

Health Connection



SCENIC MOUNTAIN
MEDICAL CENTER

FROM YOUR FRIENDS AT SCENIC MOUNTAIN MEDICAL CENTER



Health
Connection
gets a fresh
look!

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tip

Walking

is a great way to reduce stress while you quit smoking. It aids in increasing mood and energy levels.

> New guidelines take the air out of ballooning obesity rates

More than two-thirds of adults and one-third of children are now considered to be overweight or obese. Excess weight raises the risk of serious health issues. To reverse this trend, the U.S. Department of Agriculture (USDA) and Department of Health and Human Services (HHS) updated their Dietary Guidelines for Americans in 2010. The guidelines focus on getting people to eat healthier and exercise more, and help policymakers create nutrition programs. The USDA and HHS released more consumer-friendly advice and tools, including a new food pyramid. They offer these simple strategies to help people change their habits and their weight:

- > Eat less.
- > Watch portion sizes.
- > Fill half of your plate each meal with fruits and veggies.
- > Switch to fat-free or low-fat milk.
- > Look for lower-sodium options.
- > Drink water instead of sugary drinks.



> Act F.A.S.T. to head off a stroke

Rapid medical care can help reduce the risk of brain damage from stroke. Physicians treat patients with a clot-busting drug that can help protect the brain against permanent damage, but the drug must be given within three hours of the stroke's onset. If someone is experiencing stroke symptoms, call 911. To help you remember stroke signs and determine whether someone you know has had a stroke, think **F.A.S.T.:**

- > **FACE:** Does the face look uneven? Can the person smile?
- > **ARMS:** Can the person raise both arms and keep them there?
- > **SPEECH:** Is the person's speech slurred or strange?
- > **TIME:** Call 911 if you notice any of these signs.

> Healthy diet may boost kids' IQs

Fish isn't the only food that's good for your brain. A new study says that other healthy selections might boost kids' intelligence. The flip side may also be true: If kids eat nothing but processed food, they might lose IQ points. Published in the *Journal of Epidemiology and Community Health*, the report collected information from parents on almost 4,000 children. Surveys were given when children were ages 3, 4, 7 and 8.5. The "processed" diet included foods high in fat and sugar. The "health-conscious" diet included foods such as salad, rice, pasta, fish and fruit. Those who ate a processed diet at age 3 scored slightly lower on IQ tests at age 8.5 than those who ate a health-conscious one at age 3. While the difference between the groups was small, it might be another reason to encourage picky eaters to eat a few more vegetables.



Treating an ACL injury

➤ The dreaded torn ACL, or anterior cruciate ligament, is a common injury

for athletes—especially female athletes, who may be at a disadvantage because of hormonal influences and their build—but it can happen to just about anyone.

What is an ACL tear?

Your ACL is one of four knee ligaments. It's located in the middle of your knee and prevents the top of the shin bone, or the tibia, from sliding out in front of the end of the thigh bone, or the femur, while lending stability to your knee. Most often, ACL injuries occur when you stop suddenly and change direction while running, pivoting or landing from a jump or overextending your knee. You can also injure your ACL during contact, such as receiving a blow to your knee during a sports game or any nonsport accident.

When you injure your ACL, you may hear a popping noise and feel your knee giving out. Typically, painful swelling, joint tenderness, pain while walking and the inability to fully move your knee occur. Elevating the joint above heart level, icing it and using pain relievers are recommended until the injury can be evaluated. If your physician suspects an ACL tear, he or she may order an MRI to confirm that no other parts of the knee have been injured.

Treatment

The ACL cannot be “fixed.” Often, physicians have to create a new ligament through surgery. Surgery is the most common treatment for an ACL injury, as untreated injuries may lead to further instability of the knee and the beginning of arthritis in that area.

However, what's best for you depends on the degree of injury (is it a

partial tear or a complete tear?) and your lifestyle.

For example, a sedentary 75-year-old who has suffered only an ACL injury and has no knee instability may be able to function fine without surgery. In this case, bracing the knee combined with physical therapy can help the patient get back on his or her feet.

An athlete will most likely need surgery to continue to compete in sports, as will those who've suffered injury to multiple ligaments in the knee. In these cases, the ligament is rebuilt using a tissue graft from your own tendons, such as the hamstring, or from a cadaver. Most ACL tears typically require physical rehabilitation. Overall, ACL surgery has a long-term success rate of 82 percent to 95 percent.

Prevention

It's not easy to prevent an ACL injury, but you can do your part to reduce the chance that one will occur by:

- warming up properly before a physical activity
- engaging in strength training, such as using weight machines, to gain muscle strength
- asking a trainer to teach you how to land on the balls of your feet if you participate in sports that involve jumping and landing ●



tip

Warming

up properly before physical activity may help prevent ACL injuries.



A message FROM OUR CEO

**LARRY
RODGERS**
Chief Executive
Officer

DEAR NEIGHBORS,

Welcome to this edition of the Scenic Mountain Medical Center (SMMC) community newsletter, *Health Connection*. Autumn brings cooler weather, football and school activities. Autumn

also means new services and physicians here at SMMC.

We now have a 30-Minutes-or-Less ER Service Pledge. This means that when patients enter the emergency room, their arrival time will be noted, and a clinical professional will work diligently to initially see them within 30 minutes of their arrival. We believe this service pledge clearly demonstrates our commitment to provide comprehensive emergency care to our friends and neighbors. (See page 8.)

Peripheral artery disease (PAD) is a serious but treatable condition. SMMC now provides noninvasive arterial testing that may provide early detection of PAD. If you have leg pain or other symptoms of PAD, ask your physician about this testing. (See page 5.)

In a continuing effort to offer our community a broad range of services right here in Big Spring, we welcome three new members to our medical staff: Manmeet Mangat, M.D., specializing in hematology and oncology, and Big Spring natives Christopher Haddad, M.D., and Rudy Haddad, M.D., practicing interventional cardiology. These physicians will see patients in our Specialty Clinic, near the south entrance to SMMC. (See their profiles on page 5.)

In keeping with our commitment to your health, we're looking forward to becoming a tobacco-free facility on Jan. 1, 2012. (See the article at right.)

SMMC is proud to be a part of the Howard County community. Thank you for choosing us as your health care provider. We appreciate your putting your confidence and trust in us.

Warm regards,

Larry Rodgers

Chief Executive Officer
Scenic Mountain Medical Center

A breath of fresh air

SMMC to become a tobacco-free campus

➤ As part of our ongoing commitment to the health and

well-being of our patients, community, employees, physicians, visitors and volunteers, Scenic Mountain Medical Center (SMMC) is proud to announce plans to become a tobacco-free facility.

Kicking the new year off right, beginning Sunday, Jan. 1, 2012, the hospital campus and all hospital-owned properties will become tobacco free.

"As a community provider of health care services, we have a responsibility to promote health and wellness and to provide a tobacco-free environment," says Larry Rodgers, SMMC chief executive officer.

Changes on the horizon

As a result of the new tobacco-free campus, no smoking will be allowed on any property or in vehicles owned by SMMC or in vehicles parked on the hospital grounds. Since this change may be difficult for some people, smoking-cessation resources will be available for employees and community members.

"We're excited about this, our latest step in providing for the health and well-being of our community members," says Rodgers. "We hope the community will join us in support of our efforts to promote a healthier lifestyle in our community." ●



Be tobacco free!

Enjoy the fresh air! Join SMMC in going tobacco free starting on Jan. 1, 2012. For smoking cessation resources, visit www.SMMCCares.com/Tobacco-Free.

Peripheral artery disease

Get tested at SMMC



➤ **Have you noticed a loss of bounce in your step due to fatigue or pain in your legs, thighs or buttocks?**

Peripheral artery disease (PAD)—a condition in which plaque builds up in the arteries and reduces blood flow—is characterized by leg pain, numbness and fatigue. However, in many people, PAD has no symptoms at all. PAD affects 8 million to 12 million Americans, particularly seniors and those with diabetes. Up to 20 percent of people ages 65 and older suffer from PAD, and it's estimated that fewer than 70,000 are treated each year.

Complications from the disease include tissue death (known as gangrene) and a reduced ability to fight infection, as well as heightened risks for coronary artery disease, heart attack and stroke.

Warning signs include:

➤ numbness, tingling or pain in your leg,

foot or toes at rest, often disturbing sleep

- weakness in your legs or arms
- changes in skin temperature or color
- slow-healing sores on your feet or lower legs
- bluish or black discoloration of your toes

Your action steps

PAD is a serious but treatable condition. To reduce your risk:

- **Quit smoking.** Smoking is the top risk factor for PAD.
- **Talk with your physician** about the right balance of carbohydrates in your diet.
- **Limit your daily intake of sodium** to a maximum of 2,400 milligrams.
- **Lose weight or maintain a healthy weight** by watching portion sizes and making wise food choices.
- **Increase the fiber** in your diet.
- **Exercise** every day. ●



Testing for PAD

If you have leg pain, ask your physician about scheduling a study of your arteries at Scenic Mountain Medical Center (SMMC). This non-invasive test can detect PAD early when the most treatment options are available. To learn more about PAD and the studies available at SMMC, visit www.SMMCCares.com/PAD.

MEDICAL STAFF SPOTLIGHTS

Scenic Mountain Medical Center (SMMC) is delighted to welcome these “home-grown” physicians to the team of experienced, talented medical staff members serving our community.



Christopher Haddad, M.D.
Interventional cardiologist

Rudy Haddad, M.D.
Interventional cardiologist

Specialty Clinic • 1608 West FM700, Suite D • Big Spring, TX 79720 • (325) 245-4501

We're pleased to welcome home twin brothers and interventional cardiologists Christopher Haddad, M.D., and Rudy Haddad, M.D. These physicians grew up in Big Spring, where their father, Rudy Haddad, M.D., has served the community as a board-certified urologist for more than 30 years. They received their undergraduate degrees from Southern Methodist University in Dallas and completed residencies at the Mayo Clinic in Rochester, Minn. With a passion for internal medicine, they went on to choose cardiology as a specialty because of the wide variety of procedures and ever-evolving advancement in the area. They're board certified in internal medicine and cardiology.

Drs. Christopher and Rudy Haddad will live in San Angelo and practice at Community Medical Associates Heart & Vascular Center. They will see patients in Big Spring one day a week at the Specialty Clinic, located just south of SMMC on FM700. To schedule an appointment, call (325) 245-4501.



Can heart attacks be 'silent'?

➤ **You're undergoing a routine heart test when your physician drops a bombshell:**

"You've had a heart attack."

These are words you didn't expect to hear, because you didn't know you'd ever had one. But that's the trouble with what experts call "silent heart attacks."

While they don't produce the telltale warning signs of heart trouble, they still damage your heart and the rest of your body.

Silence isn't golden

A heart attack occurs when an artery that supplies oxygen-rich blood to the heart becomes blocked. Besides chest pain and shortness of breath, some people experience nausea, extreme fatigue, discomfort in their extremities and sweating.

People who experience a silent heart attack—studies put the number of Americans who do at almost 200,000 a year—either have no symptoms or symptoms

so mild that they're not recognized as a heart attack. These people are more likely to be women and those who have conditions such as heart failure and diabetes. Silent heart attacks also tend to accompany a condition called silent ischemia—or a painless chronic shortage of blood and oxygen to the heart because of artery plaque.

The longer you don't receive treatment, the more likely it is that serious, irreversible damage is being done to heart muscle, which reduces its ability to pump and can greatly increase your risk of death down the road.

Some silent heart attacks may be picked up on an electrocardiogram (ECG) during a routine physician visit because the damage done to heart muscle produces a different "wave."

Breaking through the silence

Risk factors such as smoking, high cholesterol, high blood pressure, obesity and a sedentary lifestyle increase your risk for trouble. Your best bet to prevent a heart attack is to follow a heart-healthy lifestyle:

- Eat a diet rich in fruits, vegetables, whole grains, lean meats, fish and fat-free or low-fat dairy products; limit saturated fats, cholesterol and sodium.
- Work out regularly.
- Quit smoking.
- Manage your diabetes.
- Take any medications used to treat high cholesterol or blood pressure as prescribed. ●

HealthWise QUIZ

How much do you know about colon cancer?

➤ TAKE THIS QUIZ TO FIND OUT.

- 1 **Which of the following is known to raise your risk of colon cancer?**
 - a. exercising too much
 - b. being under the age of 50
 - c. being obese
 - d. being of Asian descent
- 2 **How often should healthy individuals ages 50 or older at average risk of colon cancer get a colonoscopy?**
 - a. once every three years
 - b. once every five years
 - c. once every seven years
 - d. once every 10 years
- 3 **A possible symptom of colon cancer is:**
 - a. narrower stools
 - b. fatigue
 - c. rectal bleeding
 - d. all of the above
- 4 **Although more research is needed, which of the following supplements may possibly help reduce the risk of colon cancer?**
 - a. folic acid
 - b. green tea
 - c. vitamin A
 - d. vitamin C
- 5 **A true statement about colon cancer is:**
 - a. It's the leading cause of cancer deaths in the United States.
 - b. It usually arises from growths called polyps.
 - c. Blood tests can be used to detect colon cancer.
 - d. all of the above

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



Dangerous dishes

Keep your child safe from culinary choking hazards

➤ **Each year, more than 10,000 children younger than age 14 end up in the emergency room after choking on food.** That's because children lack the larger molars, stronger chewing ability and wider airways of older children and adults.

The American Academy of Pediatrics in 2010 recommended that hot dogs—one of the most common food choking hazards in children—carry a choking hazard warning on packaging, and that the hot dogs themselves be redesigned to make them less likely to get stuck in young throats.

But hot dogs aren't the only concern. Other choking hazards include peanuts, sausages, whole grapes, chewing gum, hard candy, whole cherry tomatoes, popcorn, tough meat, large pieces of raw fruits and vegetables and chips. You

can reduce the threat of injury or death by following these tips:

- Keep an eye on your child as he or she eats.
- Make sure your child is sitting up straight.
- Cut food into no more than ½-inch pieces.
- Teach children to chew and swallow properly.
- Cook vegetables until they're soft or grate them.
- Be on the lookout for stuffed cheeks—a sign your child is storing large quantities of food in his or her mouth and not swallowing. ●



In case of emergency

It's always a good idea to be prepared in case of a choking emergency. Visit www.redcross.org/www-files/Documents/pdf/Preparedness/ConsciousChokingPoster_EN.pdf to print out a chart that shows you what to do if an adult, child or infant is choking.

The truth about cereal

Is your breakfast bowl a dietary disaster?

➤ **Just how healthy are the cereals you and your child eat?** Sure, the box promises plenty of whole grains and fiber, but that might not be the reality.

Cereal can be a tasty and fast way to get your day started healthfully. But you need to look carefully at the nutrition label when making your purchase. First, carefully note the serving size; otherwise, you may be eating double the calories shown. Then, look for other key information:

➤ **Sugar.** Excess sugar is a major source of extra calories in the American diet. It also promotes tooth decay and may raise triglyceride levels—a type of blood fat—which can boost heart disease risk. Opt for cereal with 5 grams or less of sugar per serving. Skip cereals that list sugar at the top of the ingredients list or that contain many types of added sugar, such as high-fructose corn syrup.

➤ **Calories.** To avoid calorie overload, choose cereals with 120 calories or less per serving. Just remember, some cereals can be slightly higher in calories and still be healthy.



➤ **Fiber.** Ideally, you should purchase cereal that has at least 5 grams of fiber per serving, but be sure there are no less than 3 grams per serving. Why? This important nutrient may help lower your cholesterol and reduce your risk of heart disease, diabetes and some types of cancer. Make sure you're using fat-free or low-fat milk instead of whole milk or you could be canceling out those healthy benefits!



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70SMM

Time is on your side

We're streamlining your ER experience

➤ **Emergency medicine is about two things: skilled care and speed.**

At Scenic Mountain Medical Center, you'll find both with our 30-Minutes-or-Less Emergency Room Service Pledge. When patients enter our emergency room (ER), their time of arrival is noted. Our pledge is that a clinical professional will work diligently to initially see them within 30 minutes of their arrival.*

You come first

It's not our objective to "rush" patients through the ER. Our process improvements have been focused on getting patients into a room as quickly as possible and enabling a clinical professional to work diligently to initially see a patient and begin the diagnosis and treatment in a timely manner.

If you need an ER fast, try our fast ER. Once you do, you won't want to go anywhere else. ●



Get the care you need!

If you need health care, turn to Scenic Mountain Medical Center. For more information about SMMC's emergency services or to view last week's average ER wait time, visit www.SMMCCares.com/Faster. In case of an emergency, call 911.

*Clinical professional is committed to work diligently to provide an initial screening within 30 minutes. If you experience a medical emergency, call 911.