

Health Connection

FROM YOUR FRIENDS AT MOBERLY REGIONAL MEDICAL CENTER

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You've found a breast lump: Now what?

If the thought of finding a lump in your breast scares you, you're not alone. After all, many of us know someone who has had breast cancer. But some of us are so frightened that we avoid getting mammograms—the very habit that could save our lives if breast cancer develops. If you're in that group, you'll be glad to hear that four in five breast lumps turn out to be noncancerous. Here's a description of some common breast conditions:

Fibroadenoma: a smooth, solid, round painless lump that moves easily and can feel like a marble. Occurs most often in African-American women and women under age 30.

Fibrocystic breast changes: solid or fluid-filled lumps that

increase in size and tenderness five to seven days before each menstrual period.

Cyst: a smooth, fluid-filled lump often sensitive to the touch before the menstrual period. Typically appears in women between ages 35 and 50.

Lipoma: a soft and slow-growing painless lump that moves freely.

Intraductal papilloma: a small, wartlike growth near the nipple that may cause bleeding from the nipple. Occurs most often in women in their 40s.

Mammary duct ectasia: a thick, sticky, gray to green discharge from the nipple.

Mastitis: a warm, tender, lumpy area on the breast that appears red. Most often affects breast-feeding women.

Traumatic fat necrosis: painless, round, firm lumps that can result from a bruise or a blow to the breast. Occurs in older women and women with large breasts.

WHAT HAPPENS IF YOU FIND A LUMP?

If you find a lump, see your healthcare provider. He or she will do a clinical breast exam and may recommend one or more of the following tests and procedures:

Mammography, or breast X-ray, may be recommended to determine the lump's size and location.

Ultrasound examination can determine whether the lump is a fluid-filled cyst or a solid mass.

Fine-needle aspiration is an in-office procedure. Fluid is drawn out of the lump with a thin needle. If the fluid is clear and the cyst disappears, you won't need a biopsy. If the fluid is bloody or the mass is solid, your doctor probably will recommend biopsy.

Stereotactic biopsy removes a small tissue sample with a thin needle for analysis. Computerized imaging guides the needle with pinpoint accuracy to the exact location to be sampled.

Surgical biopsy usually is performed on an outpatient basis. Normally, the surgeon removes the whole lump, but in certain cases he or she will remove only part of it. The tissue is sent to a lab where a pathologist will examine it for cancerous cells.



The good news:
Four out of five
breast lumps turn out
to be noncancerous.



IF PREVENTION DOESN'T WORK

Both a cold and the flu typically involve a runny nose, sneezing, sore throat, cough and fatigue, but only flu characteristically features headache, high fever and that all-over-achy feeling.

Some people are at higher risk for complications from the flu than others and should get prompt medical care instead of trying to self-treat. These include:

- people over age 65
- children and adults with a chronic health condition, such as asthma or diabetes, or a weakened immune system
- pregnant women
- infants and young children
- anyone who lives with children or others at high risk
- healthcare workers and caregivers who are in contact with children or others at high risk

Prescription antiviral medications such as oseltamivir (brand name: Tamiflu) can help shorten the duration of the flu and prevent you from getting sicker if taken within the first 48 hours of symptoms.

If symptoms suddenly worsen, linger more than a week and are accompanied by a dry, hacking cough, the flu might have developed into viral pneumonia. Thick, rust-colored mucus along with a cough may signal bacterial pneumonia. Both types of pneumonia require medical attention.

Easing the sneezing

Surviving cold and flu season

Autumn is almost upon us. Soon it will be time to rake the leaves, pull out the sweaters and pray the kids don't catch something at school that knocks the whole family out of commission for a week.

But with a few simple precautions, parents and children can keep colds and flu away—or at least from spreading. Here are some basic tips to avoid getting sick, whether you're 2 years old or 90:

- Wash your hands several times a day with soap and water—and even more frequently if you're around anyone with a cold.
- Keep your hands away from your eyes, nose and mouth.
- Cover your mouth and nose with a disposable tissue when you sneeze or cough. Then wash your hands.
- Protect and strengthen your immune system by getting enough rest, exercising regularly and eating a healthy diet that includes lots of fruits and vegetables.
- Don't share eating utensils or drinking glasses.
- Avoid crowds of people where germs may spread.
- Most important: Keep annual flu vaccinations up to date.

Call your pediatrician or primary care provider if ...

Your sick child has any of these symptoms:

- labored breathing, often signaled by the abdomen rising and falling dramatically
- a fever of approximately 102° F that acetaminophen (brand name: Tylenol) can't control or that's present for more than three days
- inconsolable crying or irritability
- blood in vomit or stool
- recurring vomiting or loose stools
- greatly diminished food or fluid intake
- pulling or tugging at the ears, which may indicate an ear infection





Convenient care

Convenience ... something we offer our patients. You know you can be assured

of quality care when you're a patient at Moberly Regional Medical Center (MRMC), and you know you'll be taken care of by a friendly and caring staff ... but have you ever considered how convenient it is to get your healthcare close to home?

At MRMC there's no stoplights to slow you down, traffic congestion to deal with, dark parking garages or agency nursing. And all of your procedures and healthcare can be performed under one roof. Now that's convenience.

If you or a family member have not tried MRMC for your healthcare, you should. After all, both your healthcare and your time are valuable.

HAROLD L. SIGLAR
Chief Executive Officer
Moberly Regional Medical Center

FIND A PHYSICIAN (660) 269-3102

WHAT OUR PATIENTS ARE SAYING...

"Was very impressed with all the hospital staff. Was extremely surprised at how good the food was, too. I would surely come back again."

—Sue B. from Salisbury

"The doctor went out of his way to provide care above and beyond my treatment. This is the best hospital I have ever been to."

—Lois S. from Kirksville

"Could not have received better treatment and care than we did at your Moberly facility."

—Mike F. from Paris

"I thought the emergency room nursing staff was the greatest! Thank you all for taking good care of me. The food was great, too."

—Georgia H. from Moberly

Help for hernias



When abdominal tissue protrudes through a weak spot or tear, it's called a hernia. In men, inguinal hernias occur in the area where the spermatic cord and blood vessels that supply the testicles pass out of the abdominal cavity and into the scrotum. In women, hernias develop where the ligament that holds the uterus connects to the tissue around the vaginal opening.

SURGERY OFFERS RELIEF

Only surgery, such as herniorrhaphy or hernio-

plasty, can treat a hernia. During herniorrhaphy, the surgeon pushes the hernia back into the abdomen, and then sews nearby tissue over the area.

Hernioplasty can be performed laparoscopically. The surgeon pushes the hernia back into the abdomen and holds it in place by sewing in a synthetic mesh. New tissue gradually grows over the mesh, strengthening the muscles.

While hernioplasty is a great advance, it's not for everyone. For those with a weakened immune system, herniorrhaphy is the best option. That's because they are more likely to develop an infection from the synthetic mesh used in hernioplasty.

If you suffer from a hernia, talk to your doctor to determine which treatment is best for you.

Learn more!

For information about repairing hernias or other surgical procedures, contact Joel Bautista, M.D., FACS, at (660) 263-2650.

Dr. Bautista is board certified in general surgery and is an independent member of the medical staff at Moberly Regional Medical Center. His office is located at 1145 S. Morley St., in Moberly.



Joel Bautista, M.D., FACS
General Surgeon

Being diagnosed with multiple sclerosis (MS) is a life-altering event. MS is a degenerative disease of the brain and central nervous system. In MS, the body's immune system attacks the myelin cells that encase our nerves the way insulation protects wires. Scleroses—that is, scar tissue—replace the myelin, causing the damaged nerves to relay faulty impulses to and from the brain.

MS usually strikes young adults between 20 and 40 and afflicts twice as many women as men. The illness appears to run in families, but environmental factors may trigger the disease in susceptible people, as well.

TAKING CONTROL

MS symptoms range from mild and nonprogressing to severe and disabling. However, in most patients MS causes one or two episodes every few years, which usually include vision and bladder control problems, pain, unsteady gait and slurred speech. An attack can last several weeks or months before subsiding.

While self-care regimens occasionally change with the patient's prognosis, most consist of:

- Dietary changes, including vitamins or supplements (with a doctor's approval, of course) to boost the immune system.
- Staying well rested. Fatigue is one of MS's most debilitating symptoms.
- Aerobic activity to improve muscle tone, balance and coordination and to fight depression.
- Physical and occupational therapy to stay self-sufficient and handle the rigors of daily life.



After the diagnosis

Living well despite MS

narcolepsy drugs act as mild stimulants.

Effective therapy requires dedication, patience and a firm belief in being able to overcome adversity. Having a positive attitude and working closely with healthcare providers is one of the best prescriptions for coping with MS.

- Counseling and support groups to relieve depression and stress.

NEW MEDICINES THAT WORK

Doctors treat MS with a variety of medications. These include beta interferon, a genetically engineered protein. Self-injected, it regulates immune function, fights viral infection and reduces flare-ups as much as 30 percent.

Glatiramer, an alternative to beta interferon, helps curb the body's attack on myelin. And corticosteroids help shorten flare-ups and reduce inflammation in tender nerve tissue. Muscle relaxants, taken orally, stop painful and often uncontrollable muscle spasms, while antidepressants and certain antiviral and



Iqbal Khan, M.D.
Neurologist

Make an appointment today!

Iqbal Khan, M.D., is a board-certified neurologist and an independent member of the medical staff at Moberly Regional Medical Center. His office is located at 300 N. Morley St., Suite H, in Moberly. Call Dr. Khan for an appointment at (660) 263-4434.

HEALTHWISE QUIZ

How much do you know about Alzheimer's disease?

Take this quiz to find out.

1 Which example of memory loss may be a sign of Alzheimer's disease?

- a. forgetting where your keys are
- b. forgetting what month and year it is
- c. forgetting the name of a person you just met
- d. forgetting to return a phone call

2 British researchers have recently learned that drinking this beverage can inhibit enzymes associated with the development of Alzheimer's:

- a. orange juice
- b. coffee
- c. tea
- d. white wine

3 All the following may be early warning signs of Alzheimer's *except*:

- a. speaking in jumbled sentences
- b. getting lost in familiar areas
- c. having rapid mood swings for no apparent reason
- d. losing sense of balance or experiencing vertigo

4 Which health condition is suspected of increasing the risk of Alzheimer's?

- a. yo-yo dieting
- b. high blood pressure
- c. asthma
- d. low bone density

5 Which is the most misdiagnosed mental disorder in older adults?

- a. Alzheimer's disease
- b. depression
- c. anxiety attacks
- d. insomnia

ANSWERS: 1. B, 2. C, 3. D, 4. B, 5. A

NUMBER CRUNCHING

Managing high cholesterol



The bad news: High cholesterol plays a key role in whether you develop heart disease or suffer a heart attack or stroke. Excess cholesterol, a waxy, fatlike substance in your blood, builds up on artery walls, reducing blood flow. The good news: You can do something about it.

Many factors contribute to high cholesterol. While you can't change your genes, age or gender—which all affect cholesterol—you can take the following steps to improve your cholesterol levels and your health.

To lower your LDL, or bad, cholesterol and raise your HDL, or good, cholesterol:

- **Eat smart.** Saturated fat and trans fats raise LDL cholesterol levels. Instead, use polyunsaturated or mono-unsaturated fats like olive, safflower, sesame, soybean, canola and peanut oils. Eat no more than six ounces of lean meat, fish or skinless poultry a day. Choose plenty of fruits, vegetables and whole-grain foods. Switch to fat-free or low-fat dairy products and increase soluble fiber found in foods like oats, beans and citrus fruits.
- **Get regular exercise**—at least 30 to 60 minutes of physical activity a day.
- **If you smoke, quit.** Smoking lowers HDL cholesterol and increases the blood's tendency to clot.
- **Consider medication.** If lifestyle changes aren't enough, your healthcare provider may prescribe cholesterol-lowering drugs.

Leveling off your numbers

Aim for these desired cholesterol levels. If you already have heart disease or other risk factors, your doctor may set different goals for you.

Total cholesterol less than 200 mg/dL

HDL cholesterol greater than 50 mg/dL

LDL cholesterol less than 100 mg/dL

Triglycerides less than 150 mg/dL

Bad breaks

First aid for broken bones

If your child were to take a spill from a bike or your best friend turned an ankle while stepping off the curb and you suspected a bone is broken, would you know what to do? Try taking these actions:

- **Determine whether you need emergency help.** All fractures will need medical attention, but call for emergency help if the injury involves the head, neck, back, pelvis or upper leg; there's heavy bleeding; bone has pierced the skin; or a toe or finger on the injured arm or leg is numb or blue at the tip. Also, call for help if you can't transport the injured person by car because he or she can't sit upright or use safety or seat belts.
- **Remove clothing from the injured part.** Use scissors to cut clothing away; don't try to pull the limb out of clothes.
- **Stop any bleeding.** Use a sterile bandage or clean cloth



and apply constant pressure to the wound. Have the person lie down and don't wash the wound or poke the bone back into the skin.

- **Make a splint.** Keep the limb in the position you find it. Place soft padding around the injury with something firm (like a board or rolled-up newspaper) next to it, using first-aid tape. Make sure the splint extends past the joints above and below the injury.
- **Apply cold packs.** Wrap ice in a towel and place it on the injured area to control swelling and pain until help arrives.

In case of emergency ... We're here for you

There's no telling when an accident or a sudden illness will occur. But when it does happen, turn to us, the clear choice for emergency assistance. Our emergency department provides patients with fast, dedicated and compassionate care. What's more, our ER is backed and supported by an entire hospital dedicated to helping you get well.

In an emergency, every second counts. Call us for emergency help anytime you suspect someone needs urgent care.



The whole-grain truth

Think outside the breadbox to include more healthy foods in your diet

Grains like wheat, rice, oats and corn are a staple in the American diet and for much of the world. Whole grains

and foods made from whole grains are an important source of fiber, vitamins, minerals and other nutrients. When refined grains like white flour and white rice are processed, much of the fiber and nutrients are lost.

Eating more whole grains can help you lower cholesterol and control your weight, reducing risk of heart disease, stroke, diabetes, gastrointestinal problems and cancer. Aim to eat at least three servings of whole grains each day. The earthy, nutty flavors and chewy textures are a great way to add a new dimension to your menu. Whole-grain breads, cereals, tortillas and crackers are just the beginning. Explore a variety of whole grains like barley, groats, wheat berries, buckwheat, triticale, bulgur, millet and quinoa.

HOP ABOARD THE GRAIN TRAIN

Upping your intake of whole grains is easier than you think. Try making some of these simple diet switches:

- Start your day with a bowl of bran flakes, shredded wheat or oatmeal.
- Buy whole-grain breads, bagels, rolls, tortillas, muffins, waffles and pancakes.
- Substitute rolled oats or crushed bran flakes for bread crumbs in recipes.
- Switch to whole-wheat pasta.
- Bypass the potatoes and try bulgur, barley, quinoa or brown or wild rice.
- Snack on unbuttered popcorn or whole-wheat crackers or pretzels.
- Substitute barley or brown or wild rice for pasta or noodles in soups, stews, casseroles and salads.
- Use whole-wheat pastry flour in place of much of the all-purpose flour in recipes.



Community Events 2006

MOBERLY REGIONAL MEDICAL CENTER

EXERCISE

Strength Training for Seniors

Exercises designed to gradually increase strength, muscle tone, range of motion and/or balance. Ideal for older seniors.

When: Tuesdays and Thursdays, 11 a.m.–noon

PREPARING FOR CHILDBIRTH

Childbirth Preparation Classes

Call: (660) 269-3262 to enroll in weeknight or weekend classes

Breastfeeding Classes

When: Mondays, four-week series, 6–8 p.m.
Call: (660) 269-3262

REHABILITATION

Cardiovascular Rehabilitation

Pulmonary Rehabilitation

Call: (660) 269-3060 for an appointment

Outpatient Sports Medicine and Rehabilitation (Physical, Occupational, Speech)

Call: (660) 269-3189 for an appointment

WELLNESS

Blood Pressure Screenings

Blood Sugar Screenings

FREE

When: Tuesdays, 8:30 a.m.–3 p.m.

Call: (660) 269-3060 for information

Healthy Woman

FREE monthly healthcare programs empowering women with the knowledge to make informed healthcare decisions.

Call: (660) 269-3121 or log onto www.moberlyhospital.com to register for upcoming events

Diabetes Self-Management and Education Classes

Schedule group or individual multidisciplinary diabetes education sessions. Covered by most insurance.

Call: (660) 269-3060 for information

Nutrition Consultations

Call: (660) 269-3047 for an appointment

FIND A PHYSICIAN (660) 269-3102

Senior Circle

A program dedicated to enriching the lives of individuals ages 50 and better. Only \$15 annually.

Call: (660) 269-3121 for information and a list of activities

Smoking Cessation

Call: (660) 269-3060 for an appointment

Stress Management Education

Group classes available by appointment.

Call: (660) 269-3060

DIRECTORY

Important numbers

- Emergency (911) or(660) 269-3157
- Healthy Woman(660) 269-3121
- Heart & Vascular Ctr(660) 269-3280
- Hospital Operator(660) 263-8400
- Human Resources(660) 269-3083
- Laboratory(660) 269-3172
- Outpatient Dietitian(660) 269-3047
- Outpatient Diagnostic Center(660) 269-3288
- Outpatient Services & Wound Care Clinic(660) 269-2974
- Patient Business Office(660) 269-3146
- Pulmonary Medicine(660) 269-3182
- Radiology(660) 269-3166
- Rehabilitation & Sports Medicine(660) 269-3189
- Senior Circle(660) 269-3121
- Volunteers(660) 269-3121
- Wellness Center(660) 269-3060

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Moberly Regional Medical Center
1515 Union Ave.
Moberly, MO 65270

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