

Health Connection



SCENIC MOUNTAIN
MEDICAL CENTER

FROM YOUR FRIENDS AT SCENIC MOUNTAIN MEDICAL CENTER



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receives
national
recognition
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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

LARRY RODGERS
Chief Executive Officer

DEAR NEIGHBORS,

This month marks my second anniversary as chief executive officer of Scenic Mountain Medical Center (SMMC). During my tenure, our team has renewed its commitment to our mission: To provide compassionate, comprehensive and quality patient care. In this issue, you'll learn about some of the accomplishments we've had this past year.

Nationally recognized care

We're proud of the national recognition SMMC received from Press Ganey for being a Top Improver (page 8). Our focus on Core Measures helps ensure our patients have better outcomes.

Gold Seal of Approval

Last year, SMMC earned The Joint Commission's Gold Seal of Approval™ for accreditation by demonstrating compliance with The Joint Commission's national standards for health care quality and safety in hospitals. Achieving and maintaining this accreditation exemplifies our commitment to maintaining these standards and continually improving the care we provide.



We're listening!

We want your feedback about the service we provide at SMMC. A research company will be conducting a community perception survey in the coming weeks to help us identify what's most important about SMMC to you, so we can continue to enhance the care we provide. Thank you for entrusting us with your care.

Warm regards,

Larry Rodgers

*Chief Executive Officer
Scenic Mountain Medical Center*

MEDICAL STAFF SPOTLIGHT

Scenic Mountain Medical Center's (SMMC) continued efforts to attract and retain experienced and talented medical staff members results in new doctors joining the team of professionals serving our community. We'd like to introduce you to:



Manmeet Mangat, M.D.

**Oncologist
Hematologist**

**Specialty Clinic
1608 West FM700, Suite D
Big Spring, TX 79720
(432) 687-1949**

Board certified in medical oncology, hematology and internal medicine, Manmeet Mangat, M.D.—Dr. Manny, as he's affectionately known—has been caring for cancer patients right here in Big Spring since late last summer.

Dr. Manny attended medical school in Punjab, India, and then completed his internship and residency at Louisiana State University Health Sciences Center in Shreveport, La., where he served as chief resident in internal medicine. He has a special interest in treating people with leukemia.

An avid sports enthusiast, Dr. Manny enjoys spending time with his wife and three young daughters.

Dr. Manny is accepting new patients. While he practices with Texas Oncology at the Allison Cancer Center in Midland, he'll see patients in Big Spring the second and fourth Wednesdays of each month at the Specialty Clinic, located just south of SMMC on FM700.

To find a doctor by specialty, visit www.SMMCCares.com.

Advanced cardiac care at SMMC

Technology and quality improvement initiative lead the way

Our mission of providing comprehensive cardiac care at Scenic Mountain Medical Center (SMMC) has led to a number of recent service enhancements. In the last issue of *Health Connection*, we introduced Drs. Christopher and Rudy Haddad, interventional cardiologists caring for hometown folks at the Specialty Clinic. We also now provide Cardiolite stress testing along with noninvasive arterial screening for peripheral artery disease (PAD). And, we invested in improved technology for our cardiac catheterization lab and require all staff who provide direct care for our patients to be certified in advanced cardiac life support.

In addition, in 2011, SMMC received the Get With The Guidelines–Heart Failure Bronze Quality Achievement Award from the American Heart Association (AHA). This recognition signifies that SMMC has reached an aggressive goal of treating heart failure patients for at least 90 days with 85 percent compliance to core standard levels of care outlined by the AHA/American College of Cardiology secondary prevention guidelines for heart failure patients.

About the program

Get With The Guidelines is a quality improvement initiative that provides hospital staff with tools that follow proven evidence-based guidelines and procedures in caring for heart failure patients to prevent future hospitalizations. According to Get With The Guidelines–Heart Failure treatment guidelines, heart failure patients should be started on aggressive risk reduction therapies such as cholesterol-lowering drugs, beta-blockers,

ACE inhibitors, aspirin, diuretics and anticoagulants in the hospital. They should also receive alcohol and drug use and thyroid management counseling as well as referrals for cardiac rehabilitation before being discharged.

“SMMC is dedicated to making our care for heart failure patients among the best in the country, and implementing the AHA’s Get With The Guidelines–Heart Failure program will help us accomplish this by making it easier for our professionals to improve the long-term outcome for these patients,” says SMMC Chief Quality Officer Amy Miramontes.

Get With The Guidelines–Heart Failure helps SMMC’s staff develop and implement acute and secondary prevention guideline processes. The program includes quality-improvement measures such as care maps, discharge protocols, standing orders and measurement tools. This quick and efficient use of guideline tools will enable SMMC to improve the quality of care it provides heart failure patients, save lives and ultimately, reduce health care costs by lowering the recurrence of heart failure. ●



Save the date!

Feb. 23, 2012
Go Red for Women
Event and Luncheon
Dora Roberts Community Center



Visit us online!

For more information about our Get With The Guidelines–Heart Failure program, visit SMMC’s website at www.SMMCCares.com.

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.

Read on to learn more about each of these conditions and their unique causes and symptoms.

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 also experience less common symptoms, such as fatigue. Silent heart attacks, where no symptoms are present, can also occur.

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 a condition in which the heart abruptly stops beating without warning, 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 or seek immediate medical help. ●



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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70SMM

SMMC wins national award

Late last year, Press Ganey Associates, Inc., named Scenic Mountain Medical Center (SMMC) a 2011 Top Improver Award winner. Press Ganey currently partners with more than 10,000 health care facilities—including 50 percent of all U.S. hospitals—to measure and improve the quality of care that providers deliver to patients and, ultimately, to improve the overall health care experience.

This award recognizes hospitals that have shown continuous improvement over two years. SMMC is 1 of 36 Press Ganey facilities to receive this honor. It's 1 of 13 to receive it for improved clinical performance as measured by comparing quarterly composite scores for four measure sets representing 26 clinical measures.

Core Measures, a set of evidence-based treatments that improve the condition of patients with certain medical diagnoses, are followed by all U.S. hospitals to give patients the best care possible for their particular condition. Health care researchers are constantly evaluating these guidelines to make sure they're most effective.

What are Core Measures?

The Core Measure categories measured at SMMC for inpatients and outpatients include:

➤ **Acute myocardial infarction (AMI)**, also known as a heart attack, happens when the arteries of the heart become blocked and oxygenated blood can't reach the heart muscle. The Core Measure treatment recommendations have been shown to improve the blood flow to the heart muscle, thereby limiting damage to the heart itself.

➤ **Heart failure**, also called congestive heart failure, occurs when the heart muscle becomes weak and can't pump blood to the lungs and the rest of the body effectively. The Core Measure recommended treatments include medications and diet changes to help the patient's heart pump more efficiently.

➤ **Pneumonia** is a serious lung infection that causes difficulty breathing, fever, cough and fatigue. The Core Measure treatments include specific antibiotics that are the most effective at killing the bacteria that cause pneumonia.

➤ **Surgical Care Improvement Project** is a term for the set of treatments that reduce a surgical patient's risk of developing a wound infection after surgery. Specific medications and treatments are given to help prevent postoperative complications. These guidelines are followed for inpatient surgeries as well as outpatient surgeries at SMMC. ●

