

WINTER 2006

PREMIERE ISSUE!

Health Connection

FROM YOUR FRIENDS AT MOBERLY REGIONAL MEDICAL CENTER

**Heart disease:
What women
need to know**

**When the ringing
doesn't stop**
Good news for
tinnitus sufferers

**Programs and
events to keep
you healthy**

**How health-wise
are you?**
Find out inside!

MOBERLY REGIONAL
MEDICAL CENTER



Nimble body, nimble mind

Question:

To fight memory loss and dementia, it's a good idea to:

- A. do a crossword puzzle
- B. take up a new hobby
- C. exercise regularly
- D. all of the above

If you answered D, you're right. Scientists now know it takes more than mental stimulation to keep your brain sharp well into your later years. Physical activity gives your body and your brain a boost. A half-hour of moderate exercise—walking, golfing, gardening, performing household chores—on most days of the week can help you think more clearly and feel better at any age.

HOW EXERCISE HELPS

Exercise increases blood flow to your brain, promoting brain-cell growth, and helps reduce stress—important since chronic stress causes the release of hormones that can damage your brain over time. Some studies suggest exercise increases levels of important chemicals that maintain brain health. Other studies on mice show that exercise appears to delay or prevent plaque development in brain regions used in memory, thinking and decision making.

Regular exercise also helps preserve healthy brain functioning by:

- **Reducing your risk for heart disease.** Exercise lowers homocysteine, an amino acid in your blood that makes

nerve cells in the brain stop working and die.

- **Controlling your blood sugar.** Diabetes is linked with several types of dementia, including Alzheimer's and vascular dementia (common to stroke survivors). Both aerobic and weight-bearing exercises control your blood sugar by increasing your metabolism.
- **Lowering your blood pressure.** Unchecked, high blood pressure can damage blood vessels in your brain and reduce its oxygen supply, leading to a decline in decision making, memory and verbal skills.
- **Controlling your body weight and improving physical fitness.** Studies show a link between dementia and being overweight, possibly because overweight individuals have more cardiovascular risk factors associated with dementia than people at a healthy weight.

DIVERSITY IS KEY

For the most brain benefits, vary your exercise routine often. It's not how hard you exercise but how many activities you participate in that's key to preventing cognitive decline. Johns Hopkins University found that adults ages 65 and older who were involved in a number of activities (such as walking, biking, swimming, dancing and bowling) experienced less dementia than people who participated in fewer activities. One explanation could be that the variety of activities keeps more parts of the brain active.

So don't worry about how much you're sweating or how vigorously you're moving—just enjoy a variety of activities every day and keep trying new ones.

With good health habits and a little luck, you may never face a sudden medical crisis. But sooner or later, many of us find ourselves involved in one. Suppose it's chest pain, stomach cramps or a nasty kitchen accident—what's the right response? Should you get emergency help or just go see your family doctor?

A true medical emergency is a situation that's life threatening or could cause permanent harm if not treated immediately. Every minute counts. That's the difference between cases needing instant, emergency room intervention and those your doctor can handle in the office.

Doctors say there are no wrong reasons to call for medical assistance in a real emergency, especially if it's heart related. At such a critical time, don't drive yourself to the ER or get someone else to drive you—it could be dangerous. Plus, you need the expertise and equipment that's in an ambulance.

Below are examples of symptoms that constitute a medical emergency. Call for emergency assistance right away if you or a friend experiences any of them. And remember, if you're ever in doubt, play it safe and get help. It could save a life.

SEEK EMERGENCY TREATMENT ...

In cases of trauma:

- uncontrollable bleeding
- wounds with gaping edges



- wounds that involve the face or hands
- wounds caused by a puncture or wounds in which glass, metal or other objects have pierced the body
- severe burns
- head, neck or back injuries
- abdominal injuries or sudden, severe abdominal pain
- problems with movement or feeling after injury
- suspected broken bones
- animal or human bites
- contact with poisonous substances
- sunburn with nausea, vomiting, fever and chills

When the ER is your best option

Medical conditions that require emergency care

Any time these symptoms are present:

- chest discomfort
- difficulty breathing or shortness of breath
- nausea, dizziness, fainting or profuse sweating, especially when combined with chest pain and breathing difficulty—classic signs of heart attack
- sudden numbness on one side of the face or limbs, confusion, slurred speech, vision loss, severe headache or dizziness—all signs of a possible stroke
- severe allergic reactions from insect bites, food or beverages
- sudden or persistent vomiting or diarrhea
- coughing up or vomiting blood
- fainting, dizziness or hallucinations
- convulsions or seizures
- stiff neck with fever or headache
- sudden severe fever coupled with sensitivity to light
- stupor or dazed behavior
- drug or alcohol overdose
- attempted suicide or suicidal threats or statements



When the ringing doesn't stop

Dr. Wanless provides relief to tinnitus sufferers

Ringing, buzzing, humming, hissing, popping, roaring—about 36 million Americans hear noises like these every day. The problem is, they're not generated by outside events. They're all in the hearers' heads. Nonetheless, the sounds of tinnitus are very real.

A CREEPING CONDITION

Although tinnitus doesn't generally affect people until they reach their middle years, the condition usually builds up slowly, the result of a lifetime of exposure to noise. What begins as a few fleeting episodes of ringing, buzzing or clicking can develop into a constant nuisance.

UNDERLYING CAUSES

Sometimes tinnitus is caused by conditions other than noise exposure, such as wax buildup, severe ear infections or drug and food allergies. High cholesterol can be a culprit if it clogs arteries that carry oxygen to the nerves of the inner ear. Diseases such as diabetes or arthritis, medications (including aspirin, ibuprofen, some anti-inflammatories and antibiotics, antidepressants and chemotherapy) and neurologic or vascular abnormalities can trigger tinnitus. The good news is that treating the underlying cause of tinnitus almost always eliminates the head noises, too.



Kirk Wanless, M.D.
Board-certified ENT

Learn more!

For questions on tinnitus or other ENT conditions, call **(660) 263-4600**. Dr. Wanless sees patients Monday through Friday.

FROM THE CEO

Dear Friends,



At Moberly Regional Medical Center, we're proud of the high level of care delivered by our medical staff, which covers a broad range of specialties, including obstetrics, gynecology, general surgery, gastroenterology, emergency medicine, family practice, internal medicine, orthopedics, cardiology, urology, radiology, neurology, otolaryngology, pathology, psychiatry, ophthalmology, pediatrics and pulmonology.

We also have a consulting staff available when you need podiatry, dentistry, nephrology, hematology or oncology care.

We're dedicated to continually adding physicians to our medical staff and product lines to meet your needs and to providing the best environment for our patients, employees and physicians. In 2005, three physicians joined our medical staff:

- Jessica Haney, M.D., internal medicine
- Samuel Simpson, M.D., pediatrics
- Kirk Wanless, M.D., otolaryngology, or ENT

In this newsletter, we'll provide you with useful and practical health information to help you make good decisions when choosing a healthcare provider. Quality healthcare services are available right here, close to home. Thank you for choosing Moberly Regional Medical Center.

HAROLD L. SIGLAR
Chief Executive Officer

WHAT OUR PATIENTS ARE SAYING...

"This was clearly the best experience I've ever had at a hospital. My nurse, Dale, was terrific."
-Patient from Moberly, Mo.

"The doctor was very good at explaining what he was going to do and was very helpful."
-Patient from Stoutsville, Mo.

"I've never been treated so well in a hospital before. Thanks."
-Patient from Salisbury, Mo.

"The care, love and concern my husband received while a patient at MRMC was beyond the call of duty."
-Patient from Moberly, Mo.

FIND A PHYSICIAN (660) 269-3102

HEART DISEASE: What women need to know

Many people think of heart disease as a man's problem, so you may be surprised to learn it's an equal-opportunity killer. In fact, women under age 50 are twice as likely to die following a heart attack than men, according to a study of nearly 400,000 heart attack victims ages 30 to 89. What's more, the younger a female heart attack victim, the higher her risk of death compared to that of a man the same age. Why? Doctors aren't sure, but they have some theories:

- **A serious delay.** Instead of crushing pain, women sometimes feel only a slight pressure or burning sensation during a heart attack. The result? They often put off seeking help—sometimes for hours.
- **More risk factors.** Young women who suffer a heart attack may be more likely than their male counterparts to have other health problems, such as high blood pressure, heart failure, heartbeat irregularities, valve problems and diabetes.
- **A smoking gun.** Smoking causes more heart attacks in women than in men. Also, a female smoker's risk is up to six times higher than that of a nonsmoking female.
- **The estrogen connection.** Although the hormone estrogen shields most women from heart disease, researchers suspect that heart disease in young females may be so aggressive that it doesn't offer adequate protection.

PROTECT YOURSELF

If you're a woman, young or old, you can protect your heart by taking these steps:

- Don't smoke.
- Exercise regularly and maintain a healthy body weight.
- Eat a diet low in saturated fat and high in fruits, vegetables, whole grains, legumes and fiber. Balance the number of

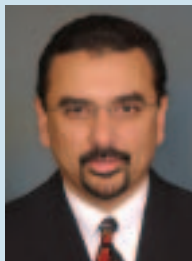


calories you eat with the number you use each day. (To find that number, multiply your weight by 15. This represents the average number of calories used in one day if you're moderately active. If you get more exercise, multiply your weight by 13.)

- Talk to your doctor about taking a regular dose of aspirin.
- Take control of high blood pressure and diabetes.
- Remember your vitamins. B vitamins, for example, lower levels of homocysteine, an amino acid that's been linked to increased risk of heart disease.

- Monitor triglycerides. In women, these blood fats should be less than 150 mg/dL.
- If you're on hormone replacement therapy, talk to your doctor about stopping.

Meet a Moberly cardiologist



Ahmed Habib, M.D., is a board certified cardiologist, medical director of the Moberly Heart and Vascular Center and MRMC's newly elected chief of staff. To make an appointment with Dr. Habib, call (660) 263-2400.

HEALTHWISE QUIZ

How much do you know about **asthma**?

Test your knowledge and learn more about asthma.

- 1** Which of the following statements about asthma is *not* true?
- Cockroaches are a major trigger of asthma symptoms.
 - Asthma can develop at any age.
 - Approximately 4,000 Americans die from asthma each year.
 - People with severe asthma should avoid exercise.

- 2** Which of the following is a risk factor for asthma?
- hay fever
 - chronic sinusitis
 - obesity
 - all of the above

- 3** Asthma is the most common chronic childhood disease. According to the American Academy of Allergy, Asthma & Immunology, the number of U.S. children estimated to have asthma is:
- 1.5 million
 - 5 million
 - 10 million
 - 20 million

- 4** All of the following are asthma triggers *except*:
- stress
 - home appliances that use natural gas as fuel
 - corticosteroid medications
 - mold

- 5** If someone is having an asthma attack, one of the first things you should do is:
- Take him or her outside for fresh air.
 - Have him or her breathe into a paper bag.
 - Help the sufferer get his or her prescribed asthma drugs and inhaling equipment.
 - Use the sufferer's Epi-Pen to administer an injection of epinephrine.

Conspiracy theory

How 5 risk factors join forces against your health

When it comes to heart disease, you know that risk factors like family history and being overweight don't work in your favor. Now, experts say a combination of five factors—a condition called metabolic syndrome—also conspire against you, adding up to a far greater chance of suffering a heart attack, stroke or diabetes.

You have metabolic syndrome if you have three or more of the following problems:

- **abdominal obesity**—a waist circumference of 40 inches or more for men; 35 inches or more for women
- **high blood pressure**—135/85 mm/Hg or higher
- **high triglyceride levels**—150 mg/dL or more
- **abnormal cholesterol**—HDL cholesterol levels of less than 40 mg/dL for men and 50 mg/dL for women
- **high blood glucose or insulin resistance**—a fasting glucose, or blood sugar, level of 100 mg/dL or higher

Studies show people with metabolic syndrome are twice as likely to suffer a heart attack or stroke than people without these factors.

WHAT YOU CAN DO

You can head off future trouble if you take these steps now:

- **Lose weight.** Losing as little as 5 percent to 10 percent of your body weight can reduce insulin levels and bring blood pressure down.
- **Eat healthier.** Include more fiber-rich foods like whole grains, beans, fruits and vegetables to aid weight loss and lower insulin levels. Reduce the salt, calories and fat you consume.
- **Exercise.** Get at least 30 minutes of moderately strenuous activity most days of the week.
- **Kick the habit.** Smoking increases insulin resistance and worsens many health problems.
- **Schedule regular checkups.** Get timely checks on your blood pressure, blood sugar and cholesterol levels.
- **Consider drug therapy.** Your doctor may prescribe aspirin therapy or medication to control risk factors.

Smoking Cessation

Call: (660) 269-3060 for an appointment

Senior Circle

A program dedicated to enriching the lives of individuals ages 50 and older.

Cost: \$15 per year

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

Stress Management Education

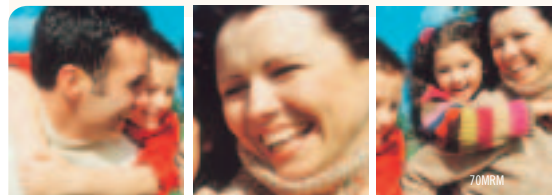
Group classes available by appointment.

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



Healthy Programs & Events

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 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

When: Tuesdays, 8:30 a.m.-3 p.m., FREE

Where: MRMC's Wellness Center

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

Schedule your multidisciplinary diabetes education at MRMC. Covered by most insurance.

When: First Wednesday and Thursday of each month, 1-4 p.m.

Call: (660) 269-3060 to learn more

Nutrition Consultations

Call: (660) 269-3047 for an appointment



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