

# Health Connection

Martin General  
HOSPITAL

FROM YOUR FRIENDS AT MARTIN GENERAL HOSPITAL

## CEO REPORT TO THE COMMUNITY

# New technology, better care



David S. Sanders  
Chief Executive Officer

I'm pleased to report the arrival of the Philips Brilliance 10-Slice CT Scanner at Martin General Hospital. This new scanner provides technology for a wide range of routine and advanced procedures.

You may ask, what is CT and why is it important? Short for computed tomography, CT is a fast, painless diagnostic tool used to see inside the body. CT scans allow doctors to see images of internal organs and structures in great detail from a variety of angles. This quickly gives physicians critical information, and, in many cases, is more economical than other tests or invasive techniques.

This new 10-slice scanner gives detailed images displayed in the most appropriate format, including 3D, which helps to speed diagnosis and enhance treatment planning. The higher the slice count, the higher the data's accuracy, catching diseases earlier and delivering the best patient care across a broad range of applications.

"There aren't many hospitals with this degree of technology available," says Domingo Rodriguez-Cue, M.D., chief of staff of Martin General Hospital. "With this new CT, we can see many things the old technology just simply could not. We no longer have to send patients out of our county



for this service—it's right here in our own backyard."

"The new CT scanner provides clear images and patients like the speed of it," says Michelle Leggett, RTR-CT of the radiology department at Martin General Hospital. "They are in and out in just a very few minutes."

At Martin General Hospital we're constantly striving to offer a higher level of patient care. When someone you care about needs diagnostic technology that can really make a difference, we have it right here. For more information on this new technology or for other radiology needs, contact our radiology department at (252) 809-6966.



The Philips Brilliance  
10-Slice CT Scanner

DAVID S. SANDERS  
Chief Executive Officer  
Martin General Hospital

# You've found a breast lump: Now what?

If the thought of finding a lump in your breast scares you, you're not alone. After all, many of us know someone who has had breast cancer. But some of us are so frightened that we avoid getting mammograms—the very habit that could save our lives if breast cancer develops. If you're in that group, you'll be glad to hear that four in five breast lumps turn out to be noncancerous. Here's a description of some common breast conditions:

**Fibroadenoma:** a smooth, solid, round painless lump that moves easily and can feel like a marble. Occurs most often in African-American women and women under age 30.

**Fibrocystic breast changes:** solid or fluid-filled lumps that

increase in size and tenderness five to seven days before each menstrual period.

**Cyst:** a smooth, fluid-filled lump often sensitive to the touch before the menstrual period. Typically appears in women between ages 35 and 50.

**Lipoma:** a soft and slow-growing painless lump that moves freely.

**Intraductal papilloma:** a small, wartlike growth near the nipple that may cause bleeding from the nipple. Occurs most often in women in their 40s.

**Mammary duct ectasia:** a thick, sticky, gray to green discharge from the nipple.

**Mastitis:** a warm, tender, lumpy area on the breast that appears red. Most often affects breast-feeding women.

**Traumatic fat necrosis:** painless, round, firm lumps that can result from a bruise or a blow to the breast. Occurs in older women and women with large breasts.

## WHAT HAPPENS IF YOU FIND A LUMP?

If you find a lump, see your healthcare provider. He or she will do a clinical breast exam and may recommend one or more of the following tests and procedures:

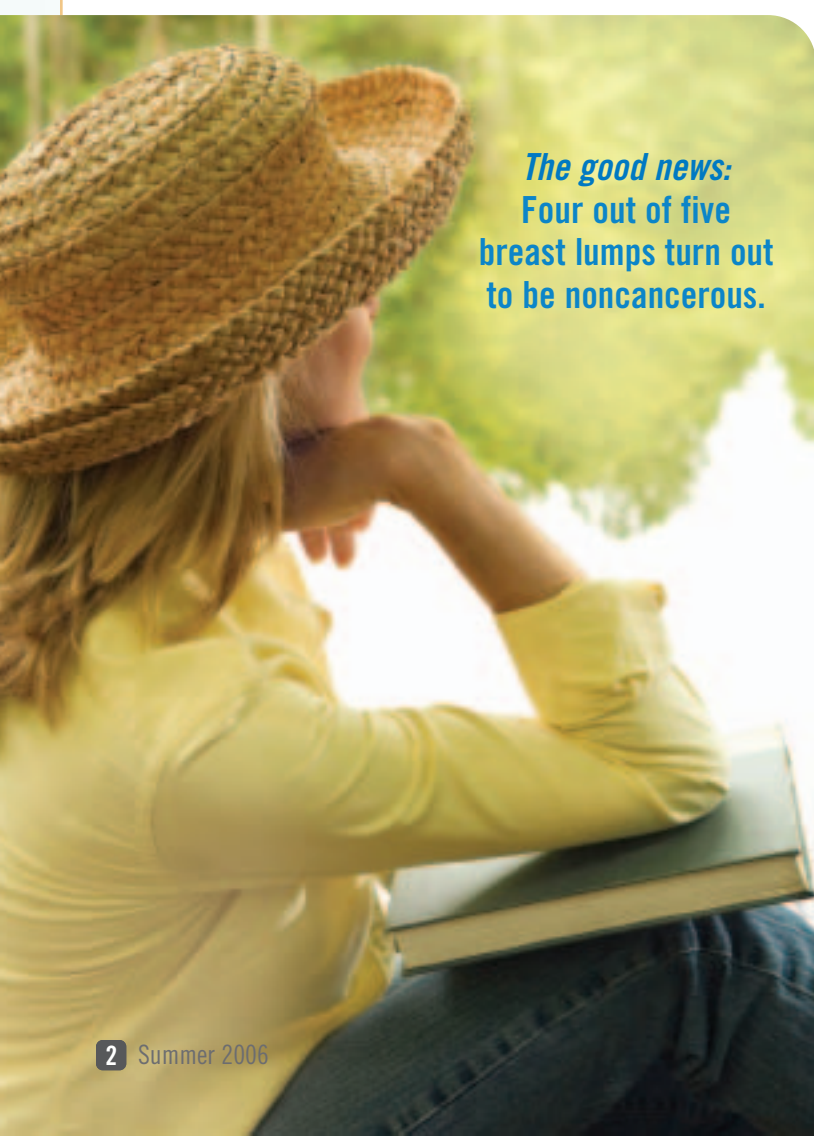
**Mammography,** or breast X-ray, may be recommended to determine the lump's size and location.

**Ultrasound** examination can determine whether the lump is a fluid-filled cyst or a solid mass.

**Fine-needle aspiration** is an in-office procedure. Fluid is drawn out of the lump with a thin needle. If the fluid is clear and the cyst disappears, you won't need a biopsy. If the fluid is bloody or the mass is solid, your doctor probably will recommend biopsy.

**Stereotactic biopsy** removes a small tissue sample with a thin needle for analysis. Computerized imaging guides the needle with pinpoint accuracy to the exact location to be sampled.

**Surgical biopsy** usually is performed on an outpatient basis. Normally, the surgeon removes the whole lump, but in certain cases he or she will remove only part of it. The tissue is sent to a lab where a pathologist will examine it for cancerous cells.



*The good news:*  
Four out of five  
breast lumps turn out  
to be noncancerous.



## IF PREVENTION DOESN'T WORK

Both a cold and the flu typically involve a runny nose, sneezing, sore throat, cough and fatigue, but only flu characteristically features headache, high fever and that all-over-achy feeling.

Some people are at higher risk for complications from the flu than others and should get prompt medical care instead of trying to self-treat. These include:

- people over age 65
- children and adults with a chronic health condition, such as asthma or diabetes, or a weakened immune system
- pregnant women
- infants and young children
- anyone who lives with children or others at high risk
- healthcare workers and caregivers who are in contact with children or others at high risk

Prescription antiviral medications such as oseltamivir (brand name: Tamiflu) can help shorten the duration of the flu and prevent you from getting sicker if taken within the first 48 hours of symptoms.

If symptoms suddenly worsen, linger more than a week and are accompanied by a dry, hacking cough, the flu might have developed into viral pneumonia. Thick, rust-colored mucus along with a cough may signal bacterial pneumonia. Both types of pneumonia require medical attention.

# Easing the sneezing

## Surviving cold and flu season

**A**utumn is almost upon us. Soon it will be time to rake the leaves, pull out the sweaters and pray the kids don't catch something at school that knocks the whole family out of commission for a week.

But with a few simple precautions, parents and children can keep colds and flu away—or at least from spreading. Here are some basic tips to avoid getting sick, whether you're 2 years old or 90:

- Wash your hands several times a day with soap and water—and even more frequently if you're around anyone with a cold.
- Keep your hands away from your eyes, nose and mouth.
- Cover your mouth and nose with a disposable tissue when you sneeze or cough. Then wash your hands.
- Protect and strengthen your immune system by getting enough rest, exercising regularly and eating a healthy diet that includes lots of fruits and vegetables.
- Don't share eating utensils or drinking glasses.
- Avoid crowds of people where germs may spread.
- Most important: Keep annual flu vaccinations up to date.

## Call your pediatrician or primary care provider if ...

Your sick child has any of these symptoms:

- labored breathing, often signaled by the abdomen rising and falling dramatically
- a fever of approximately 102° F that acetaminophen (brand name: Tylenol) can't control or that's present for more than three days
- inconsolable crying or irritability
- blood in vomit or stool
- recurring vomiting or loose stools
- greatly diminished food or fluid intake
- pulling or tugging at the ears, which may indicate an ear infection





Members of our new sports medicine team are, from left: Dean McCall, P.T., Roanoke Therapeutic Services, Inc.; Kristin Warren, P.A., Pamlico Orthopedics Associates, PA; and Stephen I. Lester, M.D., Pamlico Orthopedics Associates, PA.

# Keeping you in the game

## Introducing our Sports Medicine Program

**M**artin General Hospital is pleased to announce the launch of our new Sports Medicine Program. Your level of activity doesn't matter—everyone can benefit from our program. Whether you exercise simply to keep fit or are training for a marathon, our team of experts can inform and support you. Our goal is to provide active people of all ages with excellent sports medicine care through medical treatment, promotion of health and fitness, prevention and education. The program uses an integrated approach to the diagnosis and

treatment of injuries, pain management and rehabilitation. Sports medicine information is provided through literature, on-site seminars, the Healthy Woman and Senior Circle programs and community awareness projects.

The Sports Medicine team includes Martin General Hospital's orthopedic and general surgeons, physician assistants, physical therapists and a certified athletic trainer, as well as members from our program partners Roanoke Therapeutic Services, Inc.; Pamlico Orthopedics Associates, PA; area medical providers; and Martin County schools.

Martin General Hospital also is pleased to announce its participation in a new Athletic First Responder Course. This course is an integral part of the new Martin General Hospital Sports Medicine Program. The Athletic First Responder Course is an effort to provide Martin County schools with basic first-responder coverage at athletic events for participants' safety. The course is open to all Martin County Athletic directors, coaches and designated individuals. It covers first-aid and CPR training, basic anatomy, injury prevention, hydration, nutrition and basic sports principles. Course participants learn typical injuries for various sports and identify red flags that indicate medical intervention is needed.

"All of the components are in place to provide seamless care for sports-related injuries for our citizens," says David S. Sanders, chief executive officer of Martin General Hospital. "With the caliber of expertise we have at Martin General, I'm very excited about working with all of the partners to provide this service."

## PHYSICIAN SPOTLIGHT

The experienced, dedicated physicians of Martin General Hospital can help your family stay healthy. We'd like to introduce you to our new women's healthcare specialist.



**JENNIFER A. NEILSEN, M.D.**  
**Obstetrics/Gynecology**

**Roanoke Women's Healthcare**  
**104 Medical Drive, Williamston and**  
**1052 U.S. Highway 64 East**  
**Plymouth**  
**(252) 809-6341 or**  
**(252) 793-5025**

**M**artin General Hospital is pleased to announce the arrival of Jennifer A. Neilsen, M.D. She's the newest physician at Roanoke Women's Healthcare.

Dr. Neilsen currently resides in Winterville, N.C. She received her medical degree from the University of Michigan, completed her residency in family practice at David Grant Medical Center and completed her residency in obstetrics and gynecology at East Carolina University School of Medicine. She's a Junior Fellow of the American College of Obstetricians and Gynecologists and is board certified by the American Board of Family Practice. She's married to Lorenzo Neilsen, who's on active duty at Fort Bragg, N.C., and has four children, Joshua, Annessa, Saisha and Kiara.

Dr. Neilsen joins Melissa O'Neal, M.D., and Melissa Greene, C.N.M., at Roanoke Women's Healthcare. Dr. O'Neal joined Roanoke Women's Healthcare last September. She is a Tarboro native, and her areas of expertise include incontinence, adolescent care and gynecological surgery. She completed medical school and her residency at East Carolina University. She's a Junior Fellow of the American College of Obstetricians and Gynecologists and is board eligible with the American Board of Obstetrics and Gynecology. She's married to Craig Godwin and has a 4-year-old daughter, Anna.

Greene has offered women's health services and midwifery at Roanoke Women's Healthcare since 2002. Her special interests include infertility and gynecology. She cares for women of all ages and has delivered more than 250 babies at Martin General Hospital. She lives in Williamston with her husband, Gary, and her children Garrett and Kristen.

Dr. O'Neal says, "Jennifer and I have worked well together in the past and I'm very excited about the opportunity to work with her again. She has a level of confidence and experience that makes patients comfortable with her. I think she'll fit into the clinic and the community very well."

Roanoke Women's Healthcare provides high-quality services right here in Williamston and Plymouth. They offer midwifery services, obstetrics care, gynecological surgery, perimenopausal and menopausal medicine, as well as evaluation of sexual dysfunction and infertility.

### Women: Learn more!

**F**or more information or to schedule an appointment at Roanoke Women's Healthcare, call (252) 809-6341 or (252) 793-5025.

## HEALTHWISE QUIZ

### How much do you know about Alzheimer's disease?

Take this quiz to find out.

**1** Which example of memory loss may be a sign of Alzheimer's disease?

- a. forgetting where your keys are
- b. forgetting what month and year it is
- c. forgetting the name of a person you just met
- d. forgetting to return a phone call

**2** British researchers have recently learned that drinking this beverage can inhibit enzymes associated with the development of Alzheimer's:

- a. orange juice
- b. coffee
- c. tea
- d. white wine

**3** All the following may be early warning signs of Alzheimer's *except*:

- a. speaking in jumbled sentences
- b. getting lost in familiar areas
- c. having rapid mood swings for no apparent reason
- d. losing sense of balance or experiencing vertigo

**4** Which health condition is suspected of increasing the risk of Alzheimer's?

- a. yo-yo dieting
- b. high blood pressure
- c. asthma
- d. low bone density

**5** Which is the most misdiagnosed mental disorder in older adults?

- a. Alzheimer's disease
- b. depression
- c. anxiety attacks
- d. insomnia

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

## NUMBER CRUNCHING

### Managing high cholesterol



**T**he bad news: High cholesterol plays a key role in whether you develop heart disease or suffer a heart attack or stroke. Excess cholesterol, a waxy, fatlike substance in your blood, builds up on artery walls, reducing blood flow. The good news: You can do something about it.

Many factors contribute to high cholesterol. While you can't change your genes, age or gender—which all affect cholesterol—you can take the following steps to improve your cholesterol levels and your health.

To lower your LDL, or bad, cholesterol and raise your HDL, or good, cholesterol:

- **Eat smart.** Saturated fat and trans fats raise LDL cholesterol levels. Instead, use polyunsaturated or mono-unsaturated fats like olive, safflower, sesame, soybean, canola and peanut oils. Eat no more than six ounces of lean meat, fish or skinless poultry a day. Choose plenty of fruits, vegetables and whole-grain foods. Switch to fat-free or low-fat dairy products and increase soluble fiber found in foods like oats, beans and citrus fruits.
- **Get regular exercise**—at least 30 to 60 minutes of physical activity a day.
- **If you smoke, quit.** Smoking lowers HDL cholesterol and increases the blood's tendency to clot.
- **Consider medication.** If lifestyle changes aren't enough, your healthcare provider may prescribe cholesterol-lowering drugs.

### Leveling off your numbers

**A**im for these desired cholesterol levels. If you already have heart disease or other risk factors, your doctor may set different goals for you.

Total cholesterol      less than 200 mg/dL

HDL cholesterol      greater than 50 mg/dL

LDL cholesterol      less than 100 mg/dL

Triglycerides      less than 150 mg/dL

# Bad breaks

## First aid for broken bones

If your child were to take a spill from a bike or your best friend turned an ankle while stepping off the curb and you suspected a bone is broken, would you know what to do? Try taking these actions:

- **Determine whether you need emergency help.** All fractures will need medical attention, but call for emergency help if the injury involves the head, neck, back, pelvis or upper leg; there's heavy bleeding; bone has pierced the skin; or a toe or finger on the injured arm or leg is numb or blue at the tip. Also, call for help if you can't transport the injured person by car because he or she can't sit upright or use safety or seat belts.
- **Remove clothing from the injured part.** Use scissors to cut clothing away; don't try to pull the limb out of clothes.
- **Stop any bleeding.** Use a sterile bandage or clean cloth



and apply constant pressure to the wound. Have the person lie down and don't wash the wound or poke the bone back into the skin.

- **Make a splint.** Keep the limb in the position you find it. Place soft padding around the injury with something firm (like a board or rolled-up newspaper) next to it, using first-aid tape. Make sure the splint extends past the joints above and below the injury.
- **Apply cold packs.** Wrap ice in a towel and place it on the injured area to control swelling and pain until help arrives.

### In case of emergency ... We're here for you

**T**here's no telling when an accident or a sudden illness will occur. But when it does happen, turn to us, the clear choice for emergency assistance. Our emergency department provides patients with fast, dedicated and compassionate care. What's more, our ER is backed and supported by an entire hospital dedicated to helping you get well.

**In an emergency, every second counts. Call us for emergency help anytime you suspect someone needs urgent care.**



## The whole-grain truth

### Think outside the breadbox to include more healthy foods in your diet

**G**rains like wheat, rice, oats and corn are a staple in the American diet and for much of the world. Whole grains

and foods made from whole grains are an important source of fiber, vitamins, minerals and other nutrients. When refined grains like white flour and white rice are processed, much of the fiber and nutrients are lost.

Eating more whole grains can help you lower cholesterol and control your weight, reducing risk of heart disease, stroke, diabetes, gastrointestinal problems and cancer. Aim to eat at least three servings of whole grains each day. The earthy, nutty flavors and chewy textures are a great way to add a new dimension to your menu. Whole-grain breads, cereals, tortillas and crackers are just the beginning. Explore a variety of whole grains like barley, groats, wheat berries, buckwheat, triticale, bulgur, millet and quinoa.

#### HOP ABOARD THE GRAIN TRAIN

Upping your intake of whole grains is easier than you think. Try making some of these simple diet switches:

- Start your day with a bowl of bran flakes, shredded wheat or oatmeal.
- Buy whole-grain breads, bagels, rolls, tortillas, muffins, waffles and pancakes.
- Substitute rolled oats or crushed bran flakes for bread crumbs in recipes.
- Switch to whole-wheat pasta.
- Bypass the potatoes and try bulgur, barley, quinoa or brown or wild rice.
- Snack on unbuttered popcorn or whole-wheat crackers or pretzels.
- Substitute barley or brown or wild rice for pasta or noodles in soups, stews, casseroles and salads.
- Use whole-wheat pastry flour in place of much of the all-purpose flour in recipes.

# Just for women

## Our free program can keep you healthy

**M**artin General Hospital is proud to announce the recent launch of a new program to help women in our community stay healthy and active. The Healthy Woman program features free seminars, health fairs, educational programs and interactive events focusing on women's emotional, physical and fiscal well-being. The Healthy Woman advisor, Billi Jean Wynn, business development and marketing director, leads this effort in conjunction with the Healthy Woman Advisory Council, a group of female community leaders and volunteers.

Women, who make between 80 and 90 percent of all healthcare decisions, often balance careers, primary and secondary families, issues with parents and civic work. Healthy Woman was created by women, for women, to provide up-to-date healthcare information for their entire family. The mission of the program is to empower Martin County area women with the knowledge and confidence to make better-informed healthcare and well-being decisions for themselves and their loved ones.

Monthly presentations will cover physical and emotional healthcare, as well as financial well-being and spiritual development. Healthcare topics will include pertinent information on heart disease, diabetes, breast cancer, menopause, nutrition, osteoporosis, stress management and life-balance issues.

"We want the women of the Martin County area to understand their options and to be able to make more informed decisions about their healthcare, as well as that of their families," says David S. Sanders, chief executive officer of Martin General Hospital. A women's



advisory council has been selected to assist the hospital in identifying topics that interest women in our community.

This program is being offered at no cost to women in our area and is sponsored by Martin General Hospital.

HEALTHY  WOMAN

Empower yourself!

**F**or more information about Healthy Woman, call Billi Jean Wynn at (252) 809-6313 or visit us at [www.martingeneral.com](http://www.martingeneral.com).

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