

WINTER 2011

Health Connection

A PUBLICATION OF
MEDICAL CENTER ENTERPRISE

A new you
in 2011
Attend our
health fair

What's cooking?
Find healthy recipes
with *Health eCooking*

Commit to your
breast health

MEDICAL CENTER ENTERPRISE

Where Healthcare and Community Connect

www.mcehospital.com

Keep your PROSTATE HEALTHY

Sens. 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.

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Daily exercise improves your overall health and helps keep your weight in check.
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What to ask your physician about prostate health

Be 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



We'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.

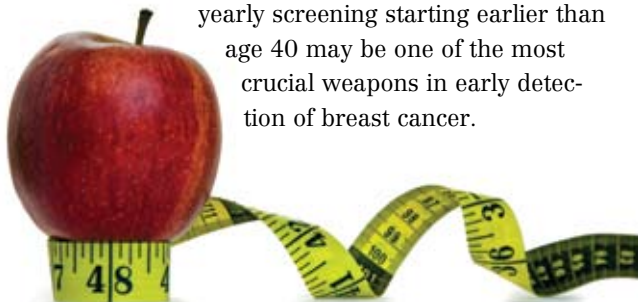
THE FLIP SIDE

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

Try 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?

According 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



Jeffrey M. Brannon
Chief Executive Officer

Dear friends,

Please enjoy this issue of *Health Connection*, the community newsletter brought to you by Medical Center Enterprise (MCE). In this issue, we're pleased to bring you information about timely health-related issues of importance to you and your family members.

In addition to this newsletter, we hope you'll take the time to visit our website, www.mcehospital.com, which is always available to provide you with an interactive wealth of information about our services and programs, general health issues and conditions, local physicians, healthy eating and much more.

We trust you look forward to receiving each issue of *Health Connection* and that you find both the newsletter and website helpful.

Thank you for allowing the team of professionals at MCE to care for you. We're proud to partner with you in taking care of your healthcare needs.

Sincerely,

Jeffrey M. Brannon

Chief Executive Officer
Medical Center Enterprise
Where Healthcare and Community Connect

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 Medical Center Enterprise at www.mcehospital.com and click on "Health Resources." There, you can assess your risks, take quizzes and learn more.

What's for dinner?

Now it's easier to cook healthy, flavorful foods. Check out *The Health eCooking Show* by Baldwin Publishing on the Medical Center Enterprise (MCE) website. This nationally recognized web portal features a multitude of fresh recipes and cooking videos featuring celebrity chefs.

The interactive multimedia content includes hundreds of delicious heart-healthy, diabetes-friendly and gluten-free recipes and cooking videos. *Health eCooking* recipes are created by registered dietitians and professional chefs. New recipes and videos are added to the libraries every month, so check back often to see what's fresh and new.

All of the tasty recipes meet national standards for a healthy diet. Heart-healthy recipes are low in sodium and cholesterol and contain less fat than traditional recipes. Diabetes-friendly offerings contain less sugar and fewer carbohydrates. And gluten-free recipes are low fat and contain no wheat products.

Health eCooking videos feature professional chefs preparing their favorite healthy recipes. The videos include fast and fun how-to-cook demonstrations, as well as quick and easy cooking tips from the chefs. Where else can you view a commercial-free cooking show featuring a variety of healthy recipes for you and your family—24 hours a day, seven days a week—with just the click of a mouse?

! Happy eating!

MCE selected the *Health eCooking* portal because of the outstanding quality it adds to our website and the valuable service it provides the community. To view videos that are innovative, entertaining and educational, visit www.mcehospital.com and click on "Health eCooking."





Come one, come all!

Dedicated to your healthy lifestyle on Feb. 26

The annual health fair hosted jointly by Medical Center Enterprise (MCE) and the Enterprise Chamber of Commerce is scheduled for Saturday, Feb. 26, at Enterprise State Community College from 8 a.m. to noon. The free event gives residents the opportunity to receive screenings, tests and information from local health-related companies.

"We're excited to offer this event again this year. Our area health professionals make this a must-attend event by offering head-to-toe opportunities to start down the healthy lifestyle path!" says Darlene Wise, healthcare committee chairperson. "This event has taken place in one form or another since 1972, and every year we strive to get information to everyone in the community, so residents can take advantage of this wonderful opportunity."

FOR THE WHOLE FAMILY

The public is welcome, so bring your family and friends. You'll have chances to win door prizes throughout the event. LifeSouth will also be on hand for a blood drive. With a blood donation, you even receive a free mini-physical that includes cholesterol testing. A Children's Fitness Fun Fair will also be available for younger family members to learn that fitness is enjoyable.

Through MCE's partnership with the Chamber of Commerce, the committee strives to bring all available

health resources to the fair to help Enterprise area citizens practice healthier lifestyles in 2011.

Also, with the help of local business sponsors, scholarships are awarded to area students hoping to further their education in a health-related field. Abigail Averett, of Enterprise, and Aaron Pope, of New Brockton, were last year's recipients. Averett, a speech pathology and audiology major, plans to work with children because, as she says, "Children bring great joy to my life, and I enjoy every moment I spend with them." Pope is pursuing studies in nuclear medicine and plans to eventually work at a local hospital. "My family, church and community are a major part of my life," he says. "It's important to me to live in this area." Congratulations again to these two outstanding students!

Health-related organizations and businesses in the Enterprise area are invited to participate. Nonhealth-related organizations and businesses can sponsor this event with a monetary donation to allow additional scholarships to be awarded.

! Save the date!

For more information about the health fair on Saturday, Feb. 26, contact the Enterprise Chamber of Commerce at (334) 347-0581 or e-mail chamberoffice@centurytel.net.

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

Your 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!



Bedbugs 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

Diet 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 Medical Center Enterprise. 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.

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70MCE

Protect your health
for the important moments ...
digital mammography can help.



The high-speed scanning capabilities and outstanding image quality of digital mammography at Medical Center Enterprise give your doctor tools to make a faster diagnosis.

We also go out of our way to make your experience as pleasant as possible, with quick and easy scheduling and soft pads for added comfort. To learn more about our digital mammography or any of our advanced imaging services, call 393-8780.

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Breast cancer at a glance

Numbers from the
American Cancer Society:

12% is the chance of a woman
developing invasive breast
cancer at some time in her life.

3% is the chance that breast cancer will
be responsible for a woman's death.

1,970 new cases of invasive breast cancer will be
diagnosed in men.

39,840 women will lose their life to breast cancer
this year.

207,090 new cases are expected to be diagnosed
this year.



! Commit to breast health!

For more information, visit www.mcehospital.com, click on "Health Resources" and search for "mammogram." To take a breast cancer quiz or risk assessment, click on "Interactive Tools." Under "Multimedia" and "Clinical Wizards," participate in our Breast Cancer Risk Factors Clinical Wizard for a real-time, customized assessment of your breast health. To learn about mammograms, turn to page 3 of this issue.