

# Healthy Lifestyles

FROM YOUR FRIENDS AT  
CHEROKEE MEDICAL CENTER

A special honor  
for one of our  
physicians

Cherokee Medical  
Center welcomes  
new CNO

Move your  
body to build  
your mind

Kids' sports  
injuries on  
the rise  
Keep your  
child safe

Are you  
healthwise?  
Take our quiz!

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# Do you really need a primary care physician?

**S**ure, most health plans require a primary care physician (PCP) for specialist referrals. But that's just one reason it's a good idea to have one dedicated clinician to oversee all your health concerns.

## THE KEY TO SUPERIOR CARE

Developing an ongoing relationship with one physician who knows you and your medical history leads to a better overall outcome and lower costs. The reason? Your PCP can counsel you on healthy lifestyle choices, such as exercise options, an eating plan and other prudent lifestyle adjustments and modifications. Plus, seeing your PCP regularly makes him or her better at evaluating your symptoms than practitioners who don't know you. Additionally, a PCP provides routine health screenings, which can find diseases early—when they're easier to treat (see “Screenings your PCP may provide”). This, in turn, translates into less invasive and less expensive treatments.

## A GUIDING LIGHT

If you've ever wished you could go to one place for all your health concerns or worried whether you're approaching the right physician for a particular ailment, you're in luck. A PCP can be your primary contact to address most personal healthcare needs.

The healthcare system can be intimidating—especially when you're faced with a frightening symptom. A PCP can evaluate the problem and either manage it him- or herself or arrange for the appropriate referrals. And if you need specialist care, your PCP can guide you and coordinate all aspects of your care. Plus, he or she can sort through and help explain the advice of other physicians.

## Who's who in the PCP world

**W**hen picking a PCP, you can choose from many different types of healthcare professionals:

- **Family practitioners.** Physicians who care for children and adults of all ages. They may also practice obstetrics and minor surgery.
- **General practitioners.** Physicians who provide basic care for all ages.
- **Internists.** Physicians who care for adults of all ages and can treat many different medical problems.
- **Obstetricians/gynecologists.** Physicians who specialize in reproductive health. They often serve as a PCP for women, especially those of childbearing age.
- **Hospitalists.** Physicians who care for people who are hospitalized. Most hospitalists are trained in internal medicine and work with a hospitalized patient's PCP to provide the best care.
- **Nurse practitioners and physician assistants.** Nonphysician providers of primary healthcare. Often referred to as “physician extenders,” they consult with physicians. They may see children, adults or women only and can prescribe medications and other treatments.
- **Pediatricians.** Physicians who treat newborns, infants, children and adolescents.

## Screenings your PCP may provide

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> blood pressure  | <input type="checkbox"/> cholesterol       | <input type="checkbox"/> diabetes        |
| <input type="checkbox"/> breast cancer   | <input type="checkbox"/> colorectal cancer | <input type="checkbox"/> obesity         |
| <input type="checkbox"/> cervical cancer | <input type="checkbox"/> depression        | <input type="checkbox"/> prostate cancer |
| <input type="checkbox"/> chlamydia       |  |  |

# Strength-train your brain

## The mental benefits of exercise

**E**xercise has long been touted for its physical health benefits, such as improving metabolism, lowering blood pressure and reducing your risk of heart disease, stroke and cancer. But working up a sweat is also good for your head. Here's how:

### BEATS THE BLUES

In a review of 80 studies on exercise and depression, researchers concluded that getting physical can act like an antidepressant. The analysis found that exercise decreased depression more than relaxation training (such as meditation or breathing) or engaging in enjoyable activities did. Working out may boost levels of feel-good endorphins, natural painkillers that promote a heightened sense of well-being.

### TAMES TENSION

Physical activity releases muscle tension, reduces levels of the stress hormone cortisol and raises body temperature, which may have calming effects. Additionally, it can shift your attention away from anxious thoughts to something more pleasant, like your surroundings or the music that gets you moving.

### AMPS UP ENERGY

Often feel drained? Inactivity is the likely culprit. Yes, working out may make you tired in the short term, but it helps increase stamina and energy in the long run. And, according to the Centers for Disease Control and Prevention, staying active may improve sleep quality, which translates into more next-day pep.

### CRANKS UP CONFIDENCE

If you're nervous, working up a sweat gives you a confidence boost. How does getting sweaty raise self-worth? The effect is thought to be brought about by the sense of accomplishment that comes from meeting fitness goals or challenges.

### BOOSTS BRAIN POWER

Regular physical activity can help keep your thinking, learning and judgment skills sharp as you age. In one study of 62- to 70-year-olds, those who were still working and retirees who exercised sustained their levels of cerebral blood flow and performed better on cognition tests than inactive retirees. What's more, in a few studies of subjects older than age 65, those who worked out for at least 15 to 30 minutes three times a week were less likely to develop Alzheimer's disease.



## How much is enough?

**I**f you have a physical disability, talk with your physician before exercising. Once you get his or her OK, do the following activities to reap the mental and physical benefits:

- A minimum of 150 minutes of moderate-intensity aerobic activity (like brisk walking) each week. If you're just getting started, break your workout into three brisk 10-minute walks a day, five days a week. Not into walking? Do water aerobics, go for a bike ride, play doubles tennis or mow the lawn—anything that gets you moving.
- Muscle-strengthening activities that target all major muscle groups on two or more days a week. Try heavy gardening (digging, shoveling), yoga, lifting weights or other weight-bearing moves like push-ups or sit-ups. Aim for eight to 12 repetitions per activity.

# Meet our new chief nursing officer



Angie Bennett, R.N., M.S.N.

**C**herokee Medical Center (CMC) is pleased to welcome Angie Bennett, R.N., M.S.N., as our new chief nursing officer. Bennett has been employed with CMC for more than 10 years.

## ABOUT ANGIE BENNETT

A native of Cherokee County, Bennett attended Northeast Alabama Community College, where she received her associate's degree in nursing. Bennett obtained her bachelor's degree in nursing from Jacksonville State University (JSU) in Jacksonville. She completed her master's degree in nursing and majored in community health at JSU. Throughout her employment with CMC, she's received several honorable awards, from 2002 Employee of the Year to the 2008 Patient Choice Award.

## A TRUE PASSION FOR NURSING

Bennett has displayed a true passion for nursing. She recognizes the value of each person and relates her desire to help individuals by protecting the patient, regenerating their health, nurturing the sick and comforting the dying. She's exemplified her beliefs on more than one occasion. "Angie makes every patient feel special while they're in her care," says Rebecca Smith, emergency department director.

Bennett has gained invaluable nursing experience from Global Nursing while serving as a delegate for the U.S.-China Nursing Forum Delegation. She's also an active voice for Autism Awareness throughout Cherokee.

"Angie has ambitious plans for our hospital, and I know she'll continue to do well in this critical leadership role and make a measurable difference in the effectiveness of the patient care we deliver," says Jeff Noblin, FACHE, chief executive officer at CMC.

Bennett is the daughter of Nellie Faye Parker and the late Elbert Parker. She's married to Donnie Bennett and has two sons, Eric Roberts and Seth Roberts.

"Angie has ambitious plans for our hospital, and I know she'll continue to do well in this critical leadership role."

—Jeff Noblin, FACHE, CEO

**!** Visit us online!

**T**o learn more about CMC and the services we offer, go to [www.cherokeemedicalcenter.com](http://www.cherokeemedicalcenter.com).



Byron Nelson, M.D., FACP

# Congratulations, Dr. Nelson!

**C**herokee Medical Center (CMC) is pleased to congratulate Byron Nelson, M.D., FACP, an internal medicine physician, on being elected a Fellow of the American College of Physicians (ACP). The distinction recognizes achievements in internal medicine, the specialty of adult medical care.

The ACP is the second-largest physician group in the United States. Membership includes more than 126,000 internal medicine physicians, related subspecialists and medical students. Internal medicine physicians specialize in the prevention, detection and treatment of illnesses in adults. Dr. Nelson was elected upon the recommendation of his peers and the review of ACP's Credentials Subcommittee. He may now use the letters "FACP" after his name in recognition of this honor.

## ABOUT DR. NELSON

Affiliated with CMC and Cherokee Health Clinic, Dr. Nelson is board certified in internal medicine by the American Board of Internal Medicine and an appointed board of trustee member of CMC.

A graduate of The University of Alabama, Dr. Nelson earned his medical degree from The

University of Alabama at Birmingham and completed his internship and residency at the Medical University of South Carolina in Charleston, S.C. He has served as the medical director of the intensive care unit and medical advisor to pharmacy and therapeutics at CMC since 1983. Dr. Nelson is also medical director for Cherokee County Health & Rehabilitation Center. He's a certified medical director as designated by the American Medical Directors Association.

Dr. Nelson is the son of Ralph and Mary Ann Nelson, of Centre. He and his wife of 29 years, Mary Alice Sheppard Nelson, reside in Centre and have three children: Jessica Nelson Sanford and her husband, David, of Nashville, Tenn.; Ashley Nelson, of Chicago, Ill.; and Matthew Nelson, a student at The University of Alabama.

**!** Make an appointment!

**F**or an appointment with Byron Nelson, M.D., FACP, internal medicine physician, call his office at (256) 927-4905.

## HEALTHWISE QUIZ

### How much do you know about breast cancer?

Take this quiz to find out.

- 1** Your risk of developing breast cancer is increased by which of the following?
  - a. radiation exposure to the chest as a child or a young adult
  - b. first pregnancy after age 30
  - c. use of estrogen and progesterone to treat menopausal symptoms for four or more years
  - d. all of the above
- 2** Which is not a risk factor for developing breast cancer?
  - a. having a family history of the disease
  - b. being overweight
  - c. antiperspirant use
  - d. excessive drinking
- 3** Symptoms of breast cancer typically don't include:
  - a. changes in the size or contour of the breast
  - b. breast pain
  - c. an indentation of the nipple
  - d. a clear or bloody discharge from the nipple
- 4** Which of the following is not true about male breast cancer?
  - a. One in five men with breast cancer has a close male or female relative with breast cancer.
  - b. The average male is 60 to 70 years old at diagnosis.
  - c. Being overweight doesn't increase breast cancer risk.
  - d. Health conditions that affect the testicles may increase risk.
- 5** An annual mammogram once you turn 40 is important because:
  - a. your chance of being diagnosed with breast cancer increases with age
  - b. you may have a small cancer that won't show up until your next annual screening
  - c. the sooner you're diagnosed with breast cancer, the easier it is to treat
  - d. all of the above

ANSWERS: 1. (D), 2. (C), 3. (B), 4. (C), 5. (D)



## Living with heart disease

**B**eing diagnosed with heart disease can be scary. You may wonder: Will I still be able to do the things I love? By making a few adjustments, you can control your condition and enjoy life to its fullest. Here's how:

**Master your medications.** If your physician prescribes cholesterol- or blood pressure-lowering pills, tape a note to your mirror, set an alarm—whatever's necessary—to ensure you take them as directed every day.

**Learn food math.** Don't worry: You can still eat delicious meals. But you'll have to learn to read labels and keep tabs on your daily intake of certain foods. The basics:

- Keep total fat to less than 35 percent of your calories (saturated fat should equal just 7 percent).
- Limit cholesterol to 200 mg a day.
- Restrict sodium to 2,400 mg or less a day.
- Eat just enough calories to maintain or achieve a healthy weight.

**Move more.** Joining a gym is great (if you'll go), but it's not a requirement. Cleaning your house, walking your dog briskly and biking to the store are all examples of valid activity. Just 30 minutes a day will help protect your heart—even if you do only 10 minutes at a time. Of course, always check with your physician before beginning any exercise program.

If you follow these recommendations, you'll drop any extra pounds slowly, which means your weight loss is more likely to stick. The great news: Losing even 5 to 10 percent of your current weight can reduce your risk of heart attack and improve your overall health.

# Keeping little athletes safe



**K**ids love sports, and we love watching them play. But each year, more than 3.5 million children under age 15 are treated for sports-related injuries, according to the American Academy of Pediatrics (AAP). That number is on the rise. One reason: Many kids now play the same sport year-round, resulting in overuse injuries such as chronic muscle strains, stress fractures and tendonitis. Plus, some sports have gone more extreme. Cheer-leading alone injured almost 70,000 children in 2007. So how can you keep your child out of the ER?

- **Don't start too soon.** Don't let your child join a team until he or she is at least 6 years old, says the AAP.
- **Get a pre-season checkup.** Visit your pediatrician to make sure your son or daughter is indeed sports-ready.
- **Gear up correctly.** Make sure your child doesn't compete without the right sporting shoes, helmet and safety equipment.

- **Teach the wisdom of warming up and cooling down.** Insist that young athletes exercise lightly for at least three minutes, then stretch the muscles to be used for at least 30 seconds each before practice or a game.
- **Fill 'er up.** Make sure your child carries a water bottle and knows the importance of drinking frequently, even if he or she isn't thirsty. Dehydration can cause fatigue and sickness.
- **Watch carefully.** Discourage participation in just one sport. If your child shows sign of strain or injury, insist he or she stop playing immediately—then see your pediatrician.

## Healthy eating on the run

**Y**ou're out and about when hunger pangs hit. Stopping at the nearest fast-food joint, you order a cheeseburger, fries and a soda and quickly wolf it all down in your car. Minutes later you feel sluggish, bloated—and guilty.

The good news: Your healthy diet doesn't have to suffer just because you're racing from one obligation to the next, spending the day running errands or hitting the road for a family vacation. Be prepared with these smart-snacking tips:

- **Always take water with you.** If it's too

bland, add a slice of fruit or a splash of juice.

- **For an on-the-run breakfast,** grab low-fat string cheese and a piece of fruit.
- **Fill an insulated lunch box with fresh fruit,** carrots, celery sticks, walnuts, yogurt or peanut butter on 100 percent whole-wheat bread for snacks during the day. Keep protein bars or snack bags of almonds or raisins in your purse, glove compartment or tote bag for hunger attacks.
- **If you must hit the drive-through,** opt for a kid-sized meal with fresh fruit or a side salad (with low-fat dressing) instead of fries, and a grilled chicken sandwich instead of one that's breaded and fried. Skip the mayo and other fatty spreads.
- **Need a coffee break?** Order the low-fat, sugar-free version of your favorite frozen coffee or latte and skip the whipped cream and caramel drizzle.



*Healthy Lifestyles* is published as a community service of Cherokee Medical Center. There is no fee to subscribe.

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## MESSAGE FROM THE CEO



Jeff Noblin, FACHE  
Chief Executive Officer

## Expanding our medical staff to meet your needs

**C**herokee Medical Center (CMC) continues to add physicians and expand services in order to meet the healthcare needs of those living in greater Cherokee County.

### NEW PHYSICIAN

CMC is pleased to announce that David W. Koury, M.D., neurologist and sleep medicine specialist, has joined our medical staff and will serve as the new medical director of the Cherokee Sleep Disorder Center. Dr. Koury is based in Fort Payne and has been practicing in northeast Alabama for the past two years. We're excited about the expertise and direction Dr. Koury will bring to our sleep center. If

you or someone you know has a sleep problem or traditional neurology need, call Dr. Koury at his office at DeKalb Neurology & Sleep (located at 309 Medical Center Drive, SW in Fort Payne) at **(256) 845-0345**.

We're committed to providing the residents of greater Cherokee County with enhanced healthcare services in a clean and secure environment. Our ultimate goal is for CMC to be a great place for employees to work, physicians to practice medicine and patients to receive care.

Regards,  
**JEFF NOBLIN, FACHE**  
Chief Executive Officer  
Cherokee Medical Center



David W. Koury, M.D.  
Neurologist

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