

HealthConnection

FROM YOUR FRIENDS AT MOBERLY REGIONAL MEDICAL CENTER



Health
Connection
gets a fresh
look!

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PAGE 3
**Bouncing back
from an ACL injury**

PAGE 4
**Meet the new
physician**

PAGE 5
**When wounds
won't heal**

PAGE 7
**Cut your child's
choking risks**

Healthbriefs



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 ●



➤
**MOBERLY REGIONAL
MEDICAL CENTER
REHAB AND
SPORTS MEDICINE:
“KEEPING YOU IN
THE GAME...”**



Make an appointment!

To schedule an appointment for physical, occupational or speech therapy, call **(660) 263-0902** in Moberly or **(660) 395-0292** in Macon today.



A message FROM OUR CEO

CHRIS JONES
Chief Executive Officer

DEAR FRIENDS,

I'm excited to return home to Moberly Regional Medical Center (MRMC) as the new chief executive officer. My wife and I have such love for this community and the team of health care providers who work at MRMC. With a

strong leadership team in place, we've accomplished so much, particularly in the arena of communication with patients.

We've implemented communication boards in patient rooms and the emergency room to ensure that patients and their family members are kept well informed. We've also created patient information folders that provide information about hospital services, medications patients may be taking, therapy notes, pharmacy notes and discharge information specific to each patient. These folders stay by the bedside so all necessary information is located in one place.

A member of our administrative team will check in on you shortly after you're admitted and let you know what you can expect from our staff. We'll also leave a complimentary *USA Today* newspaper with you. Your nurse will stop by every hour during the day and every two hours in the evening to address what we call the 4 Ps: pain, potty, position and possessions. They will assess your pain level, help you to the bathroom, reposition you for your comfort and ensure that all of your possessions are within reach.

We're committed to our patients—as you'd expect from a "top 100" hospital. Thank you for choosing MRMC for your health care.

Regards,

Chris Jones

Chief Executive Officer
Moberly Regional Medical Center

COMMUNICATION
BOARDS HELP
KEEP PATIENTS
AND FAMILIES
INFORMED.

PHYSICIAN SPOTLIGHT



Azam Khaja, M.D.
Interventional Cardiologist

1513 Union Ave.
Suite 1600 • Moberly
(660) 263-2400

Moberly Regional Medical Center (MRMC) is pleased to welcome Azam Khaja, M.D., interventional cardiologist, as a member of the medical staff. Dr. Khaja is board certified in vascular and endovascular medicine, interventional and clinical cardiology and nuclear medicine.

He most recently practiced cardiology at Mercy Medical Center in Clinton, Iowa, and at Skaggs Regional Medical Center in Branson, Mo. Certified in ASD/PFO closure, he performed more than 150 percutaneous coronary interventions in 2010. Dr. Khaja is married and has three children (Zaid, 9 years old; Maryum, 7; Sumayya, 2).

In his free time, he plays tennis and cricket. Dr. Khaja is an avid traveler and hopes to travel and volunteer for medical camps abroad. Dr. Khaja's clinic is located at 1513 Union Ave., Suite 1600, in Moberly. To make an appointment, call (660) 263-2400.

To find a physician by specialty, visit MoberlyHospital.com and click on "Find a Physician."

Don't be sore

What to do when wounds won't heal

➤ Sores on your body can be frightening—especially when they

don't go away. Persistent wounds that don't heal can result from a variety of causes, such as illness, burns or pressure. The most typical include diabetic skin sores, pressure sores, vessel disease wounds, surgical incisions, spinal injury wounds and chemical wounds.

Careful attention limits infection

Chronic sores can become seriously infected. These openings in the skin allow in foreign pathogens, further damaging the deeper layers of skin and underlying tissue. This can limit blood flow and slow the body's healing process. Preventing infection is the key to rapid and successful recovery.

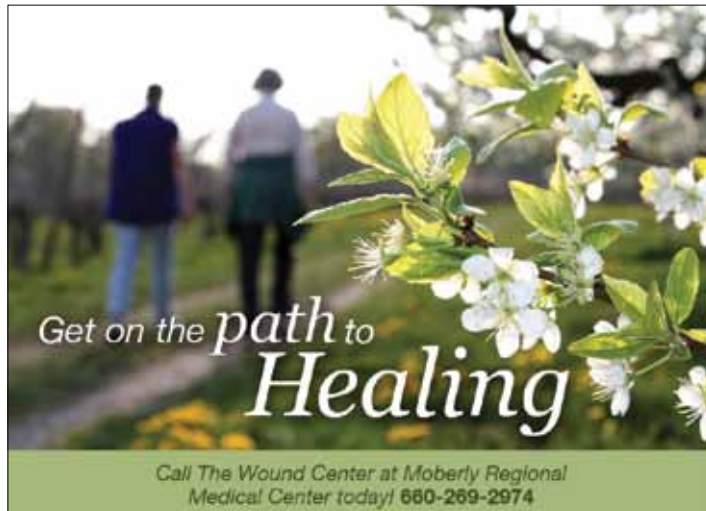
Treatment varies depending on the type and severity of the wound. The most important steps are to remove necrotic tissue to minimize the risk of infection, relieve pressure and dress the wound.

It's important to seek medical attention if you have a wound that won't heal. Most patients who seek help from a wound care program find their sores heal in a few months. However, changing dressings and monitoring progress are only part of the plan. Other common treatments include applying growth factors (natural substances applied topically to stimulate healing) and high-pressure (hyperbaric) oxygen treatment. Nutrition counseling and antibiotic treatment may also be part of the care plan. Your physician will know what's best for you.

When to call the physician

A fresh wound needs immediate medical attention if:

- it's jagged
- it's on your face
- the area around it feels numb



- the edges gape open
- it contains dirt that won't come out
- it's tender or inflamed
- a thick, creamy, grayish fluid is draining from it
- you have a temperature higher than 101 F
- red streaks appear near the wound
- it's very deep and you haven't had a tetanus shot in five or more years
- blood continues to leak through your bandage after you've applied direct, firm pressure for 10 minutes ●



Learn more!

To learn more about our wound care services, visit MoberlyHospital.com and click on "Our Services," then on "Wound Center."

We can help you heal

Services available at Moberly Regional Medical Center's wound center include:

- removal of dead or damaged tissue (debridement)
- vacuum-assisted closure (wound vac)
- preparation and application of skin substitutions
- specially chosen dressings and wraps
- platelet growth technologies
- foot care procedures
- incision and drainage procedures
- skin biopsy
- grafts
- hyperbaric oxygen (coming soon)

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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To us, delivering babies is more than our job. It's our privilege.

Dr. Afrassiab and Dr. Stocks share a passion for bringing babies into the world. As dedicated, board-certified OB physicians, they have delivered thousands of babies and offer a unique understanding of women's needs. Both are currently welcoming new patients. **Visit us at MoberlyMedicalClinics.com or call now to make an appointment.**



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Members of the Medical Staff at

MOBERLY REGIONAL
MEDICAL CENTER

