

Healthy Lifestyles

FROM YOUR FRIENDS AT CHEROKEE MEDICAL CENTER



Healthy Lifestyles gets a fresh look!

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Healthbriefs



tip

Walking

is a great way to reduce stress while you quit smoking. It aids in increasing mood and energy levels.

> New guidelines take the air out of ballooning obesity rates

More than two-thirds of adults and one-third of children are now considered to be overweight or obese. Excess weight raises the risk of serious health issues. To reverse this trend, the U.S. Department of Agriculture (USDA) and Department of Health and Human Services (HHS) updated their Dietary Guidelines for Americans in 2010. The guidelines focus on getting people to eat healthier and exercise more, and help policymakers create nutrition programs. The USDA and HHS released more consumer-friendly advice and tools, including a new food pyramid. They offer these simple strategies to help people change their habits and their weight:

- > Eat less.
- > Watch portion sizes.
- > Fill half of your plate each meal with fruits and veggies.
- > Switch to fat-free or low-fat milk.
- > Look for lower-sodium options.
- > Drink water instead of sugary drinks.



> Act F.A.S.T. to head off a stroke

Rapid medical care can help reduce the risk of brain damage from stroke. Physicians treat patients with a clot-busting drug that can help protect the brain against permanent damage, but the drug must be given within three hours of the stroke's onset. If someone is experiencing stroke symptoms, call 911. To help you remember stroke signs and determine whether someone you know has had a stroke, think **F.A.S.T.:**

- > **FACE:** Does the face look uneven? Can the person smile?
- > **ARMS:** Can the person raise both arms and keep them there?
- > **SPEECH:** Is the person's speech slurred or strange?
- > **TIME:** Call 911 if you notice any of these signs.

> Healthy diet may boost kids' IQs

Fish isn't the only food that's good for your brain. A new study says that other healthy selections might boost kids' intelligence. The flip side may also be true: If kids eat nothing but processed food, they might lose IQ points. Published in the *Journal of Epidemiology and Community Health*, the report collected information from parents on almost 4,000 children. Surveys were given when children were ages 3, 4, 7 and 8.5. The "processed" diet included foods high in fat and sugar. The "health-conscious" diet included foods such as salad, rice, pasta, fish and fruit. Those who ate a processed diet at age 3 scored slightly lower on IQ tests at age 8.5 than those who ate a health-conscious one at age 3. While the difference between the groups was small, it might be another reason to encourage picky eaters to eat a few more vegetables.



Treating an ACL injury

➤ The dreaded torn ACL, or anterior cruciate ligament, is a common injury

for athletes—especially female athletes, who may be at a disadvantage because of hormonal influences and their build—but it can happen to just about anyone.

What is an ACL tear?

Your ACL is one of four knee ligaments. It's located in the middle of your knee and prevents the top of the shin bone, or the tibia, from sliding out in front of the end of the thigh bone, or the femur, while lending stability to your knee. Most often, ACL injuries occur when you stop suddenly and change direction while running, pivoting or landing from a jump or overextending your knee. You can also injure your ACL during contact, such as receiving a blow to your knee during a sports game or any nonsport accident.

When you injure your ACL, you may hear a popping noise and feel your knee giving out. Typically, painful swelling, joint tenderness, pain while walking and the inability to fully move your knee occur. Elevating the joint above heart level, icing it and using pain relievers are recommended until the injury can be evaluated. If your physician suspects an ACL tear, he or she may order an MRI to confirm that no other parts of the knee have been injured.

Treatment

The ACL cannot be “fixed.” Often, physicians have to create a new ligament through surgery. Surgery is the most common treatment for an ACL injury, as untreated injuries may lead to further instability of the knee and the beginning of arthritis in that area.

However, what's best for you depends on the degree of injury (is it a

partial tear or a complete tear?) and your lifestyle.

For example, a sedentary 75-year-old who has suffered only an ACL injury and has no knee instability may be able to function fine without surgery. In this case, bracing the knee combined with physical therapy can help the patient get back on his or her feet.

An athlete will most likely need surgery to continue to compete in sports, as will those who've suffered injury to multiple ligaments in the knee. In these cases, the ligament is rebuilt using a tissue graft from your own tendons, such as the hamstring, or from a cadaver. Most ACL tears typically require physical rehabilitation. Overall, ACL surgery has a long-term success rate of 82 percent to 95 percent.

Prevention

It's not easy to prevent an ACL injury, but you can do your part to reduce the chance that one will occur by:

- warming up properly before a physical activity
- engaging in strength training, such as using weight machines, to gain muscle strength
- asking a trainer to teach you how to land on the balls of your feet if you participate in sports that involve jumping and landing ●



tip

Warming

up properly before physical activity may help prevent ACL injuries.



A message FROM OUR CEO

M. PATRICK TRAMMELL
Chief Executive
Officer

CHEROKEE MEDICAL CENTER RANKS NO. 1 IN PATIENT SATISFACTION

We at Cherokee Medical Center (CMC) are proud to announce that we recently scored in the 97th percentile for inpatient satisfaction among all hospitals in the United States during the first quarter of 2011, according to public Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) data.

While CMC has a history of high performance on numerous patient satisfaction metrics, this is our highest inpatient HCAHPS score to date and places us in the top few percent of hospitals nationally. Our staff and leadership both have worked very hard on finding ways to provide the best possible patient experience and this score is indicative of the level of care and concern that our staff exhibits every day for our patients. We're proud of this recent accomplishment and will continue striving to keep our patients very satisfied and informed during their stay at CMC.

In addition to our recent patient satisfaction, CMC is pleased to announce the addition of The Surgery Group, LLC of Gadsden, featuring general surgeons Lucian Newman Jr., M.D.; Charles Newman, M.D.; and Lucian Newman III, M.D. Each physician is a member of the medical staff at CMC and they are now seeing patients in the Cherokee Health Clinic at 395 Northwood Drive. To schedule an appointment, please call **(256) 547-6331**. We're thrilled with this addition and are proud to offer these services at CMC.

Sincerely,

M. Patrick Trammell

*Chief Executive Officer
Cherokee Medical Center*

Healthy Woman is working to keep up with you—

So you can keep up with us!

➤ **We know women have busy schedules and it's not always**

easy to keep up with friends and family, let alone health information and community programs. So how can women keep up with hospital happenings and Healthy Woman events? It's easier than ever!

Check out the new Healthy Woman section of our hospital website. We have a new e-mail program to keep women even more up to date. And, when registering for upcoming Healthy Woman events, you'll get a confirmation e-mail with a map. You can even register your friends as guests! ●



Enjoy the benefits!

If you're not a Healthy Woman member yet, join today. Membership is free and the benefits can last a lifetime. Go to **www.CherokeeMedicalCenter.com/HealthyWoman** or call **(256) 927-1312**.

HEALTHY WOMAN
A CHEROKEE MEDICAL CENTER RESOURCE

The road **back** home

BY DENISE PUCKETT, R.N., ADMISSIONS COORDINATOR, SWING BED PROGRAM, CHEROKEE MEDICAL CENTER

➤ **After surgery, patients often find themselves heading home before**

they feel ready to be discharged. They also may not have a caregiver at home, which can make daily-living activities difficult. Cherokee Medical Center's (CMC) Swing Bed program can help. Whether it's a stroke, a heart attack, major surgery or other impairment, CMC can help get you back on your feet—and back to life.

The Swing Bed program offers rehabilitation services for the whole person, beginning as soon as possible to help you make the most improvement. CMC offers:

- the ability to transition from any acute-care hospital to our program
- a hospital environment
- a 24-hour registered nurse on duty

- a 24-hour staff physician on-site
- physical, occupational and speech therapy
- intravenous fluids and medication administration
- an on-site laboratory and X-ray facility
- post-joint replacement rehab
- a respiratory therapist
- skin and wound care, including wound vacuum assisted closure (VAC)
- a family-oriented atmosphere
- individualized care plans

After completing an acute-care, three-night qualifying stay, our program allows you to rehabilitate close to home, even if you start at a different hospital. Your specialist can still remain involved in your care, with on-site consultations or visits to his or her office. ●



DENISE PUCKETT,
R.N.



Bounce back!

If you or your family would like to speak with our coordinator to find out if the Swing Bed program is right for you, call Denise Puckett, R.N., at **(256) 927-1157**.

Welcome a new physician

➤ **Cherokee Medical Center (CMC) is proud to welcome a new**

member to our medical staff. Sudha Challa, M.D., recently joined the physicians you know and trust at the Cherokee Health Clinic as well as CMC's dedicated group of active medical staff.

Born and raised in India, Dr. Challa came to the United States in 2003. She completed a family practice residency at the University of Kentucky in Morehead, KY. She also completed a fellowship in geriatrics at the University of Louisville in Kentucky. Dr. Challa attributes her desire to become a physician to her father who was also a physician. Her desire to work with geriatric patients came from caring

for her grandparents as a child. Her desire to help others shows through her work as a physician.

"She is very nice to work with and is very approachable and friendly," says Stacey Walsh, LPN. Pamela McDonald, clinic director, agrees with Walsh. "Being compassionate and knowledgeable is essential to increasing patients' comfort levels. Dr. Challa takes the time to earn their trust and communicate with her patients," says McDonald.

Dr. Challa is married and has a daughter. She says Centre is beautiful and relaxing, and the residents of Cherokee County are very friendly. ●

➤
CHEROKEE
MEDICAL CENTER
WELCOMES
SUDHA CHALLA,
M.D.



Make an appointment!

If you're looking for a new physician, call Dr. Challa at **(256) 927-4900**, or use the "Find a Physician" link on our website, **www.CherokeeMedicalCenter.com**.

Can heart attacks be 'silent'?

➤ **You're undergoing a routine heart test when your physician drops a bombshell:**

"You've had a heart attack."

These are words you didn't expect to hear, because you didn't know you'd ever had one. But that's the trouble with what experts call "silent heart attacks."

While they don't produce the telltale warning signs of heart trouble, they still damage your heart and the rest of your body.

Silence isn't golden

A heart attack occurs when an artery that supplies oxygen-rich blood to the heart becomes blocked. Besides chest pain and shortness of breath, some people experience nausea, extreme fatigue, discomfort in their extremities and sweating.

People who experience a silent heart attack—studies put the number of Americans who do at almost 200,000 a year—either have no symptoms or symptoms

so mild that they're not recognized as a heart attack. These people are more likely to be women and those who have conditions such as heart failure and diabetes. Silent heart attacks also tend to accompany a condition called silent ischemia—or a painless chronic shortage of blood and oxygen to the heart because of artery plaque.

The longer you don't receive treatment, the more likely it is that serious, irreversible damage is being done to heart muscle, which reduces its ability to pump and can greatly increase your risk of death down the road.

Some silent heart attacks may be picked up on an electrocardiogram (ECG) during a routine physician visit because the damage done to heart muscle produces a different "wave."

Breaking through the silence

Risk factors such as smoking, high cholesterol, high blood pressure, obesity and a sedentary lifestyle increase your risk for trouble. Your best bet to prevent a heart attack is to follow a heart-healthy lifestyle:

- Eat a diet rich in fruits, vegetables, whole grains, lean meats, fish and fat-free or low-fat dairy products; limit saturated fats, cholesterol and sodium.
- Work out regularly.
- Quit smoking.
- Manage your diabetes.
- Take any medications used to treat high cholesterol or blood pressure as prescribed. ●

HealthWise QUIZ

How much do you know about colon cancer?

➤ TAKE THIS QUIZ TO FIND OUT.

- 1 **Which of the following is known to raise your risk of colon cancer?**
 - a. exercising too much
 - b. being under the age of 50
 - c. being obese
 - d. being of Asian descent
- 2 **How often should healthy individuals ages 50 or older at average risk of colon cancer get a colonoscopy?**
 - a. once every three years
 - b. once every five years
 - c. once every seven years
 - d. once every 10 years
- 3 **A possible symptom of colon cancer is:**
 - a. narrower stools
 - b. fatigue
 - c. rectal bleeding
 - d. all of the above
- 4 **Although more research is needed, which of the following supplements may possibly help reduce the risk of colon cancer?**
 - a. folic acid
 - b. green tea
 - c. vitamin A
 - d. vitamin C
- 5 **A true statement about colon cancer is:**
 - a. It's the leading cause of cancer deaths in the United States.
 - b. It usually arises from growths called polyps.
 - c. Blood tests can be used to detect colon cancer.
 - d. all of the above

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



Dangerous dishes

Keep your child safe from culinary choking hazards

➤ **Each year, more than 10,000 children younger than age 14 end up in the emergency room after choking on food.** That's because children lack the larger molars, stronger chewing ability and wider airways of older children and adults.

The American Academy of Pediatrics in 2010 recommended that hot dogs—one of the most common food choking hazards in children—carry a choking hazard warning on packaging, and that the hot dogs themselves be redesigned to make them less likely to get stuck in young throats.

But hot dogs aren't the only concern. Other choking hazards include peanuts, sausages, whole grapes, chewing gum, hard candy, whole cherry tomatoes, popcorn, tough meat, large pieces of raw fruits and vegetables and chips. You

can reduce the threat of injury or death by following these tips:

- Keep an eye on your child as he or she eats.
- Make sure your child is sitting up straight.
- Cut food into no more than ½-inch pieces.
- Teach children to chew and swallow properly.
- Cook vegetables until they're soft or grate them.
- Be on the lookout for stuffed cheeks—a sign your child is storing large quantities of food in his or her mouth and not swallowing. ●



In case of emergency

It's always a good idea to be prepared in case of a choking emergency. Visit www.redcross.org/www-files/Documents/pdf/Preparedness/ConsciousChokingPoster_EN.pdf to print out a chart that shows you what to do if an adult, child or infant is choking.

The truth about cereal

Is your breakfast bowl a dietary disaster?

➤ **Just how healthy are the cereals you and your child eat?** Sure, the box promises plenty of whole grains and fiber, but that might not be the reality.

Cereal can be a tasty and fast way to get your day started healthfully. But you need to look carefully at the nutrition label when making your purchase. First, carefully note the serving size; otherwise, you may be eating double the calories shown. Then, look for other key information:

➤ **Sugar.** Excess sugar is a major source of extra calories in the American diet. It also promotes tooth decay and may raise triglyceride levels—a type of blood fat—which can boost heart disease risk. Opt for cereal with 5 grams or less of sugar per serving. Skip cereals that list sugar at the top of the ingredients list or that contain many types of added sugar, such as high-fructose corn syrup.

➤ **Calories.** To avoid calorie overload, choose cereals with 120 calories or less per serving. Just remember, some cereals can be slightly higher in calories and still be healthy.



➤ **Fiber.** Ideally, you should purchase cereal that has at least 5 grams of fiber per serving, but be sure there are no less than 3 grams per serving. Why? This important nutrient may help lower your cholesterol and reduce your risk of heart disease, diabetes and some types of cancer. Make sure you're using fat-free or low-fat milk instead of whole milk or you could be canceling out those healthy benefits!

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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.

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Recognizing **your choice**

Edna Stockton, R.N., receives Cherokee Medical Center's Patient Choice Award

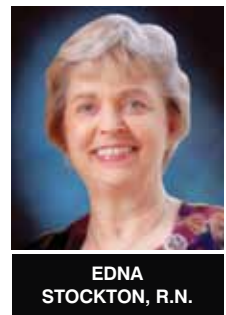
➤ **When Cherokee Medical Center (CMC) asked former patients to** nominate exceptional nurses who exceeded expectations, the community responded with an incredible number of nominations. The Patient Choice Award recognizes the quality care, comfort and compassion offered by the nurses at CMC, and honors one nurse in particular each year.

CMC asked former patients to spotlight an exceptional nurse because patients are the ones directly impacted by outstanding care. "Sometimes it's just too hard to spot one nurse when there are so many nurses in our hospital doing such an incredible job caring for our patients," says Angie Bennett, Chief Nursing Officer at CMC. "That's why we asked patients to help us make the choice. They see the little things that matter so much on a very personal level."

As part of National Nurse's Week in May, Edna Stockton, R.N., was presented with the award at a hospital ceremony. Stockton cares for patients in CMC's emergency department. As one patient says about Stockton: "Nurses aren't just made, they are born, and Edna stands above all others. She has exemplified her many skills as a nurse from her compassion for

her patients to her knowledge and her ability to describe patients' treatment and medications. She keeps her patients comfortable and at ease."

Thank you to all the patients who submitted nominations for the Patient Choice Award, and thank you, Edna, for a job well done! ●



EDNA
STOCKTON, R.N.



Join our team!

If you're interested in joining the staff at Cherokee Medical Center, visit

www.CherokeeMedicalCenter.com

and click on "Job Opportunities."

