

Healthy Living

SPRING 2011

SERVING CITRUS, HERNANDO, PASCO, PINELLAS + HILLSBOROUGH

Community Hospital
Medical Center of Trinity
opening late 2011
Oak Hill Hospital
Regional Medical Center
Bayonet Point



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COMMUNITY HOSPITAL
Celebrating 40 years : 1971-2011



OAK HILL HOSPITAL
Celebrating 27 years : 1984-2011



REGIONAL MEDICAL CENTER BAYONET POINT
Celebrating 30 years : 1981-2011



MEDICAL CENTER OF TRINITY
NOVEMBER 2011



Directory of Physicians 2011

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BAYONET POINT

Medical Center of Trinity
NOVEMBER 2011

COLORECTAL CONCERNS

Not Just for Age 50+

According to the American Cancer Society (ACS), about 140,000 individuals were diagnosed with colon or rectal cancer in 2010.

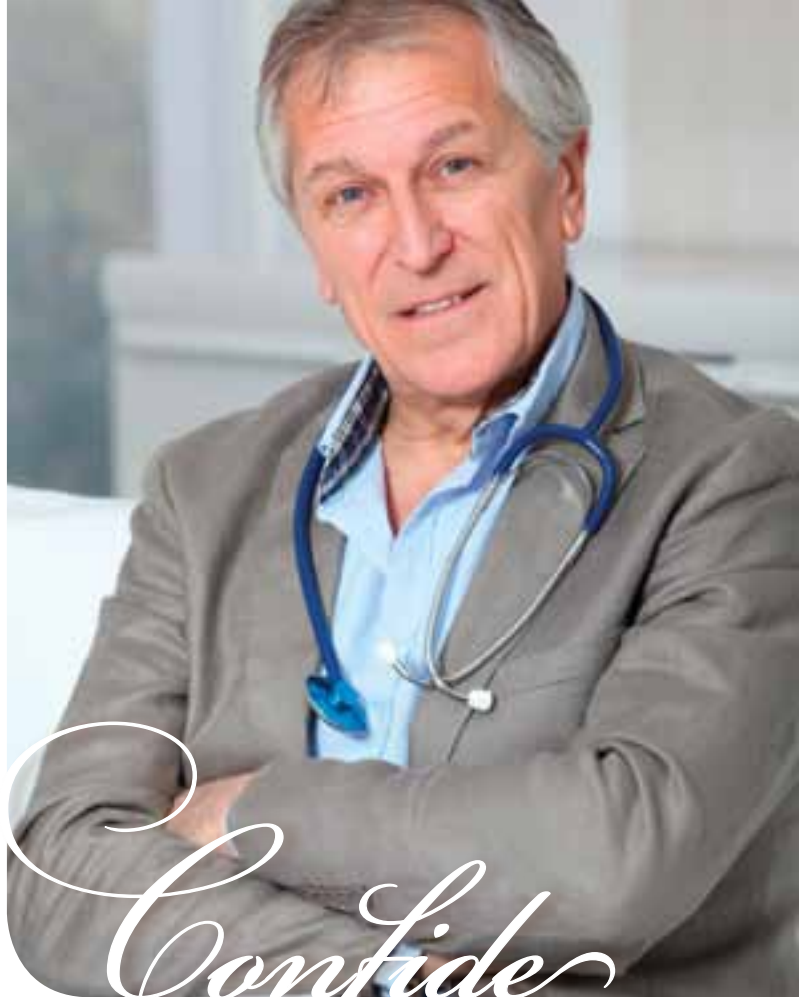
As the second most common cause of cancer-related deaths, colorectal cancer is a prominent health concern—even among young people. Colorectal cancer is typically associated with people older than 50, but a recently published study shows the incidence of rectal cancer increasing in those younger than 40. The report, published in the ACS journal *Cancer*, showed a nearly 4 percent increase in rectal cancer cases in this population.

PREVENTING COLORECTAL CANCER

Rectal cancer is not a common condition in young people. However, this study stressed the need to increase awareness of the benefits of screenings and early treatment.

“In addition to identifying polyps or tumors early, screenings can help rule out other common conditions,” says Chirag Patel, MD, Internal Medicine at Community Hospital, Oak Hill Hospital, and Regional Medical Center Bayonet Point. “If you experience any abnormal bowel movements or rectal bleeding, talk with your physician about the appropriate steps for diagnosis.”

For a free at-home, colorectal cancer screening kit, call 1-877-442-2362.



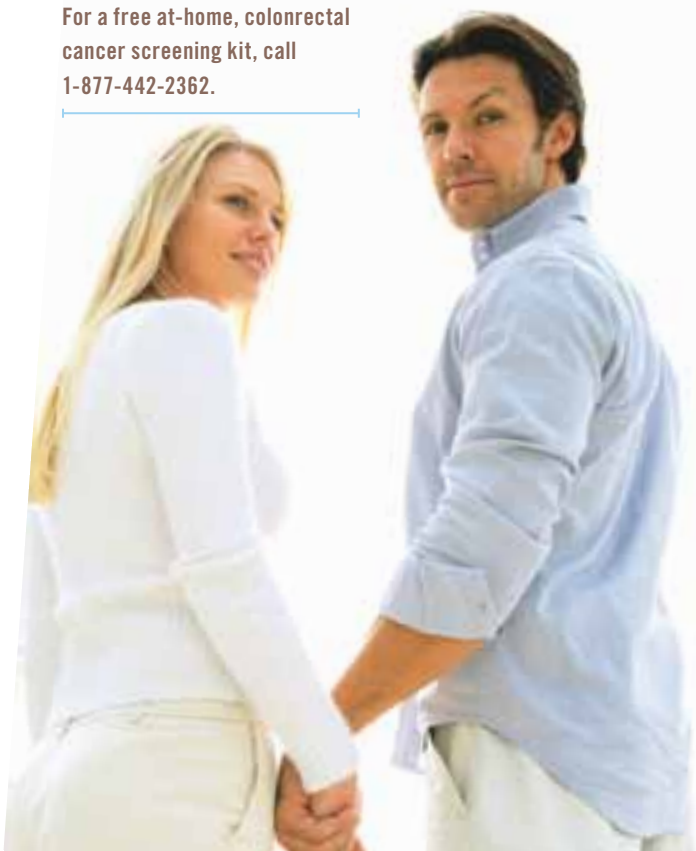
Confide in Your Physician

Your doctor's office should be a safe place to reveal your deepest, darkest secrets, but for many of us being candid is not so easy.

Many people find it hard to admit they drink excessively or experience intense anxiety, but overcoming the discomfort is worthwhile. Your doctor is the right person to tell and is likely to have heard similar concerns before. If you consider a topic taboo, remember your doctor follows a code of ethics and is required to keep your information confidential.

If you are experiencing an embarrassing medical problem, talk with your doctor,” says Hayath Javeed, MD, Internal Medicine at Community Hospital. “Your physician needs to know if you have a yeast infection, incontinence or a sexually transmitted disease. We need to be aware of any unusual symptoms you may be experiencing.”

➔ To learn more about health information often kept from doctors, visit <http://women.webmd.com/features/talking-with-your-doctor-what-to-say>



STOP *Overactive Bladder* NOW



*Do you look for the nearest bathroom everywhere you go?
Are you worried about not reaching the restroom in time?
You may have overactive bladder.*

Approximately 1 in 6 people experiences overactive bladder, a condition where you frequently go to the bathroom or feel a sudden urge to go. You could have this condition if you:

- ➔ go to the bathroom frequently during the day
- ➔ suddenly need to urinate
- ➔ wake up during the night to use the bathroom

Accidentally passing urine can also be a symptom of urinary incontinence, a condition that occurs when the muscles surrounding your bladder weaken.

YOU DO HAVE CHOICES

If you are currently dealing with overactive bladder or urinary incontinence, you do not have to miss out on doing the things you love, such as exercising or socializing with friends.

“Overactive bladder and urinary incontinence are fairly common conditions,” says Barry T. Sadler, MD, Urologist at Oak Hill Hospital and Regional Medical Center Bayonet Point. “Medication or surgical procedures can often relieve embarrassing symptoms that keep individuals from leading full, happy lives.”

SAVING MONEY AND TIME

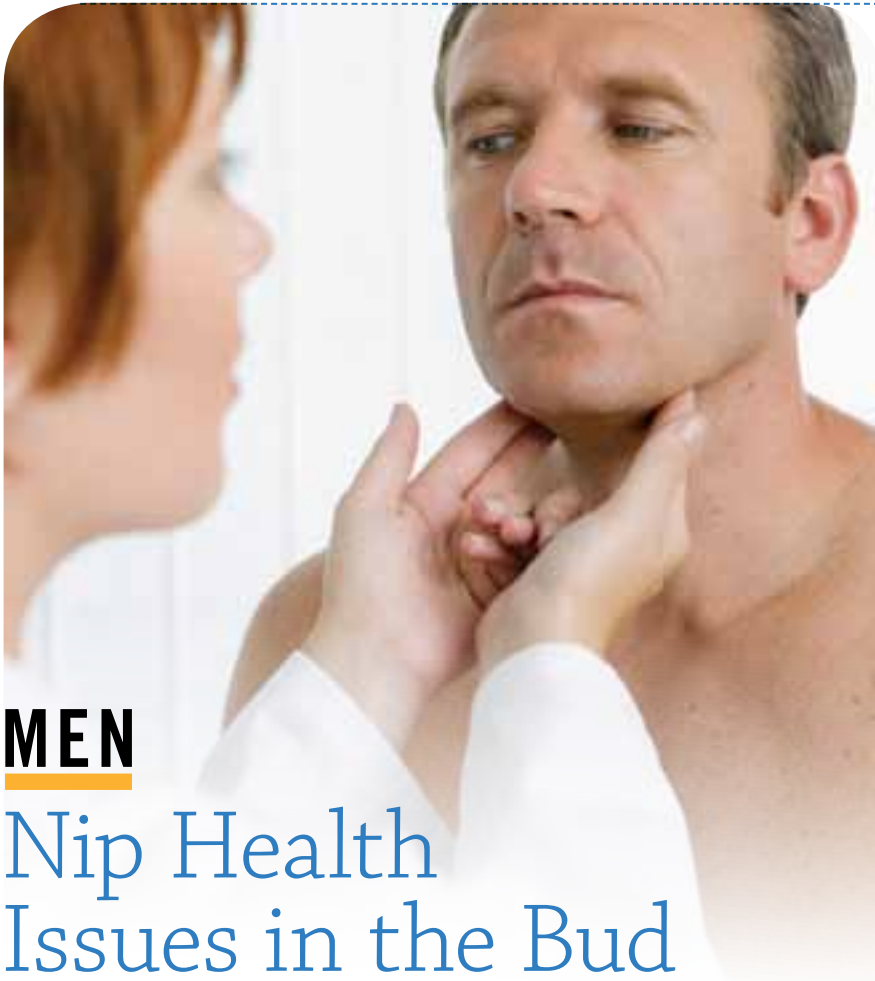
If you think you could not afford surgery to fix incontinence, consider this—**THE AVERAGE PERSON SPENDS \$750** a year on incontinence symptom management products. A recent study by the University of California San Francisco found this sum drops significantly following surgery to decrease symptoms. Women in the study who underwent a surgical procedure reported the amount they paid for incontinence products **DROPPED TO** an average of **\$190 PER YEAR**.

In addition, the number of episodes of accidentally passing urine during exercise or when laughing, coughing, or sneezing also dropped from an average of **23 INCIDENTS** per week **TO THREE**.



For more information or a referral to a urologist or gynecologist, call 1-877-442-2362.





MEN

Nip Health Issues in the Bud

According to the U.S. Department of Health and Human Services, men are significantly less likely than women to have seen their physician within the past year. Avoiding the doctor does not help men avoid medical problems; it just delays diagnosis and potentially leads to a later detection of medical conditions.

While medical care may seem expensive—particularly in the tough economy we are facing today—delaying diagnosis and treatment can be even more costly. Detecting problems early during regular visits with a physician means health risks can be diagnosed more quickly and potentially prevent the more costly treatments that occur when a condition has progressed.

Regular medical screenings, which are typically performed in a primary care physician's office, can help your physician not only detect abnormalities, but can also allow him or her to monitor trends that can indicate future problems. By monitoring these trends—such as rising blood pressure, higher blood sugar levels, and weight gain—the doctor has an opportunity to help men learn to control risk factors that can lead to deadly health conditions.

/ Need a physician? Call Consult-A-Nurse® at 1-877-4-HCA-DOCS (1-877-442-2362) or visit www.HCAdocs.org.

Ready, Set, Cough

Regular screenings are one of the best ways men can manage their health risks. Do not let perceptions about pain or concerns about the cost of treatment keep you from scheduling an appointment with your physician.

Men should follow these national screening guidelines:

- ▶ age 18 and older, check blood pressure at least every two years
- ▶ age 40 and older, consult with physicians for frequency of a cholesterol test, digital rectal exam, and prostate-specific antigen test
- ▶ age 50 and older, fecal occult blood test annually and a colonoscopy every 10 years

“One of the main reasons men need to see their physicians regularly is for their urological health. Issues with urination are not a normal part of aging, and treatments are available to help.”

RAMON PEREZ, MD, UROLOGIST
AT COMMUNITY HOSPITAL

“Difficulty with urination does not always mean that prostate cancer is present. It can be a symptom of several other easily treatable medical conditions.”

KEVIN SPIRES, MD, UROLOGIST AT OAK HILL AND
REGIONAL MEDICAL CENTER BAYONET POINT

A Preparation Plan for a Joint Procedure

You have spoken with your orthopedic specialist and decided that a joint procedure is the appropriate next step. But what else do you need to know? Here's a guide to preparing for your procedure.

- ➔ **Understand the basics.** Talk with your surgeon about what the surgery will entail, including the hospital visit, nursing staff who will care for you, pain management techniques, and the rehabilitation plan. Have him or her walk you through the process from start to finish.
- ➔ **Prepare for surgery.** Learn what medical information you'll need to have on hand for the surgery. This includes a medical history, allergy information, and a list of medications. Discuss any conditions that may complicate the procedure. Community Hospital, Oak Hill Hospital and Regional Medical Center Bayonet Point offer pre-operative orthopedic classes to prepare you for the journey and inform you about what to expect before, during and after surgery. For more information, call 1-877-442-2362.
- ➔ **Look beyond the big day.** It's important to plan ahead for your return home. If you live alone, ask your physician about specialized rehabilitation facilities.

“Open communication between the patient and the orthopedic surgeon is paramount when treating joint pain effectively, before, during, and after the surgery.”

—CRAIG BENNETT, MD, ORTHOPEDIC SURGEON AT OAK HILL HOSPITAL AND REGIONAL MEDICAL CENTER BAYONET POINT



Dedicated Orthopedic Care

Orthopedic needs are no laughing matter. Injuries, arthritis, and other degenerative bone and joint conditions can take a toll on your daily life.

Whether you require medication, healing physical therapy, or a total joint replacement, orthopedic specialists provide a “hands-on” approach to helping you achieve expectations for improved function and mobility.

A STEP-BY-STEP PROCESS

If you have suffered a minor bone or joint injury, the RICE method—rest, ice, compression, and elevation—can help relieve initial symptoms. However, if pain, swelling, and inflammation persist more than a few days, a primary care provider can aid in providing a series of noninvasive therapies, such as anti-inflammatory medications and physical therapy—two commonly used techniques that can help you get back in the game.

If symptoms do not improve, your primary care provider may recommend a visit with an orthopedic specialist. These specially trained physicians work with patients to diagnose and conservatively treat a condition—and it all begins with a physician-patient conversation to discuss the history, symptoms, and source of the pain. After achieving a clear understanding of each patient’s condition and expectations, these specialists can make a more effective diagnosis of the patient’s pain.

A LOOK INSIDE

To further detect any musculoskeletal or nerve degenerations, alignment issues or deformities, orthopedic specialists employ

X-rays and magnetic resonance imaging (MRI). These images help a specialist determine a patient’s source of pain—and set the guidelines for creating an individualized treatment plan.

While many patients may seek the expertise of an orthopedic specialist, the majority of patients find relief with noninvasive treatment options, including anti-inflammatory medications, injection therapy, physical therapy, and pain management techniques.

A CUSTOM APPROACH

Regardless of the approach needed for treatment, orthopedic specialists do not take a one-treatment-fits-all mentality. Instead, any recommended procedure is customized to meet each patient’s needs. Orthopedic specialists communicate openly about short- and long-term goals, as well as potential complications, to ensure each patient receives the appropriate treatment plan that is addressed by the least-invasive surgery possible.

“Our number one goal is to provide patients an experience and surgical outcomes that are quality-driven and patient-focused,” says Jason E. Bryant, vice president of orthopedic and spine services for HCA West Florida Division. “If you are living with back or joint pain, consider seeing a specialist to learn more about available treatment options.”

A PAIN IN THE...BACK?

While degenerative arthritis may cause leg pain, other hip and leg pain may stem from back problems, including sciatica or bursitis. Orthopedic specialists or neurosurgeons can use advanced imaging equipment to detect and diagnose these potentially painful conditions and rule out other pathologies. If physical therapy does not lessen your hip or leg pain, additional care from an orthopedic spinal specialist or neurosurgeon might be necessary.

“The most common reason people schedule an office visit is back pain, which can typically be treated with noninvasive modalities. This allows patients to get back to their lives without having to schedule a surgery.”

STEPHEN HANFF, MD, ORTHOPEDIC SURGEON AT COMMUNITY HOSPITAL

“Many orthopedic specialists work in tandem with physical therapists to help patients get back to their desired goal of mobility or function. We place the needs of the patient first in creating an individualized treatment plan to get him or her back to daily activities.”

FADY ZEIDAN, MD, ORTHOPEDIC SURGEON AT OAK HILL HOSPITAL

Community Hospital, Oak Hill Hospital, and Regional Medical Center Bayonet Point offer Pre-Operative Orthopedic classes to prepare you for the journey and inform you on what to expect before, during, and after the surgery. For more information, call 1-877-442-2362.



Time Is Muscle

Community Hospital, Oak Hill Hospital and Regional Medical Center Bayonet Point specialize in meeting and exceeding the national 90-minute standard of care for removing blockages within the heart. Take a closer look at the most recent door-to-balloon times for our hospitals on our websites:

Community Hospital:

www.CommunityHospitalNPR.com

Oak Hill Hospital:

www.OakHillHospital.com

Regional Medical Center Bayonet Point: www.RMCHealth.com

If you are experiencing a heart attack, call 911 immediately so you can more quickly access emergency cardiac care.

FOR A “FREE WARNING SIGNS OF A HEART ATTACK” MAGNET, CALL 1-877-4-HCA-DOCS (1-877-442-2362).

“One of the worst mistakes you can make is to sit at home and wonder whether or not you have suffered a heart attack. If you have heart attack symptoms, go ahead and call 911 so you can access emergency medical services and begin the diagnosis and treatment process.”

—MOWAFFAK ATFEH, MD,
INTERVENTIONAL CARDIOLOGIST
AT OAK HILL HOSPITAL AND REGIONAL
MEDICAL CENTER BAYONET POINT

When the Clock Is Ticking

When an ST-elevation myocardial infarction (STEMI) heart attack occurs due to a blockage within the heart, the muscle is deprived of valuable oxygen. For every minute that passes, irreversible damage is done as heart muscle dies.

STEMI heart attacks directly affect the heart’s ability to pump blood.

As time progresses after the onset of a STEMI attack, heart muscle is lost and the heart’s pumping ability is permanently reduced. To reduce the damage done by STEMI attacks, interventional care to clear the blockage must be performed rapidly. According to guidelines established by the American College of Cardiology, the American Heart Association, and The Joint Commission, these services should be administered within 90 minutes of arrival at the hospital.

For patients to access lifesaving heart attack care as promptly as possible, specific heart attack protocols are in place to quickly provide them with the care they need. Patients suspected of having heart attacks immediately bypass other patients in the Emergency Department and are promptly provided with electrocardiograms to diagnose the problem. If the patient is determined to be having a heart attack, arrangements are made to get the patient to a cardiac catheterization lab for interventional care as quickly as possible.

BE ♥ SMART. The American Heart Association says it is critical you call for an ambulance as soon as you experience any of these heart attack signs and symptoms:

- ➔ pain or discomfort in the chest
- ➔ pain or discomfort in the arms, back, jaw, neck, or stomach
- ➔ breathing difficulties, particularly shortness of breath
- ➔ unexplained nausea, lightheadedness, or cold sweat

Is Saying Sorry *the Forgiveness* Your Body Needs?

Studies have shown that when you feel guilty, sincerely apologizing can actually relieve not only that pang in the pit of your stomach, but also health troubles.

When people experience guilt, their bodies often respond with sleep troubles, tendencies to overeat and even severe headaches. These side effects can quickly take a toll on both physical health and emotional state of mind. Apologies are tough, even when your guilt is getting the best of you. One of the first steps to successful apologies is feeling and expressing sincerity.

“Saying you are sorry for a wrongdoing may be hard to do

because it feels embarrassing and may take your ego down a notch,” says Susan Stack, ARNP, PhD, Program Director, Behavioral Health Services, Community Hospital. “But your reputation will benefit from your demonstration of integrity, and when you know you have done the right thing, your stress level also improves.”

From the perspective of your friend or loved one, a sincere apology could mean an entire change in his or her opinion

of you. As you reflect on the situation and extend the proverbial olive branch, your guilt and your loved one’s hurt can be left in the past. Your body will thank you as well, as you lose that terrible guilt, sleep better, and reclaim your healthy lifestyle.

To learn more about health and wellness benefits associated with behavioral medicine, visit bmedreport.com.



Because Rules Were Made to Be Broken

Feeling bogged down by the guidelines your hear about ways to stay healthy? It may be time to break free.

The more stringent the rules you hold yourself to, the less likely you are to follow them. For instance, if you believe that the only way to exercise is vigorously for 30 minutes or more, you may opt not to exercise at all if you don’t have enough time to devote to working out at that level.

“Any exercise is better than no exercise,” says Yogesh Ranpariya, MD, Internal Medicine at Community Hospital and Regional Medical Center Bayonet Point. “Fit a moderate workout into the time you have, and aim to increase your overall level of physical activity on a daily basis.”

Here are some other health rules that can be bent, if not broken.

➔ **THE FIVE-SECOND RULE**—Do you believe you can safely pick up and eat food you dropped if you do so within five seconds? Unless the surface your food falls on is clearly dirty, edibles you drop are okay to eat even after a count of five.

➔ **EARLY TO BED, EARLY TO RISE**—Rather than aiming for the standard eight hours of sleep each night, get enough sleep that you feel well rested. According to

the Centers for Disease Control and Prevention, most adults need seven to nine hours each night.

➔ **EIGHT GLASSES OF WATER PER DAY**—Water is a vital part of a healthy diet, but you can also absorb water from fruits, soups, and other foods. Pay attention to the color of urine as an indication of whether or not you’re drinking enough water. If it is very yellow, drink more.

// FOR MORE HEALTH RULES YOU CAN BEND, VISIT WEBMD.COM.

Home Safety 101



Ask an Expert

In addition to identifying potential side effects or medication interactions that could increase an older individual's risk of falling, a primary care physician can offer advice about ways to stay healthy and safe while living independently.

Anyone at risk of falling because of age or a medical condition should ask the following questions:

- ➔ Can I keep pets in the house?
- ➔ Would I benefit from using a cane or a walker?
- ➔ Should I consider switching to a hospital bed or relocating my bed to the first floor?
- ➔ What areas of my home need the most light?
- ➔ What physical exercises will improve my strength and balance?

For a brochure with a home-safety checklist, call 1-877-442-2362.

Falls pose a serious health concern, especially for seniors. Taking a few simple precautions to reduce the risk of slipping or tripping in the home can keep you or your loved ones out of the Emergency Room.

“Falling ranks as the leading cause of injury-related death in Americans 65 years old and above,” says Daniel P. Moynihan, MD, Orthopedic Surgeon at Oak Hill Hospital. “In fact, one in three elderly adults experiences a fall every year. Although the majority of instances result in only minor injuries, 30 percent of falls lead to fractures and head trauma.”


A recent study found that anxiety over falling can actually increase the risk of falling. Consider the following tips to build confidence and prevent such accidents.

FOR YOURSELF—Check with your doctor to identify any medication side effects that may heighten your risk of falling. In addition, stay active to maintain strength and balance, and wear flat, nonskid shoes.

FOR YOUR HOME—Clear away clutter and loose rugs that might trip you, install handrails in hallways and stairs for support, and keep your living spaces lit with lamps and night-lights.

Visit the Centers for Disease Control website at cdc.gov for more information about preventing falls.





Carrying extra pounds around the waist can have a more serious effect than preventing you from fitting into your favorite pair of jeans—that extra weight may increase your risk of suffering a stroke.

WIDE WAIST = Heightened Stroke Risk

Excess fat around the belly raises the danger of stroke for both men and women. According to the National Stroke Association, post-menopausal women whose waist size exceeds 35.2 inches—combined with a triglyceride reading of greater than 128 milligrams—are five times more at risk for suffering a stroke than the general population. For men, a waist circumference greater than 40 inches increases their risk of a stroke.

WHAT SCIENCE IS SAYING

One recent study shed further light on the potential dangers of a big belly for middle-aged women. Research presented at the American Stroke Association's 2010 International Stroke Conference found that women ages 45 to 54 are three times more likely to suffer a stroke than men of the same age. Men who took part in the study exhibited higher incidences of every stroke risk factor except one—

fat around the waist. Researchers posited that having a big belly makes a person more vulnerable to diabetes, high blood pressure, and high cholesterol, which are themselves risk factors for stroke.

“If your waist size places you at greater risk for suffering a stroke, the good news is that excess belly fat is a risk factor you can reduce and control,” says Katia Santos, MD, Physical Medicine and Rehabilitation at Regional Medical Center Bayonet Point. “Instead of focusing on belly-targeting exercises, such as sit-ups, that are largely ineffective, incorporate at least 30 minutes of aerobic exercise into your daily schedule and eat fewer calorie-rich foods.”

To learn more about stroke risk factors and lifestyle changes you can make to help avoid cardiovascular problems, visit stroke.org.



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ACCIDENTS HAPPEN FAST. EMERGENCY CARE SHOULD TOO.



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