

Health Connection

Martin General
HOSPITAL

FROM YOUR FRIENDS AT MARTIN GENERAL HOSPITAL

Looking toward a bright future

A message from the CEO

Growing, changing and improving. These are the words that best describe our hospital today as we look to build for the future. Our facility has undergone a tremendous amount of change over the past few years. We've introduced new systems, new equipment and new physicians—and this is just the beginning.

COMMITTED TO GROWTH

We have just seen the Grand Opening of our new Conference Center and the addition of more parking areas. Over the next few months you'll begin to see us break ground on another new addition to the facility. We'll continue to add new services such as the Mammotome® Breast Biopsy System, which is discussed in this issue. We'll also continue to add new equipment and new physicians in various specialties and improve the quality of care throughout our organization. We're committed to the growth and the development of all health services to meet our community's growing needs.

OUR OUTREACH PROGRAMS

In the next few months, you'll see the development of new programs like Healthy Woman and expansion of already successful ones such as Senior Circle. Both of these will bring the latest health information to you in an exciting atmosphere. You'll also see new services and programs involving our current medical staff, as well as new physicians practicing in our community.



HEALTHCARE CLOSE TO HOME

"Quality Care, Right Here" isn't just an advertising tagline, but a commitment to our patients and our community. I hope that if you need healthcare services in the future, you'll give Martin General Hospital an opportunity to provide for your needs in a caring and quality-focused setting.



David S. Sanders
Chief Executive Officer

Regards,

DAVID S. SANDERS
Chief Executive Officer
Martin General Hospital

Preparing for outpatient surgery

Thanks to the miracle of science, surgeries that once required a hospital stay can now be done on an outpatient basis. That's good news for those who recover better in the comfort of home, but it also means that any necessary arrangements must be made before the surgery date. If you or a loved one is facing outpatient surgery, try the suggestions below to help make the experience as smooth as possible.

PLAN AHEAD

As surgery day draws closer, you'll find it helpful to have certain things taken care of. Once you know your surgery date and time, ask yourself these questions:

- **Do I need to make any changes in my house's setup?** You may have to set up a temporary bedroom on the first floor if you think you'll have difficulty climbing stairs, for instance.
- **Do I have enough food in the house?** Stock up on meals in the freezer (either homemade or store-bought) so you

won't have to worry about food preparation. Ask your doctor about dietary restrictions or recommendations.

- **Will I need help in the house?** Plan to have a friend or a family member drive you home from the hospital. It's also a good idea to have someone stay with you during the first 24 hours. After that, schedule your visitors. They'll brighten your mood but may also cut into your resting time. Be sure to limit visits based on how you feel.
- **Is there anyone I'm responsible for?** If you have baby-sitting or caretaking responsibilities, remember to make other arrangements for your recovery period.

THE DAY BEFORE

Your doctor will probably instruct you not to eat or drink within eight hours of surgery. Ask your doctor whether you should abstain from taking medication or bring a day's dosage with you to the hospital.

If you're recovering from or coming down with a cold, tell your doctor. Your surgery may be postponed until you feel healthy.

Because skin-tone changes can sometimes be a sign of postsurgery problems, don't wear any makeup the day of surgery, including eye makeup and nail polish. Also, plan to wear loose clothing to the hospital.

AFTER SURGERY

Tell your healthcare team about any discomfort, irritation or pain you feel. How long you stay at the hospital will depend on your ability to drink fluids, walk and urinate. The amount of pain you're in will also affect your discharge. Before you leave, get a written list of postoperative instructions, symptoms to monitor and in-case-of-emergency phone numbers.





A strong, stable core helps reduce your risk of injury and prevent back pain.

At the core of fitness

postures that focus on building flexibility, balance and strength.

- **Tai chi.** This Chinese ritual involves precise, relaxed exercises to increase both agility and balance.

- **Pilates.** It's the latest craze, involving the use of certain exercises to create longer and stronger muscles without the bulk.

- **Weight training.** Focus on exercises that target your core muscles. Start light and increase the intensity of your workout over time. You may want to consult with a personal trainer to develop a program tailored to your needs.

- **Stability ball.** Sometimes

Head of core conditioning? It's the "apple-a-day" way for you to ensure that your body stays strong and steady. Simply put, core conditioning is a series of exercises that target your core—the body's center of power that starts just below your shoulders and ends just below your hips. You work out to gain strength in the muscles that control your trunk and spine while improving balance, agility and flexibility. Adding core strength helps you perform daily functions like lifting grocery bags, playing with your kids and getting in and out of your car. A strong, stable core also helps reduce your risk of injury and prevent back pain.

Try these exercises to build the back, abdominal, thigh and buttock muscles associated with a strong core. Check with your physician first to be sure you're starting at a fitness level that's right for you.

- **Yoga.** This ancient practice involves stretching and holding

called a Swiss ball or a resist-a-ball, this large, rubber exercise ball is one of the best ways to actively target and stabilize your core. Start with the ball slightly deflated or secure it against a wall until you're ready to add more challenge to your balance. Choose a ball that comes with a video of basic exercises.

- **BOSU ball.** Shaped like a stability ball cut in half—flat on one side, domed on the other—the BOSU ball is designed to activate and strengthen your core as you perform exercises on it. Many gyms offer BOSU ball classes, and you can also buy video and DVD workouts to use with the BOSU at home.

- **Stability equipment.** Other light equipment ranging from foam rollers, balance pads and discs and mini-trampolines (ideal for beginners) to balance and wobble boards (for the more advanced) can help you improve core strength and stability.



Martin General Hospital's Mobile Biopsy Coach, where minimally invasive breast biopsies are performed.

biopsy," says Todd Tanner, M.D., of Tarheel Surgical Specialists, LLC. "Now women can get an accurate diagnosis with an outpatient procedure that is less invasive, less traumatic and easier on a woman's body. It's also a way to avoid the operating room altogether if it's not breast cancer, which is the case for about 80 percent of women." Not every patient with suspicious findings is eligible for this type of biopsy. Patients should consult with their doctors to decide if it's right for them.

THE BIOPSY PROCEDURE

In the procedure, the patient lies on a table while the doctor places the Mammotome probe through a small incision about the size of a match head. Using ultrasound or X-ray imaging, the doctor can accurately

pinpoint the suspicious tissue and gently vacuum, cut and remove this tissue for further examination. Only a small adhesive bandage is required to cover the incision. The procedure typically takes less than an hour and patients can return to normal activity immediately following the biopsy.

More than 1.6 million breast biopsies are performed each year in the United States; about 80 percent of the biopsies performed turn out to be benign. According to the American Cancer Society, more than 203,500 women will be diagnosed with breast cancer this year and nearly 40,000 will die from the disease.

As with any breast biopsy procedure, the Mammotome biopsy does carry risks. Patients should consult with their physicians to see which type of breast biopsy procedure is appropriate for them. This procedure is a follow-up procedure to a mammogram, which is typically ordered by a physician.

A gentler breast biopsy

New system speeds recovery time

Martin General Hospital is offering women faced with a suspicious mammogram or small lump in the breast a less invasive breast biopsy that keeps patients out of the operating room and avoids the stitches and scarring associated with a traditional open surgical biopsy.

LESS INVASIVE, JUST AS RELIABLE

The procedure is done with the Mammotome® Breast Biopsy System, a minimally invasive breast biopsy device that allows doctors to biopsy suspicious tissue through a tiny incision in less than an hour with an immediate recovery. The biopsy is done on the Mobile Biopsy Coach. Studies show biopsies performed with the Mammotome are as diagnostically reliable as open surgical biopsies in determining if a patient has breast cancer.

"Whenever possible, a minimally invasive breast biopsy should be performed rather than an open surgical

Make an appointment today!

To schedule a mammogram, call (252) 809-6332.

Hospitalists: A benefit to patients and their physicians

Martin General Hospital is pleased to announce the addition of a new service for our patients. We now have a hospitalist on staff at our facility.

Hospitalist physicians improve hospital medicine all over the country. They increase the amount of contact patients have with doctors while in the hospital and make hospital care more efficient. However, despite the considerable benefits hospitalists offer patients, many people don't know who they are or what they do.



Martin General Hospital now has a hospitalist on staff who provides care to hospitalized patients.

WHAT IS A HOSPITALIST?

The term hospitalist was first used in 1996 to refer to doctors who work exclusively in hospitals. They differ from physicians who practice in an office setting because hospitalists treat only patients who are in a hospital. Once a patient is admitted, the hospitalist and the patient's regular doctor function as a team. They communicate frequently to ensure proper care based on the patient's preexisting conditions and unique needs. Patients return to the care of their regular physicians once they're discharged.

WHAT BENEFITS DO HOSPITALISTS PROVIDE?

Hospitalists can increase the efficiency of hospital treatment. They can request, receive and analyze test results immediately and administer care if necessary, cutting down on wait time. Studies show that hospitalists can reduce the length of a patient's stay—sometimes by as many as two days.

With a hospitalist on staff, patients and their doctors feel more comfortable about hospital visits. It's reassuring for patients, their families and their physicians

to know that a doctor will be close at hand at all times. Hospitalists are regularly available to assist nurses in making timely treatment decisions, and they take pressure off private-practice physicians, who can't be present at a hospital around the clock.

Hospitalists are the fastest-growing group of physician specialists in medicine today. Approximately 15,000 hospitalists currently practice compared to just 2,000 in 1996. Experts say by the end of the decade the number of active hospitalists will swell to 30,000, which would make this specialty group as large as cardiologists. The rapid growth of hospitalists in America is due in part to the many ways they benefit hospital patients.

Learn more!

For more information about Martin General Hospital's hospitalist services, call (252) 809-6122.

HEALTHWISE QUIZ

How much do you know about **menopause**?

Take this quiz to find out.

1 The average age when women in the United States reach menopause is:

- a. 51
- b. 55
- c. 48
- d. 64

2 The single biggest risk factor for osteoporosis, or brittle bone disease, is menopause. All of the following are signs that you may have osteoporosis except which one?

- a. height loss
- b. tooth loss
- c. joint pain
- d. backaches

3 One of the few reasons you should consider using hormone therapy is to:

- a. prevent ovarian cancer
- b. relieve severe menopausal symptoms such as hot flashes
- c. protect against heart disease
- d. lower your risk of breast cancer

4 The transitional period of two to 10 years before menopause, characterized by hormone fluctuations that can cause menopausal symptoms, is called:

- a. premature menopause
- b. premenopause
- c. perimenopause
- d. postmenopause

5 Of the following remedies, which is the only one approved by the U.S. Food and Drug Administration to relieve hot flashes?

- a. soy
- b. black cohosh
- c. phytoestrogens
- d. hormone therapy

Take control!

7 steps to healthy blood pressure and cholesterol

Heat disease and stroke kill millions of Americans each year. Unless you take steps to control your blood pressure and cholesterol levels, you may be at risk for these diseases. Get on the road to better health today with these seven simple steps:

- 1 Take a walk.** Exercise helps control your blood pressure and improves your cholesterol. Choose activities you enjoy and strive for at least 30 minutes of moderate-intensity physical activity on most days of the week.
- 2 Manage your weight.** Reducing your weight by just 10 pounds may help lower your blood pressure and reduce bad cholesterol. Since dropping pounds may be easier when working with a group, ask your healthcare provider to refer you to experts, groups or classes that can help.
- 3 Toss the cigarettes.** Smoking causes blood vessels to narrow and blood pressure to rise. It also makes it easier for cholesterol-rich plaque to stick to artery walls. A smoking cessation class can offer extra support.
- 4 Eat well.** Enjoy vegetables, fruits, whole grains, beans and legumes, along with moderate amounts of lean protein and healthy fats like those in salmon and olive oil. Avoid foods high in saturated fat, cholesterol, sodium, sugar and trans fatty acids.
- 5 Try soy.** A recent study shows that two servings a day of uncooked soy protein—found in tofu, soy milk or soy powder—lowers cholesterol levels by as much as 9 percent.
- 6 Limit your liquor.** Women should consume no more than one drink a day and men no more than two drinks a day.
- 7 Get screened.** Routinely checking your blood pressure and cholesterol levels keeps you on top of your cardiovascular disease risks. If your blood pressure's high, ask your doctor about buying a blood pressure monitor for home use.





First-aid foresight

Would you know what to do?

Sooner or later, we all face a medical problem that calls for immediate first aid and clear thinking. Knowing what to do next is a health skill everyone needs.

Bleeding. Apply pressure to the wound with a thick, clean cloth and raise the wound above the heart. If bleeding is severe or isn't controlled in five minutes or if the wound is very dirty, longer than an inch or gaping, get immediate medical care.

Puncture wounds. Don't self-treat deep puncture wounds since they can result in deep-tissue injury or infection.

Burns. Run cool water over minor burns, immerse in cold water or wrap the burned area in a cold, wet cloth for about 10 minutes or until pain subsides. Apply an antibiotic ointment and cover with a bandage. Call your doctor if blisters form.

Poisoning. Before doing anything, call the National Poison Control Hotline at 1-800-222-1222. Induce vomiting only if instructed.

Shock. Shock may cause cold, clammy skin; weakness; confusion; a rapid heartbeat; or deep, shallow or irregular breathing. Keep the victim warm and lying down on his or her back until help arrives. Don't give the victim anything to drink.

Electrical injuries. Do not touch someone who has just been electrocuted—the current may pass through you. While waiting for help to arrive, try to turn off the source of electricity.

Sprains and strains. To treat sprains and strains, follow the RICE method: rest, ice, compression and elevation. Apply ice packs or cold-water compresses to relieve swelling. Wrap the injury in an elastic bandage and keep it elevated above the heart.

Broken bones. Quickly call for emergency assistance. It's best not to move the person or attempt to straighten a broken bone.

Dine the Greek way

Although many of their meals consist of 40 percent fat, residents of the Greek isle of Crete who eat a traditional diet live longer than most other ethnic groups. In fact, Greeks who haven't succumbed to Western-style meals are 20 percent less likely to die of coronary artery disease and about 30 percent less likely to die of cancer than Americans are.

These stats make nutritionists take note, and what they've found is that the traditional Greek diet is one of the healthiest eating styles you can choose. The diet focuses on:

- vegetables, fruits, fish, grains, beans, nuts and legumes like chickpeas
- olive oil as the sole source of added fat
- only a few weekly servings of poultry, eggs and sweets
- daily, small to moderate amounts of cheese and yogurt
- red meats saved for special occasions only

What's more, the Greek diet is tasty—a sign that you don't have to give up good food to stay healthy.

BEWARE OF TROJAN HORSES

But be cautious: Some Greek foods found in the United States don't fit the heart-healthy profile of traditional



Greek cuisine. The nonprofit Center for Science in the Public Interest analyzed typical restaurant-size portions of some popular Greek meals. What they found could stop your heart. For example, spanakopita (spinach pie in phyllo dough) has 410 calories and 24 grams of fat, beef or lamb gyro (sandwich) has 760 calories and 20 grams of fat and moussaka (a meat and eggplant casserole) has 830 calories and 48 grams of fat!

ROANOKE ORTHOPEDICS: A one-stop shop for quality orthopedic care



Meet Roanoke Orthopedics staff members Stephen Lester, M.D., and Kristin Warren, P.A.

Martin General Hospital is pleased to announce the opening of Roanoke Orthopedics—our newest clinic. Stephen Lester, M.D., and Kristin Warren, P.A., will be offering a wide range of orthopedic

services. Dr. Lester is board certified by the National Board of Medical Examiners® and the American Board of Independent Medical Examiners. He performs surgeries at least two days a week at Martin General Hospital and is available other times for emergencies.

Orthopedics focuses on disorders of the musculo-skeletal system—the bones, joints, ligaments, tendons and muscles of your body that allow you to work, move and be active. Roanoke Orthopedics treats patients from pediatrics to geriatrics, and conditions from tendonitis to osteoporosis, sports injuries to on-the-job injuries and car accidents to at-home accidents.

Diagnostic X-ray, MRI and CT scanning are available on-site for prompt and accurate diagnosis. The years of experience of our operating room staff, Anesthesia Department members and our surgical team ensure the best outcome possible. In addition, our inpatient staff is trained and skilled in all areas of orthopedic services. We have the latest equipment and offer a coordinated, team-

work approach to recovery, including pre-op classes, pain management services, physical therapy, exercise programs, swing bed and a closely monitored after-hospital recovery program.

Orthopedic services at Martin General Hospital:

- total knee, shoulder and hip replacements
- shoulder surgery, such as arthroscopy and mini-open rotator cuff repair
- hand surgery for carpal tunnel release, trigger finger and contractures
- arthroscopic knee surgery
- ganglion cyst removal
- treatment of fractures
- surgeries for sports injuries
- procedures for small to large bone trauma

For more information

Roanoke Orthopedics is located in the Moratoc Village Shoppes adjacent to Wal-Mart in the Roanoke Landing Shopping Center. The office is open Monday through Friday, 8 a.m. to 5 p.m. To learn more, call (252) 792-0305.



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