

Health Connection



FROM YOUR FRIENDS AT THREE RIVERS MEDICAL CENTER

Advanced cardiac care, close to home

A report to the community

When it comes to cardiac care, every second counts. That's why Three Rivers Medical Center (TRMC) is pleased to offer our patients advanced cardiac care, close to home, through our cardiopulmonary staff and two full-time cardiologists. With the completion of our new intensive care unit, we'll be able to offer advanced inpatient cardiac care right here in Louisa. I'm very excited about opening our expanded ICU/CCU unit this August.

Our full range of cardiac care includes emergency intervention, education and the latest diagnostic tests and treatments. Our highly skilled and experienced cardiologists Muhammad Aslam, M.D., and B.K. Singh, M.D., along with our entire cardiac team, are here to provide the advanced care you need, when you need it.

We're committed to helping you prevent, detect and manage heart disease. Our first goal is to help you avoid heart disease altogether. We host several community health screenings aimed at early intervention and dietary education. We also teach women how to prevent heart disease and how to recognize when a heart attack is occurring, since symptoms can be different for women and men.

TRMC offers a full range of diagnostic testing for cardiac patients, including routine cardiac stress tests, echocardiograms, nuclear stress tests, Holter monitoring, electrocardiography, enzyme testing and clot-dissolving drugs. Dr. Aslam also performs transesophageal echocardiogram (TEE), a procedure to obtain images of the heart from inside the esophagus. This procedure is used by Dr. Aslam to visualize structures of the heart not seen by a standard echocardiogram.



Our unique style of care—which combines compassion, communication and cardiac excellence—has made quite an impression on our patients. Satisfaction with our services and our physicians is consistently high. Our new ICU/CCU unit will offer private rooms, a dedicated nursing staff and advanced monitoring exclusively for heart patients.

Heart disease is the No. 1 killer of men and women in America. TRMC is playing an important role in reducing the incidence of heart disease through our expanded emergency department and critical care unit. If you're experiencing chest, neck, shoulder and/or arm pain; nausea; sweating; dizziness; or shortness of breath, quickly get to the nearest hospital's emergency department.

Regards,

GREGORY A. KISER, M.H.A.
Chief Executive Officer
Three Rivers Medical Center



Gregory A. Kiser, M.H.A.
Chief Executive Officer

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





DUAL DIAGNOSIS

The link between substance abuse and mental illness

Most people are aware that substance abuse is a problem that can shatter lives and families. What they might not know is that substance abuse is often linked to mental illness.

“This is more common than many people believe,” says Clay Hall, D.O., attending psychiatrist for the *Transitions* Mental Health Program at Three Rivers Medical Center (TRMC). Dr. Hall has extensive experience in the evaluation and treatment of substance abuse and mental illness. He began working at TRMC in August 2005 and says more people need to be aware of the connection between the two conditions.

A significant number of the 2 million Americans with severe mental illness also abuse substances, according to the Alcohol, Drug Abuse and Mental Health Administration. In fact, people with severe mental illnesses are four to five times more likely to develop a substance abuse disorder than the general population.

“These are alarming statistics when you consider that only 20 percent of people with a severe mental illness and drug or alcohol dependencies are treated for both disorders,” Dr. Hall points out.

Experts believe the condition, known as dual diagnosis, can go undetected because symptoms of substance abuse and some mental illnesses can mimic or mask one another. “We try to address both a patient’s mental illness and substance abuse

problem at the same time, although it’s sometimes difficult to determine the primary diagnosis, especially when someone may deny or minimize their alcohol or drug use and consequences,” says

Dr. Hall. “Self-honesty is crucial for recovery to begin.”

Dr. Hall suggests that the best way to accurately detect a primary or dual diagnosis is to learn as much as possible about the patient and conduct a thorough physical and mental health assessment that includes a substance abuse screening.

If an addiction is present, appropriate detoxification and medical stabilization may be necessary. Following detoxification, regular counseling and attendance at a 12-step recovery support group, such as AA, NA, Al-Anon or Alateen, should be included in the overall treatment plan. Attention to exercise, nutrition, housing and other lifestyle issues also will enhance recovery.

“The good news about mental illness and substance abuse is that there is treatment available,” says Dr. Hall. “If you’re depressed, anxious, suicidal or have an alcohol or drug problem, remember that ‘a journey of a thousand miles begins with the first step.’”



Clay Hall, D.O.
Psychiatrist

Let us help you!

For more information about dual diagnosis, or to speak with a mental health professional, contact the *Transitions* Mental Health Program at (606) 638-1222 or (800) 249-3602.

To make an appointment with Dr. Hall, call (606) 638-1154.

MEET OUR NEWEST DOCTOR

The experienced, dedicated physicians of Three Rivers Medical Center can help keep your family healthy. We'd like to introduce one of them to you.



BEN BROWNING, D.O.
Family Practice

Riverview Family Practice
230 S. Water St.
Louisa
(606) 638-9434

Bringing a wealth of expertise and skills, Ben Browning, D.O., a family practitioner, returns to his hometown of Louisa and the Lawrence County area.

The ambitious doctor is dedicated to his patients, their health and the healthcare field. He's interested in the field of diabetes, stroke prevention techniques and emergency medicine. "I want the very best for my patients and to make their healthcare experience as pleasant as possible," says Dr. Browning. "I'm always willing to explore opportunities to best suit the needs of the situation and to meet challenges head on, which will hopefully make a difference in the lives being affected."

Dr. Browning joins Three Rivers Medical Center (TRMC) as an independent member of the medical staff and partners with Riverview Family Practice where he's accepting new patients and old friends. He'll also be a rotating emergency physician with TRMC Emergency Services. "I really want to offer the best healthcare possible to my patients," says Dr. Browning. "Three Rivers Medical Center is blessed with a quality medical team of physicians and specialists who I've learned from and who continue to provide quality healthcare and medical expertise right here in our wonderful community. I'm so proud to be a part of a great medical team of respected men and women who care about our great community."

Dr. Browning's love of people and his desire to help the community triggered his interest in medicine. He received his medical education from Pikeville College of Osteopathic Medicine and in April completed a demanding family practice residency training in a Level I Trauma Center at East Tennessee State University in Bristol, Tenn.

He's eager to be involved in community activities because he wants to give something back to his hometown. He likes the unique, close-knit community and the strong values and caring nature of its residents. He feels he has a special calling to make a difference in the lives of the people he is fond of in his home community.

The son of Lloyd Browning, M.D., and Marcella of Louisa, Dr. Browning also is blessed with a beautiful family—his wife, Heather, L.P.N., and lovely 1-year-old daughter, Olivia.

A genuine, humorous and compassionate person, Dr. Browning enjoys all sports, especially basketball, fishing and golf. He was a basketball standout for Lawrence County High School. He also enjoys traveling and is a licensed commercial pilot.



Helping patients runs in the family:
Ben Browning, D.O., (left) and
his father, Lloyd Browning, M.D.

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 un buttered 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.

A better kind of heart care



From left: B.K. Singh, M.D., cardiologist; Muhammad Aslam, M.D., invasive cardiologist; and Joe Bevins, director of cardiopulmonary services, provide high-quality cardiac care.

Three Rivers Medical Center's (TRMC) cardiac services team knows you deserve high-quality cardiac care. That's why we provide a wide range of cardiac diagnostic procedures and treatments under the direction of two experienced cardiologists—B.K. Singh, M.D., and Muhammad Aslam, M.D.

If your physician suspects you have a heart problem, he or she will order diagnostic procedures to determine the best course of action. Our lab has advanced equipment and well-trained technologists with more than 60 years' experience.

Available services include:

- stress testing (cardiac and pharmacologic—for those who can't walk on a treadmill)
- Cardiolite® (nuclear cardiology)
- electrocardiogram (EKG)
- Holter monitoring (24- to 48-hour heart monitor)
- echocardiogram (ultrasound of the heart)
- transesophageal echocardiogram (TEE)
- stress echo
- carotid duplex (ultrasound of the carotid arteries) to identify blockages
- venous duplex (ultrasound of the veins) to find clots
- noninvasive arterial studies (pressures and doppler of the extremities) to identify poor circulation or peripheral vascular disease



From left: Joe Bevins, director of cardiopulmonary services; Muhammad Aslam, M.D., invasive cardiologist; B.K. Singh, M.D., cardiologist; and Sherry Pigmon, registered vascular technologist/CRT

GUIDELINES FOR EMERGENCY CARE

Our emergency room is staffed by highly trained physicians and nurses who follow treatment standards developed by the American Heart Association (AHA) and the American College of Cardiologists. The AHA has recognized TRMC as a participating hospital in Get With The Guidelines, a national program developed to improve care for patients with heart problems.

If you need continued treatment for heart problems, our nurses, support staff and your physician will follow those same guidelines to ensure your speedy recovery.

ON THE HORIZON

TRMC also is well underway on a \$2.5 million renovation of the critical care unit, which will feature advanced equipment, large private rooms and a separate family waiting room. We're committed to providing you with the quality cardiac care you deserve, right here at home.

Keep your heart healthy!

For more information about TRMC's cardiac services, call (606) 638-1509.

70TRM



Three Rivers Medical Center
2483 Highway 644
Louisa, KY 41230

PRSRT STD
U.S. POSTAGE
PAID
Lebanon Junction, KY
Permit 19

SUMMER 2006

Health
Connection

Health Connection is published as a community service of Three Rivers 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 healthcare provider.

Copyright © 2006 Three Rivers Medical Center