

MEDICAL CENTER ENTERPRISE

Where Healthcare and Community Connect

HealthConnection

A PUBLICATION OF MEDICAL CENTER ENTERPRISE



**MCE named
a Top Quality
Performer!**
See page 4

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PAGE 4
**Recognized for
quality care**

PAGE 5
**MCE
delivers!**

PAGE 6
**How heart and
vascular disease differ**

PAGE 7
**Beat the
winter blues**

Healthbriefs



tip

Balance

your protein choices. Lean animal, fish and vegetable sources can help lower cholesterol.

› Pick cholesterol-lowering foods

When it comes to bringing down LDL (bad) cholesterol, it appears foods like soy protein, nuts and plant sterols (found naturally in plants) have the upper hand. According to a study in *The Journal of the American Medical Association*, people with high cholesterol who combined such foods and incorporated them into their diets had a greater reduction in LDL cholesterol than those who followed low-saturated-fat diets that focused on high fiber and whole grains alone.

The study followed 351 people over the course of six months. Researchers found that the cholesterol levels of those who followed the low-saturated-fat diets dropped 3 percent, while those consuming the cholesterol-lowering foods saw a decrease of up to 13.8 percent. These results don't mean you should ditch a heart-healthy, low-saturated-fat diet. Instead try adding the cholesterol-lowering foods to an already heart-healthy regimen.

› New moms: 5 ways to prevent back pain

Back pain is a common complaint of new moms. Here are some tips for keeping your back in good health, courtesy of the American Academy of Orthopaedic Surgeons:

- 1 With your obstetrician's OK, try to begin exercising shortly after you have your baby (women who've had C-sections usually have to wait at least six weeks). This will help rebuild tone in your abdominal and back muscles.
- 2 When lifting your baby, don't stretch your arms. Bring him or her close to your chest before picking the child up. Bend at your knees—lifting with your legs.
- 3 Carry your child in a front pack for longer walks. Avoid carrying him or her on your hip.
- 4 Kneel on the back seat when placing your child in the car seat. Don't attempt to load the baby when standing outside the car.
- 5 Use a chair that offers back support, not a soft couch.



› Aerobic exercise key to banning belly fat

Looking to get rid of that spare tire or paunch? Then it's time to get your heart pumping. A recent study in the *American Journal of Physiology* found that aerobic activity burned 67 percent more calories than resistance training (such as weight lifting). The eight-month Duke University Medical Center study followed 196 overweight, inactive adults who either performed aerobic exercises equivalent to jogging 12 miles a week or did three sets of eight to 12 weight-lifting repetitions, three times a week. The researchers discovered that aerobic exercise greatly reduced liver fat and deep-lying abdominal fat (called visceral fat), which increases the risk of heart disease, diabetes and certain types of cancer. The aerobic activity improved insulin resistance, triglyceride levels and liver enzymes—risk factors for disease—while the resistance training didn't.

Your best bet? Aim for a balanced exercise regimen that incorporates weight training, which can improve your strength and build lean muscle, and aerobic exercise.



Facing migraines head-on

➤ You're sitting at your desk at work when you feel it coming—that throbbing pain in your head. With dread, you prepare to face the nausea that will soon follow.

What you're experiencing, most likely, is a migraine, and you're not alone—28 million Americans get them.

What's a migraine?

Simply put, migraines are severe headaches that usually come back, whether it's weekly, monthly or only every few years. They may be preceded by visual disturbances such as zigzagging lines or flashing lights; last several hours or a whole day; occur on one side of the head; trigger nausea or vomiting; and they're usually disabling.

Migraine triggers include stress, hormonal changes (such as pregnancy, menstruation and menopause), certain types of food (alcohol, aged cheeses, too much or too little caffeine, food additives such as MSG, processed meats and citrus fruits), environmental factors (bright lights, excessive heat, allergies and perfume), irregular eating and sleeping habits, smoking and certain medications.

How can I control them?

The first step to managing migraines is to take note. When did your migraine happen? What were you doing? What did you eat in the past 24 hours? How long did it last? On a scale of one to 10, how bad was your migraine?

Keeping a migraine journal and answering such questions each time you experience one can help you avoid triggers and assist your doctor in tailoring an effective treatment plan.

Some people may benefit from medications, which can either knock out pain or prevent a migraine from occurring in the first place, while others may only need lifestyle adjustments:

- **Food substitutes.** For example, if blue cheese is a trigger, choose another type of cheese.
- **Stress.** Avoid stressful situations or engage in relaxing activities, such as yoga and meditation.
- **Sleep.** Aim for six to eight hours each night.
- **Exercise.** Remain active every day with activities such as brisk walks or laps at the local indoor pool.
- **Eating.** Eat regularly scheduled meals. Skipping meals can send your blood sugar crashing.
- **Smoking.** If you smoke, quit. Also avoid secondhand smoke.
- **Medicine.** Blood pressure medications and birth control pills are two types of medications that may aggravate migraines. If you think this is happening, talk with your doctor about possible substitutions (but don't just stop taking medicine).

If you experience symptoms such as a sudden headache (like a thunderclap) or a headache accompanied by other symptoms, such as fever, a stiff neck or trouble speaking, seek immediate medical attention, as these can indicate more serious conditions. ●

If you experience symptoms such as a sudden headache or a headache accompanied by other symptoms, seek medical attention.

tip

Keep

a journal to track your migraines and help you learn more about what triggers them.



MCE recognized as Top Performer on Key Quality Measures

➤ Medical Center Enterprise (MCE) was recently named one of the nation's Top Performers on Key Quality Measures



by The Joint Commission, the leading accrediting body of health care organizations in America. The hospital was recognized based on data reported about evidence-based clinical processes that are shown to improve care for certain conditions, including children's asthma, heart attack, heart failure and pneumonia, as well as for surgical care.

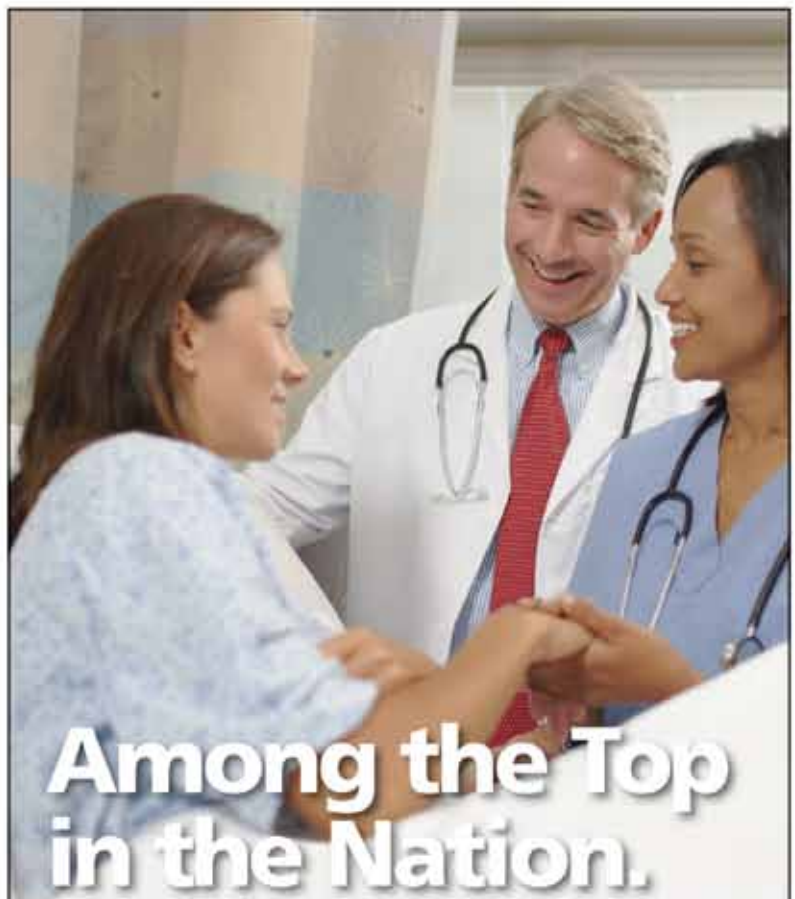
MCE is 1 of only 405 hospitals nationwide earning this distinction for attaining and sustaining excellence. Inclusion on the list is based on an aggregation of accountability data reported to The Joint Commission during the previous calendar year. To earn this recognition, MCE achieved exceptional performance standards in pneumonia and surgical care.

"We understand that what matters most to our patients and community is safe, effective care," says Jeffrey M. Brannon, MCE chief executive officer. "That's why MCE has made a commitment to accreditation and to evidence-based care processes. We have earned this recognition through the dedication and skill of our medical staff, nurses and other clinicians who care for our patients each day." ●



Read all about it!

To read more about MCE's Joint Commission recognition, visit www.QualityCheck.org.



Among the Top in the Nation. Right Down the Street.

It might sound simplistic but it's true.


By focusing on quality care for patients and doing what's right, we have received national recognition. The Joint Commission recognizes Medical Center Enterprise for achieving excellence in performance on its accountability measures during 2010 for Pneumonia and Surgical Care.

So what does our being a top performer in using evidence-based care mean for you? Peace of mind in knowing that our local care is tops in the nation.

Find out more at our website: MCEHospital.com.

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Out of 3,099 hospitals submitting accountability measure data to The Joint Commission, Medical Center Enterprise was one of only 405 to meet or exceed the target rates of performance for 2010.



Top Performer on The Joint Commission Key Quality Measures 2010

Pneumonia
Surgical Care

MCE delivers!

➤ As we hope you've already seen, work is progressing nicely on our new 21,566-square-foot Women's Wing. This \$5 million project is the latest in a series of capital improvement projects. The new building will encompass a separate first-floor entrance for patients, families and visitors as well as other public spaces such as a new reception area and a comfortable waiting area.

The second floor of the new facility will house 13 postpartum rooms and five labor, delivery and recovery rooms; all spacious, handsomely decorated and equipped with the latest medical technology. The Women's Wing staff is known for their friendly patient- and family-centered care. Completion of this project will enable our doctors and staff to continue providing this care to our patients and their families in one of the newer, more comfortable environments available in the Wiregrass area. The project is expected to be completed this summer. ●



Caring for your baby

To learn more about caring for your newborn once you leave the hospital, visit www.MCEHospital.com and click on "Health Resources."



A great place to be born.

NEW PATIENTS WELCOME

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HealthWise QUIZ

How much do you know about dementia?

> TAKE THIS QUIZ TO FIND OUT.

- 1 The most common type of dementia is:**
 - a. Alzheimer's disease
 - b. Lewy body disease
 - c. vascular dementia
 - d. none of the above
- 2 Which of the following conditions can cause or mimic the symptoms of dementia?:**
 - a. Lyme disease
 - b. thyroid problems
 - c. low blood sugar
 - d. all of the above
- 3 According to the Alzheimer's Association, the risk of developing Alzheimer's after age 85 is about:**
 - a. 10 percent
 - b. 25 percent
 - c. 50 percent
 - d. 75 percent
- 4 One known risk factor for dementia is:**
 - a. getting too much vitamin D
 - b. having diabetes
 - c. regularly using a cell phone
 - d. exposure to everyday sources of aluminum
- 5 While there's no surefire way to prevent dementia, experts recommend which of the following measures to possibly lower your risk of developing it?:**
 - a. taking high doses of vitamin C
 - b. lowering your blood pressure
 - c. keeping up to date on vaccinations
 - d. both (b) and (c)

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

A dangerous trio

Sorting out stroke, heart attack and cardiac arrest

> What do stroke, heart attack and cardiac arrest have in common? They're all possible complications of heart and blood vessel diseases that affect millions of Americans.

Read on to learn more about each of these conditions and their unique causes and symptoms.

Heart attack

When fatty deposits called plaque build up in the arteries, it can narrow them or cause a blood clot to form. When this occurs, blood flow to the heart is blocked, damaging heart muscle.

> **Symptoms:** Signs of a heart attack vary, but may include: tightness, a feeling of heaviness, pressure or a squeezing sensation in the chest; indigestion; anxiety; fainting; dizziness; nausea or vomiting; irregular heartbeats; shortness of breath; and sweating. Women may also experience less common symptoms, such as fatigue. Silent heart attacks, where no symptoms are present, can also occur.

Stroke

A stroke occurs when a blood vessel leading to the brain becomes blocked (usually by a clot) or ruptures. This deprives the brain of oxygenated blood, causing parts of the brain to die.

> **Symptoms:** Stroke symptoms come on suddenly and include: numbness or weakness in the

face, arm or leg (particularly on one side of the body); confusion; speech and comprehension problems; vision difficulties; problems walking; and severe headache with no known cause.

Cardiac arrest

Sudden cardiac arrest is a condition in which the heart abruptly stops beating without warning, depriving the body of oxygenated blood. If not treated immediately (with CPR and a defibrillator), a person in cardiac arrest usually dies within minutes. Heart attacks can sometimes trigger cardiac arrest.

> **Symptoms:** Cardiac arrest symptoms include sudden collapse, lack of pulse, no breathing and loss of consciousness.

If you or a loved one experiences symptoms of any of the conditions listed, call 911 or seek immediate medical help. ●



Breaking cabin fever

Five ways to beat the indoor blues

Rainy days, snowy days, bitterly cold days—whatever's going on outside can test the patience of adults and kids alike who are trapped inside.

While it's tempting to flip on the TV or let your children play video games, neither of these keeps them physically active or their brains engaged. Try these healthier boredom busters instead:

1 Create family time. Bond with your children over a board game or plan a family outing to places you may not visit in nicer weather, such as a museum.

2 Let your children's imagination run wild. Check your closets and discount stores to put together a trunk of clothes for dress-up; build a fort using sheets and furniture; or create a craft

box by adding items such as paper, crayons, glue, glitter, string, beads and buttons.

3 Keep your children active. Make an obstacle course in your living room with couch cushions and laundry baskets. Or, try classic childhood games such as Duck, Duck, Goose. Old-time favorites like Simon Says and the hokeypokey are great ways to teach toddlers about following commands and different parts of the body.

4 Get in touch with nature. Have a set of binoculars? Help your children spot the many different types of birds or other wildlife in your backyard.

5 Get them involved. Planning a big vacation? Lay out travel materials and let your children help plan the itinerary. ●



Reclaim your colon

The right food can keep things running smoothly

Do you have a happy colon? If you're regularly battling constipation or diarrhea, chances are the answer is no. But there are foods that can help get you back on "tract."

Yogurt

Yogurt contains "good bacteria" called probiotics, which some research suggests may curb diarrhea and tackle the symptoms of irritable bowel syndrome (IBS).

It's also a good source of calcium, which, along with vitamin D, may protect against colon polyps and colon cancer.



Veggies, whole grains and legumes

These are all sources of insoluble fiber, which can ease or prevent constipation by bulking up and softening your stool. On the flip side, fiber can add substance to loose stool, relieving diarrhea, and may ease IBS symptoms. Fiber may reduce the risk of diverticular disease, a condition that causes small pouches in the colon.

Don't forget that legumes, potatoes, brown rice and whole grains are also good sources of vitamin B-6, which some research has shown may help prevent colon cancer in women.



Low-fat foods

Eating a lot of fat—especially saturated fats from red meat and foods such as hot dogs—can increase your colon cancer risk.

Increasing low-fat or nonfat dairy and vegetable intake are great additions to your diet. Reduce the fat by making other substitutions: lean poultry, pork or fish instead of red meat; frozen fruit instead of ice cream; or tub margarine instead of stick margarine or butter. Since not all margarines are created equal (some can be worse than butter), it's important to check the nutrition label for the amount of saturated and trans fats. ●



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WINTER 2012



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70MCE



A message FROM OUR CEO

JEFFREY M. BRANNON
Chief Executive Officer

DEAR FRIENDS,

Change is inevitable in today's world. This is definitely true with regard to health care! Many of us remember the day when most surgical procedures required a minimum four-day stay in the hospital. Today, most surgical procedures are performed on an outpatient basis or as same-day surgery. Operative techniques as well as improvements in equipment, medications and the skill of doctors and caregivers have caused these changes, resulting in an overall improvement in patient care.

Focus on prevention

A focus on preventive health and wellness initiatives that allow each one of us to participate in managing and improving our personal health is the latest trend in health care. No doubt that flu and pneumonia vaccines have improved the overall health of people in every age group receiving them. As we move further into this new year, please consider every ounce of prevention available to us as consumers of health care in America. Regular exercise, diet and proper rest should be on all

of our to-do lists for 2012 and going forward. Visit our website at www.MCEHospital.com for more information about health and wellness.

As always, we thank you for your continued support. We're proud to be your hospital of choice.

Sincerely,

Jeffrey M. Brannon

*Chief Executive Officer
Medical Center Enterprise*

