

# Health Connection

FROM YOUR FRIENDS AT  
MOBERLY REGIONAL MEDICAL CENTER

Meet Moberly's  
specialists

Early detection  
is key

Get your  
mammogram  
today

Be kind to  
your heart

We're here  
for you in an  
emergency

MOBERLY REGIONAL  
MEDICAL CENTER

[www.moberlyhospital.com](http://www.moberlyhospital.com)



# Keep your PROSTATE HEALTHY

**S**ens. Bob Dole and John Kerry, baseball team manager Joe Torre—what do all these men have in common? They're all prostate cancer survivors.

Cancer of the prostate—a walnut-shaped gland located below the bladder—is one of the most common cancers found in men. It may be slow growing and require little or no treatment, or it may be aggressive and spread quickly to other parts of the body.

## THE PREVENTIVE APPROACH

While prostate cancer isn't completely avoidable, certain measures may help reduce your risk:

- **Stay active.** Daily exercise improves your overall health and helps keep your weight in check. Some research has shown that men who exercise regularly have a lower incidence of prostate cancer compared to men who don't.
- **Watch your weight.** A sobering fact: Men who are obese when diagnosed with prostate cancer are more likely to have advanced cases, which are more difficult to treat. But eating right and exercising can help you keep off excess pounds.
- **Talk with your physician.** Discuss any risk factors you have—being older than age 65, African-American or

obese, or having a family history of prostate cancer. Also, learn about the pros and cons of screening tests. A digital rectal exam and the prostate-specific antigen (PSA) test are two ways to identify cancer cases, but they can't tell a physician about the aggressiveness of the cancer. And prostate cancer treatments can have unpleasant side effects such as impotence and incontinence.

The American Cancer Society (ACS) recently revised its prostate cancer screening guidelines, encouraging more patient involvement in decisions about screenings:

- The ACS recommends that men at high risk of prostate cancer, including men with a family history of the disease, talk with their physicians sooner—as early as age 40.
- Men who do not have prostate cancer symptoms (trouble urinating, problems with urine stream, blood in urine or semen, leg swelling, pelvic discomfort, bone pain) and who are in relatively good health and are expected to live at least 10 more years should have the screening conversation with their physicians beginning at age 50.
- Men without symptoms who aren't expected to live 10 more years because of age or poor health shouldn't be offered the screening because the risks likely outweigh the benefits.

“  
**Daily exercise improves your overall health and helps keep your weight in check.**  
”



## What to ask your physician about prostate health

**B**e prepared to ask some key questions at your next appointment:

- What is my risk of developing prostate cancer?
- Do you recommend I be tested?
- What is my PSA level (if you've had the test)?
- Will I need more tests? If so, which ones will I need?
- What do the test results mean?
- If I have cancer, what are my treatment options, and what are the pros and cons of each?

# Mammogram confusion

## Information on new screening guidelines



**W**e've all heard that early detection of breast cancer with mammograms saves lives. So it was surprising when in 2009, the U.S. Preventive Services Task Force (USPSTF)—an independent panel that makes recommendations about which preventive services should routinely be offered and to whom—recommended against routine mammograms for women ages 40 to 49 who weren't at increased risk for breast cancer. Traditionally, all women ages 40 and older were encouraged to get the screening.

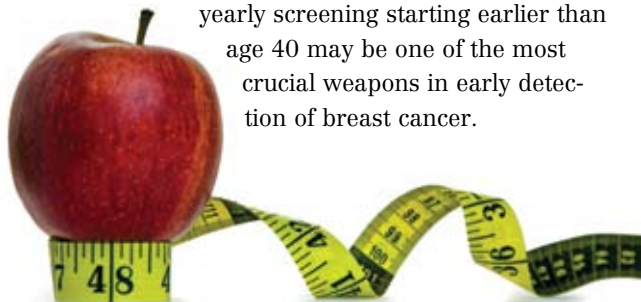
### THE FLIP SIDE

In disagreement with the USPSTF's recommendations were major professional health care organizations including the American Cancer Society. "I have tremendous difficulty in not recommending an intervention [mammography]," says Otis Brawley, M.D., chief medical officer of the American Cancer Society. "Women ages 40 and older should have a mammogram every year."

### NOW WHAT DO I DO?

Amid the confusion, you may be wondering about how to approach your own mammogram. Some words of advice: Talk with your physician.

The USPSTF's recommendations were just that—recommendations, not rules. Discuss your personal and family health history and how frequently you should get mammograms with your physician. And, if you're at high risk—see *Are you at risk?* at right—a yearly screening starting earlier than age 40 may be one of the most crucial weapons in early detection of breast cancer.



## Mammogram comfort

**T**ry these tips for a more comfortable mammogram, courtesy of the Centers for Disease Control and Prevention:

- Don't schedule your mammogram for the week before or during your period, which is when your breasts are likely to be tender or swollen, making mammograms less comfortable.
- Skip the deodorant, perfume and powder on the day of your mammogram. These may show up as white spots on the X-ray.
- For ease of undressing from the waist up, wear a blouse with a skirt or pants, instead of a dress.

## Are you at risk?

**A**ccording to the National Institutes of Health, breast cancer will affect one in eight women in their lifetime. Why breast cancer affects some women and not others isn't known; however, several known risk factors for the disease include:

- increasing age
- having the BRCA1 or BRCA2 genes; if your family members have had breast or ovarian cancer, talk with your physician about getting tested
- starting your period before age 12 or going through menopause after age 55
- being overweight
- using menopausal hormone therapy
- taking birth control pills
- drinking alcohol
- not having children or having your first child after age 35
- having dense breasts



Stephen Lunn  
Chief Executive Officer

Dear friends,

**C**hange and growth ... two words that have become synonymous with health care. As one of the leading hospitals in mid-Missouri, Moberly Regional Medical Center (MRMC) continues to grow with the ever-

changing face of health care. In late 2010, we renovated our emergency room to improve patient flow and satisfaction and reduce wait times, and began a six-month \$3.5 million expansion of our heart and vascular facility. And general surgeon Timothy Klepper, M.D., began performing transoral incisionless fundoplication (TIF) to treat acid reflux, making MRMC the second hospital in the state to offer this incisionless surgery.

In 2011, MRMC plans to renovate the radiology and laboratory reception/greeting areas and the wound care and vein centers, and to relocate and expand our wellness services as well as convert to electronic medical records.

MRMC offers other services, too. Visit [www.moberlymedicalclinics.com](http://www.moberlymedicalclinics.com) to get to know some of the Moberly Medical Clinic providers. If you're female, you'll want to join Healthy Woman at [www.moberlyhospital.com](http://www.moberlyhospital.com). Finally, we encourage you to stay on top of MRMC's latest news and happenings at [www.moberlyhospital.com](http://www.moberlyhospital.com) and clicking on "News" or "Events."

Regards,

*Stephen Lunn*

Chief Executive Officer  
Moberly Regional Medical Center

**HEALTHY WOMAN**  
has moved ONLINE

Connect now to communicate with friends, neighbors and other women like you – in a whole new way!

**Visit Healthy Woman Online!**

Healthy Woman Online is a free resource to empower women ages 25–65 to make informed health and well-being decisions. Join today to:

- be the first to learn about and sign up for events
- connect with other Healthy Woman members
- receive information about your health, relationships and life issues

To confirm that you want to remain or to become a member of the Healthy Woman program, you must sign up at [www.moberlyhospital.com](http://www.moberlyhospital.com)

FOR QUESTIONS, E-MAIL US AT  
[HEALTHY\\_WOMAN@CHS.NET](mailto:HEALTHY_WOMAN@CHS.NET)

Compassionate care, close to home



Listening and taking time, like most physicians used to, is still Moberly Medical Clinics' way.

Being on top of the latest technology and procedures is also our way.

If you're looking for a health care provider close to home, visit [www.moberlymedicalclinics.com](http://www.moberlymedicalclinics.com).



**Joseph Quaranto, DO**  
Family Medicine  
Macon • 385-3118



**Jon Rampton, DO**  
Family Medicine  
Moberly • 263-4770



**Philip Stitzer, DO**  
Family Medicine  
Moberly • 263-4770



**Jana Brock, MD**  
Family Medicine  
Moberly • 263-4770



**Heather Hughes, MD**  
Family Medicine  
Moberly • 263-4770



**Rebecca Gibson, FNP**  
Pediatrics  
Moberly • 263-9095



**Hilton Ngo, MD**  
Pediatrics  
Moberly • 263-9095



**John Wilson, MD**  
Pediatrics  
Moberly • 263-9095

# When it comes to finding a specialist, we've got you covered.

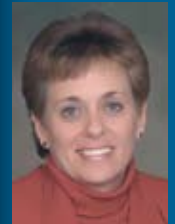
From a simple stomachache to something more serious, you need a doctor you can trust with the well-being of your family. Fortunately, our medical providers are close by to help, often with either same- or next-day appointment availability. We place our trust in our physicians. So should you. Visit [www.moberlymedicalclinics.com](http://www.moberlymedicalclinics.com) to get to know our providers.

Members of the Medical Staff and Allied Health Staff at

## MOBERLY REGIONAL MEDICAL CENTER



**Ahmed Habib, MD**  
Cardiology  
Moberly • 263-2400



**Diana Wernhoff, FNP**  
Family Medicine  
Moberly • 263-2400



**Susan Rasmussen, FNP**  
Family Medicine  
Moberly • 263-5556



**Melodie Stocks, DO**  
OB/GYN  
Moberly • 263-4800



**Mary Ann Coatney, FNP**  
Family Medicine  
Salisbury • 388-7084



**Ian Fawks, DO**  
Family Medicine  
Salisbury • 388-7084



**Lola Wobken, WHNP**  
Family Medicine  
Clarence • 699-2124



**Mona Afrassiab, DO**  
OB/GYN  
Moberly • 263-6500



**Brad Freidel, DO**  
Internal Medicine  
Moberly • 263-2600



**Denise Freidel, DO**  
Family Medicine  
Moberly • 263-2600



**Timothy Klepper, MD**  
General Surgery  
Moberly • 263-3002

## HEALTHWISE QUIZ

How much do you know about **high blood pressure**?

Take this quiz to find out.

- 1** How many American adults have high blood pressure?
  - a. one in three
  - b. one in five
  - c. one in 10
  - d. one in 20
- 2** Most people with high blood pressure experience:
  - a. nausea
  - b. weakness
  - c. trouble concentrating
  - d. no symptoms
- 3** Healthy adults with no history of high blood pressure should have their blood pressure checked every:
  - a. six months
  - b. year
  - c. two years
  - d. 10 years
- 4** High blood pressure can increase your risk for:
  - a. dementia
  - b. eye damage
  - c. bone loss
  - d. all of the above
- 5** Which of the following statements is true?
  - a. After age 65, more women than men have high blood pressure.
  - b. After age 65, more men than women have high blood pressure.
  - c. After age 65, an equal number of men and women have high blood pressure.
  - d. After age 65, the number of men and women suffering from high blood pressure is unknown.

ANSWERS: 1. (a) 2. (b) 3. (d) 4. (d) 5. (a)

# Show your heart a little love

**Y**our heart works hard for you, pumping day in and day out to supply your body with the oxygen-rich blood you need for survival. So what are you doing to nurture it? Try these five tips to ensure better heart health:

**➔ Choose good-for-you foods.** Follow a diet such as Dietary Approaches to Stop Hypertension (DASH). This eating plan is centered on foods low in fat, cholesterol and salt; and rich in fruits and vegetables (aim for five to 10 servings a day), whole grains and low-fat dairy products. Foods that are good for the heart also include those with high levels of omega-3 fatty acids, a type of polyunsaturated fat, found in fish such as salmon, mackerel and sardines.

**➔ Give your heart a workout.** You don't need a gym membership to keep your heart in tip-top shape. Get the recommended 30 to 60 minutes of physical activity daily by walking, jogging or biking—and remember that everyday tasks such as gardening, vacuuming and taking the stairs count toward your activity goals. Activity, along with eating healthy foods, can help you maintain a healthy weight, which is another way that you can boost heart health.

**➔ Consider aspirin therapy.** A daily aspirin can benefit many people, but not everyone, so talk with your physician first about the risks and benefits. For example, aspirin can help prevent first and second heart attacks in older women and men of all ages, but only second heart attacks in women younger than age 65. Aspirin also may prevent certain types of strokes.

**➔ Quit smoking.** Tobacco smoke contains thousands of chemicals that damage the heart and blood vessels, including nicotine, which narrows blood vessels and makes your heart work harder. Within one year of quitting, you can expect to see your heart-disease risk drop dramatically.

**➔ Get checked.** Have your blood pressure and cholesterol checked regularly. Ask your physician how frequently you should be tested based on your health history.





## CLEAN UP your health

It's easy to focus on all the bad things we breathe in the air outside, such as pollen and pollutants. But what about what's lurking inside our houses? Household dust, mold and various chemicals can make breathing difficult. Here's what might be stirring up trouble at home:

**Dust mites.** In dust around the home lie dust mites—microscopic insects that are the most common cause of dust allergies. They can also trigger asthma and flu-like symptoms.

**Combat them:** Wipe dusty surfaces with a damp cloth, and vacuum once a week. Wash bedding once a week in hot water, and cover mattresses, box springs and pillows in mite-proof covers.

**Mold.** Mold spores thrive in damp areas such as basements and bathrooms. Along with dust mites, mold is considered a biological pollutant and can also trigger allergies and asthma.

**Combat it:** Use ventilation fans and dehumidifiers to keep humidity at 30 percent to 50 percent. Treat moldy bathrooms, basement walls and furniture with diluted bleach or other disinfectants.

**Volatile organic compounds (VOCs):** These gases are emitted from products such as paints and cleaning supplies. Health effects range from ear, nose and throat irritation to central nervous system damage.

**Combat them:** Use chemicals only in well-ventilated areas. Consider purchasing low-VOC paint.

### Don't let the bedbugs bite!



**B**edbugs are one souvenir you don't want to take home with you from vacation. But these flat, little reddish-brown pests, which are more common in places such as hotels, may find a way into your home by hitching a ride in your suitcase. Waiting to strike, they hide out in beds, box springs, headboards and bed frames. When they do bite, they can cause red, itchy, clustered bite marks on the face, neck, arms and hands. The best way to eliminate them is with a professional exterminator.

## DOUBTING diet soda

**D**iet soda: It's sugar and calorie free, so it must not be bad for you, right? Some recent research suggests otherwise. While most of these health concerns need further investigation, now might be a good time to either limit your diet-soda intake to the occasional indulgence, or switch to water, skim milk or diluted 100-percent fruit juice. Here's why:

**Tough on teeth.** Diet soda is just as acidic as regular soda, which can damage tooth enamel and promote decay.

**Wicked to waistlines.** Some studies have found that drinking diet soda regularly may be connected to obesity and type 2 diabetes. Researchers are unsure if diet soda actually causes obesity, but one study found that those who drank three or more of the beverages daily were more likely to gain weight than those who didn't.

**Unkind to kidneys.** One major study found that women who consumed two or more artificially sweetened sodas a day doubled their risk for kidney function decline. Drinking regular soda or only one diet soda daily did not decrease kidney function more than normal. However, for those prone to kidney stones, a separate study discovered that citrus-flavored diet sodas contain high levels of a compound that may inhibit stone formation.

**Bad to the bones.** According to the National Institutes of Health, people may be replacing bone-friendly, calcium-rich milk with soda, which may lead to decreased bone mass and an increased risk of fracture.



*Health Connection* is published as a community service of Moberly Regional Medical Center. There is no fee to subscribe.

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your health care provider.

Copyright © 2011 Moberly Regional Medical Center

WINTER 2011



# Care when it matters most

**A**t Moberly Regional Medical Center (MRMC), you'll find the advanced medical care you need when you need it. A dedicated and experienced medical staff offers more than 40 medical specialties ranging from emergency medicine and advanced surgical services to cardiovascular care and much more. The quality care you need is here at MRMC, Randolph County's only full-service hospital that's equipped and skilled at taking care of the patients we serve.

## IN AN EMERGENCY

At MRMC's emergency department, you'll find wait times that are typically shorter than the national average. You'll spend less time waiting and more time getting the advanced, personalized care you need. Plus, you'll discover an entire staff of emergency professionals, including board-certified physicians, dedicated to making your experience as comfortable and relaxed as possible.

## ! Know where to go

MRMC's emergency department is located at 1515 Union Ave. For more information or a physician referral, call (660) 263-8400.



## FAST FACT

Did you know that about one in three American adults has at least one type of cardiovascular disease?



To learn how to keep your heart healthy, visit MRMC at [www.moberlyhospital.com](http://www.moberlyhospital.com) and click on "Health Resources." There, you can assess your risks, take quizzes and more.