

Health Connection

WINTER 2011

PREMIERE ISSUE!

A PUBLICATION OF THE MEDICAL CENTER OF SOUTH ARKANSAS

Seniors:
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go digital
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Take steps
to prevent
prostate
cancer

MEDICAL CENTER



of South Arkansas

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Keep your PROSTATE HEALTHY

Sens. Bob Dole and John Kerry, baseball team manager Joe Torre—what do all these men have in common? They're all prostate cancer survivors.

Cancer of the prostate—a walnut-shaped gland located below the bladder—is one of the most common cancers found in men. It may be slow growing and require little or no treatment, or it may be aggressive and spread quickly to other parts of the body.

THE PREVENTIVE APPROACH

While prostate cancer isn't completely avoidable, certain measures may help reduce your risk:

- **Stay active.** Daily exercise improves your overall health and helps keep your weight in check. Some research has shown that men who exercise regularly have a lower incidence of prostate cancer compared to men who don't.
- **Watch your weight.** A sobering fact: Men who are obese when diagnosed with prostate cancer are more likely to have advanced cases, which are more difficult to treat. But eating right and exercising can help you keep off excess pounds.
- **Talk with your physician.** Discuss any risk factors you have—being older than age 65, African-American or

obese, or having a family history of prostate cancer. Also, learn about the pros and cons of screening tests. A digital rectal exam and the prostate-specific antigen (PSA) test are two ways to identify cancer cases, but they can't tell a physician about the aggressiveness of the cancer. And prostate cancer treatments can have unpleasant side effects such as impotence and incontinence.

The American Cancer Society (ACS) recently revised its prostate cancer screening guidelines, encouraging more patient involvement in decisions about screenings:

- The ACS recommends that men at high risk of prostate cancer, including men with a family history of the disease, talk with their physicians sooner—as early as age 40.
- Men who do not have prostate cancer symptoms (trouble urinating, problems with urine stream, blood in urine or semen, leg swelling, pelvic discomfort, bone pain) and who are in relatively good health and are expected to live at least 10 more years should have the screening conversation with their physicians beginning at age 50.
- Men without symptoms who aren't expected to live 10 more years because of age or poor health shouldn't be offered the screening because the risks likely outweigh the benefits.

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Daily exercise improves your overall health and helps keep your weight in check.
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What to ask your physician about prostate health

Be prepared to ask some key questions at your next appointment:

- What is my risk of developing prostate cancer?
- Do you recommend I be tested?
- What is my PSA level (if you've had the test)?
- Will I need more tests? If so, which ones will I need?
- What do the test results mean?
- If I have cancer, what are my treatment options, and what are the pros and cons of each?

Mammogram confusion

Information on new screening guidelines



We've all heard that early detection of breast cancer with mammograms saves lives. So it was surprising when in 2009, the U.S. Preventive Services Task Force (USPSTF)—an independent panel that makes recommendations about which preventive services should routinely be offered and to whom—recommended against routine mammograms for women ages 40 to 49 who weren't at increased risk for breast cancer. Traditionally, all women ages 40 and older were encouraged to get the screening.

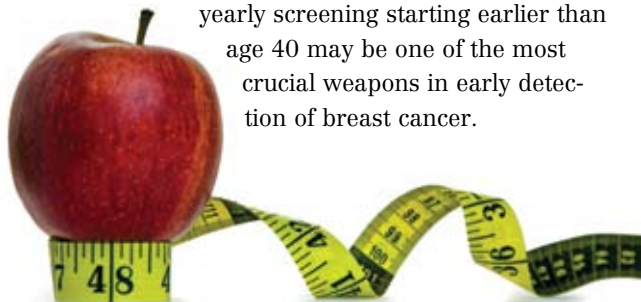
THE FLIP SIDE

In disagreement with the USPSTF's recommendations were major professional health care organizations including the American Cancer Society. "I have tremendous difficulty in not recommending an intervention [mammography]," says Otis Brawley, M.D., chief medical officer of the American Cancer Society. "Women ages 40 and older should have a mammogram every year."

NOW WHAT DO I DO?

Amid the confusion, you may be wondering about how to approach your own mammogram. Some words of advice: Talk with your physician.

The USPSTF's recommendations were just that—recommendations, not rules. Discuss your personal and family health history and how frequently you should get mammograms with your physician. And, if you're at high risk—see *Are you at risk?* at right—a yearly screening starting earlier than age 40 may be one of the most crucial weapons in early detection of breast cancer.



Mammogram comfort

Try these tips for a more comfortable mammogram, courtesy of the Centers for Disease Control and Prevention:

- Don't schedule your mammogram for the week before or during your period, which is when your breasts are likely to be tender or swollen, making mammograms less comfortable.
- Skip the deodorant, perfume and powder on the day of your mammogram. These may show up as white spots on the X-ray.
- For ease of undressing from the waist up, wear a blouse with a skirt or pants, instead of a dress.

Are you at risk?

According to the National Institutes of Health, breast cancer will affect one in eight women in their lifetime. Why breast cancer affects some women and not others isn't known; however, several known risk factors for the disease include:

- increasing age
- having the BRCA1 or BRCA2 genes; if your family members have had breast or ovarian cancer, talk with your physician about getting tested
- starting your period before age 12 or going through menopause after age 55
- being overweight
- using menopausal hormone therapy
- taking birth control pills
- drinking alcohol
- not having children or having your first child after age 35
- having dense breasts



America Farrell
Chief Executive Officer

Dear friends,

It's with great pleasure that the Medical Center of South Arkansas (MCSA) brings our new publication, *Health Connection*, to your doorstep. Thank you for taking time to learn more about the new, exciting health care advancements we're making to better serve your needs and those of your loved ones.

NEW PHYSICIANS AND PROGRAMS

Recently, we welcomed pediatrician Abiodun Oyebola, M.D. Dr. Oyebola comes to El Dorado after practicing in Nevada since 2006. Dr. Oyebola is just another example of the quality physicians you've come to expect at MCSA. You can learn more about Dr. Oyebola in this issue.

We're also excited about our recent launch of a new program, Senior Circle. The mission of Senior Circle is to encourage a healthy, active lifestyle for people ages 50 and better by providing programs that encourage continued learning, wellness and volunteering, coupled with social activities. Learn more about Senior Circle on the next page.

We strive every day to find advanced and convenient ways to serve your health care needs. With new programs for the community, additional specialist choices and advances in technology on the horizon, the health care community of El Dorado has more options than ever. MCSA's dedication to you and your family will never change, and we encourage you to take a look at the advancements still to come in 2011.

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 Abiodun Oyebola, M.D. South Arkansas Pediatric Associates is now accepting new patients.



ABIODUN OYEBOLA, M.D.
Pediatrics

South Arkansas Pediatric Associates
794 W. Grove St.
El Dorado
(870) 863-9520

MCSA would like to welcome pediatrician Abiodun Oyebola, M.D., of South Arkansas Pediatric Associates, to our community.

Dr. Oyebola earned his medical degree at the University of Ibadan, Nigeria and completed his residency at Cook County Children's Hospital in Chicago. Dr. Oyebola has a master's in public health from Jackson State University in Jackson, Miss. Practicing pediatrics in Las Vegas since completing his residency in 2006, Dr. Oyebola recently moved to El Dorado with his wife to raise their children.

Dr. Oyebola and the staff of South Arkansas Pediatric Associates believe pediatric medicine isn't just about treating ailments, but encompasses the total well-being of the patient, including mental, physical, emotional and spiritual aspects. Dr. Oyebola's interests include adolescent health, child advocacy and mentoring and community pediatrics.

South Arkansas Pediatric Associates is now accepting new patients. Most insurances and Medicaid are accepted.

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



Save money, be healthy and have fun!

If you're age 50 or better and looking to have the time of your life, stop searching! The Medical Center of South Arkansas (MCSA) has launched a new program, Senior Circle, representing our commitment to meet the needs of seniors by providing opportunities to live the healthiest, most fulfilling lives possible. Circle members get more out of life with health talks, benefits at MCSA, local business bargains and discounts on prescriptions, vision care and personal emergency response systems and many more valuable members-only discounts and privileges.

Senior Circle members enjoy fun and fellowship with a full calendar of social events, exercise programs and travel opportunities. Members also receive our bimonthly *Circle News* newsletter with important local information including upcoming health talks, hospital updates, trips, local discounts and physician information. And, members receive our national *Inside Circle* quarterly magazine featuring member news, benefit updates, member letters and much more!

! Join the Circle!

Call Alex Hale at (870) 864-3282 to learn more about how you can become a member of the Circle and enjoy future fun. Membership is only \$15 a year, but the benefits can be priceless to your health and happiness.



FOR WOMEN ONLY



Life can be busy, especially for most women—working, cooking dinner, folding laundry—all while trying to care for a family. With all those obligations, you might have forgotten someone special: You! But we haven't.

Healthy Woman is a free Medical Center of South Arkansas (MCSA) resource designed especially for women; our monthly events help you maintain a healthy mind, body and spirit.

When it comes to health care, women make the choices that count. Healthy Woman is here for you, to empower you as a woman with the confidence to make informed decisions for not only you, but for your entire family. Healthy Woman members have all of the most up-to-date health resources at their fingertips.

Plan to join us for our monthly events, guaranteed to provide insight and knowledge. We always mix in a little fun, and of course, it's good to have some girlfriend time!

Healthy Woman advisory council member Felisha Aaron enjoys some time with the MCSA group.



! Be a Healthy Woman!

To join and learn more about upcoming events, visit www.themedcenter.net and sign up for the MCSA program.

Early breast cancer detection saves lives

Now you can have all the advantages of digital mammography without ever having to leave town. MCSA is the first hospital in the area to bring you this advanced technology, which provides clearer images and faster results. To learn more or schedule an appointment, call (870) 875-6219. Remember, early detection is key. To learn more about mammograms, see page 3 of this issue.

HEALTHWISE QUIZ

How much do you know about **high blood pressure**?

Take this quiz to find out.

- 1** How many American adults have high blood pressure?
 - a. one in three
 - b. one in five
 - c. one in 10
 - d. one in 20
- 2** Most people with high blood pressure experience:
 - a. nausea
 - b. weakness
 - c. trouble concentrating
 - d. no symptoms
- 3** Healthy adults with no history of high blood pressure should have their blood pressure checked every:
 - a. six months
 - b. year
 - c. two years
 - d. 10 years
- 4** High blood pressure can increase your risk for:
 - a. dementia
 - b. eye damage
 - c. bone loss
 - d. all of the above
- 5** Which of the following statements is true?
 - a. After age 65, more women than men have high blood pressure.
 - b. After age 65, more men than women have high blood pressure.
 - c. After age 65, an equal number of men and women have high blood pressure.
 - d. After age 65, the number of men and women suffering from high blood pressure is unknown.

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

Show your heart a little love

Your heart works hard for you, pumping day in and day out to supply your body with the oxygen-rich blood you need for survival. So what are you doing to nurture it? Try these five tips to ensure better heart health:

➔ Choose good-for-you foods. Follow a diet such as Dietary Approaches to Stop Hypertension (DASH). This eating plan is centered on foods low in fat, cholesterol and salt; and rich in fruits and vegetables (aim for five to 10 servings a day), whole grains and low-fat dairy products. Foods that are good for the heart also include those with high levels of omega-3 fatty acids, a type of polyunsaturated fat, found in fish such as salmon, mackerel and sardines.

➔ Give your heart a workout. You don't need a gym membership to keep your heart in tip-top shape. Get the recommended 30 to 60 minutes of physical activity daily by walking, jogging or biking—and remember that everyday tasks such as gardening, vacuuming and taking the stairs count toward your activity goals. Activity, along with eating healthy foods, can help you maintain a healthy weight, which is another way that you can boost heart health.

➔ Consider aspirin therapy. A daily aspirin can benefit many people, but not everyone, so talk with your physician first about the risks and benefits. For example, aspirin can help prevent first and second heart attacks in older women and men of all ages, but only second heart attacks in women younger than age 65. Aspirin also may prevent certain types of strokes.

➔ Quit smoking. Tobacco smoke contains thousands of chemicals that damage the heart and blood vessels, including nicotine, which narrows blood vessels and makes your heart work harder. Within one year of quitting, you can expect to see your heart-disease risk drop dramatically.

➔ Get checked. Have your blood pressure and cholesterol checked regularly. Ask your physician how frequently you should be tested based on your health history.





CLEAN UP your health

It's easy to focus on all the bad things we breathe in the air outside, such as pollen and pollutants. But what about what's lurking inside our houses? Household dust, mold and various chemicals can make breathing difficult. Here's what might be stirring up trouble at home:

Dust mites. In dust around the home lie dust mites—microscopic insects that are the most common cause of dust allergies. They can also trigger asthma and flu-like symptoms.

Combat them: Wipe dusty surfaces with a damp cloth, and vacuum once a week. Wash bedding once a week in hot water, and cover mattresses, box springs and pillows in mite-proof covers.

Mold. Mold spores thrive in damp areas such as basements and bathrooms. Along with dust mites, mold is considered a biological pollutant and can also trigger allergies and asthma.

Combat it: Use ventilation fans and dehumidifiers to keep humidity at 30 percent to 50 percent. Treat moldy bathrooms, basement walls and furniture with diluted bleach or other disinfectants.

Volatile organic compounds (VOCs): These gases are emitted from products such as paints and cleaning supplies. Health effects range from ear, nose and throat irritation to central nervous system damage.

Combat them: Use chemicals only in well-ventilated areas. Consider purchasing low-VOC paint.

Don't let the bedbugs bite!



Bedbugs are one souvenir you don't want to take home with you from vacation. But these flat, little reddish-brown pests, which are more common in places such as hotels, may find a way into your home by hitching a ride in your suitcase. Waiting to strike, they hide out in beds, box springs, headboards and bed frames. When they do bite, they can cause red, itchy, clustered bite marks on the face, neck, arms and hands. The best way to eliminate them is with a professional exterminator.

DOUBTING diet soda

Diet soda: It's sugar and calorie free, so it must not be bad for you, right? Some recent research suggests otherwise. While most of these health concerns need further investigation, now might be a good time to either limit your diet-soda intake to the occasional indulgence, or switch to water, skim milk or diluted 100-percent fruit juice. Here's why:

Tough on teeth. Diet soda is just as acidic as regular soda, which can damage tooth enamel and promote decay.

Wicked to waistlines. Some studies have found that drinking diet soda regularly may be connected to obesity and type 2 diabetes. Researchers are unsure if diet soda actually causes obesity, but one study found that those who drank three or more of the beverages daily were more likely to gain weight than those who didn't.

Unkind to kidneys. One major study found that women who consumed two or more artificially sweetened sodas a day doubled their risk for kidney function decline. Drinking regular soda or only one diet soda daily did not decrease kidney function more than normal. However, for those prone to kidney stones, a separate study discovered that citrus-flavored diet sodas contain high levels of a compound that may inhibit stone formation.

Bad to the bones. According to the National Institutes of Health, people may be replacing bone-friendly, calcium-rich milk with soda, which may lead to decreased bone mass and an increased risk of fracture.



Health Connection is published as a community service of the Medical Center of South Arkansas. There is no fee to subscribe.

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your health care provider.

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70MSA



Comprehensive cardiac care

Close to home

There's often only one chance when it comes to caring for patients with life-threatening heart or vascular conditions. The more quickly you receive medical attention, the better the results. That's why it's important to trust your cardiovascular needs to the area's only accredited Chest Pain Center (CPC), the Heart & Vascular Institute located on the campus of the Medical Center of South Arkansas (MCSA). The institute is a regional leader in cardiovascular care, offering a comprehensive program. We've been working to provide our patients with advanced cardiac care during that critical window of time when we can preserve the heart muscle.

EXPERIENCE AND TECHNOLOGY

The team of MCSA cardiologists, cardiac surgeons and nurses understands that heart problems are as individual as the patient, and that's why each requires a unique approach. Our MCSA professionals have the experience and technologies available for virtually any case.

Our cardiac procedures include coronary intravascular ultrasound and flow measurement; open-heart surgery for coronary artery bypass, valve repair and replacement and major aortic surgery and endograft; and many other services. We also offer advanced technologies including lasers in our operating suites.

IMPROVING FOR YOU

In 2009, MCSA was named an accredited CPC by the Society of Chest Pain Centers. MCSA followed the Society's best practices in the care of patients with acute coronary



syndrome to receive this designation; we're one of only three accredited CPCs in the state. This award is just another step in our efforts to consistently provide quality care to our patients.

It's important to know that cardiac services at MCSA are available right here, close to home. To learn more about heart health, see page 6.



Stay heart-healthy!

Call (870) 875-5540 to learn more about our cardiac services or to schedule your appointment. No referral is necessary for appointments with MCSA cardiologists.

