomato sauce and a sprinkle of low-fat mozzarella or Parmesan for a mini pizza. Or air pop some popcorn for a fun, hands-on snack.



▲ **PROTEIN POWER.** Spread 2 tablespoons of peanut butter on whole-wheat crackers. Or try one slice of low-sodium deli turkey wrapped around a 1-ounce slice of Swiss cheese.



▲ **IRON CLAD.** Make a trail mix of dried fruit and iron-enriched cereal. When possible, consume vitamin C (found in fruits and vegetables) at the same time as iron-rich foods to aid iron absorption.

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70MSA



Our round-the-clock care team

By America Farrell, MCSA Chief Executive Officer

At Medical Center of South Arkansas (MCSA), every employee works hard to make each patient feel comfortable. Key to this comfort is clinical hourly rounding.

During these rounds, a patient's care team establishes a schedule for each patient to be visited by a nurse: approximately every hour during the day and every two hours in the evening.

During the visit, the nurse may give medication, make sure the patient is resting comfortably or simply check in to answer any questions or concerns. The caregiver will ask the patient about his or her comfort and pain level, help the patient move or change positions, assist with bathroom trips and make sure the patient has easy access to necessities.

Great patient care is everyone's priority at MCSA. Hourly rounding promotes better patient-care continuity, fewer health complications and better recovery.

A sharper image!

A picture is worth a thousand words. That certainly describes diagnostic imaging—a powerful tool physicians use to identify health concerns quickly and accurately.

The imaging services at Medical Center of South Arkansas (MCSA) are better than ever thanks to the addition of magnetic resonance imaging (MRI) technology in a newly acquired open MRI center. Because MRI provides a clear view of internal organs and tissues, it allows physicians to diagnose injuries and other health conditions much faster.

MRI technology is used for diagnosing diseases in the brain, spine, chest, abdomen and pelvis, as well as sports injuries in the joints. MRI is also used as a noninvasive diagnostic tool for heart disease. Other uses include examination of the brain, reproductive system and organs in the chest and abdomen.

The modern technology available at MCSA's radiology department coupled with the experience and dedication of our trained professionals can help you feel confident about the level of care you receive here, close to home.



! Schedule your MRI today

To learn more, visit www.TheMedCenter.net, or call (870) 864-3245 today for a personal tour of the open MRI center. Call (870) 875-6219 with your physician order to schedule an MRI appointment. Our MRI facility located on Hillsboro Avenue in El Dorado offers you the convenience of front-door parking, the beauty of a homelike atmosphere, and time-saving, "one-stop shopping" for your MRI needs.