

InTouch

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Healthbriefs

> Butter and margarine go head to head



You see them next to each other in the grocery store, but which one do you choose? And, more importantly, which type of fat is better for your heart? The decision is in: Most margarine choices are a healthier option than butter, according to the Mayo Clinic.

Because margarine is made from vegetable oils, it doesn't contain dietary cholesterol and it's higher in polyunsaturated and monounsaturated, or "good," fats, which, when substituted for saturated fats, help reduce low-density lipoprotein (LDL), or "bad" cholesterol. On the other hand, butter contains high levels of saturated fat and cholesterol because it's made from animal fat.

Buyers beware, though: Choose your margarine carefully. Solid margarine—which comes in stick form—isn't a good choice because it contains trans fat. Instead, choose soft or liquid margarine and check labels for the spread with the lowest calories, the least amount of saturated fat and no trans fat.



Are you at risk?

Have you been checked for high cholesterol? Make an appointment with your doctor to discuss your risk factors and ways you can lower your risk.

> Long commutes take toll on the heart

Do you have a long ride to and from work? Well, here's another drawback to the aggravation you may feel being trapped in your car: According to a study in the *American Journal of Preventive Medicine*, which looked at almost 4,300 Texas city workers, the longer you're behind the wheel during your commute, the worse your heart health. Waistlines expanded, exercise routines disappeared, and with these bad habits came higher blood pressure and excess pounds.

Even for those who did exercise, these heart disease risk factors didn't disappear, which means there's probably something to the commute itself that's harming hearts. Researchers hypothesize it could be that long-distance drivers are burning fewer calories overall and stress could be taking a toll. Researchers suggest finding other ways to add activity to your day, so don't hesitate to bring a pair of walking shoes to work and hit the sidewalks during your lunch break.



> Could it be a pinched nerve?

Pinched nerves, which occur when too much pressure is applied to a nerve by surrounding tissues, such as bones, cartilage or muscles, can be painful and irritating. Understanding if you're at an increased risk of one day experiencing a pinched nerve is the best way to help prevent it. Here are five risk factors:

- 1 Posture.** Proper posture decreases the pressure to your spine and nerves.
- 2 Bone spurs.** Conditions like osteoarthritis can cause you to develop bone spurs. They can stiffen the spine and narrow the space where your nerves travel.
- 3 Overuse.** Activities that involve extensive use of your hands, wrists and shoulders can increase your risk of a pinched nerve.
- 4 Obesity.** Having excess weight adds more pressure from muscles and body tissue onto your nerves.
- 5 Pregnancy.** Weight gain from pregnancy can swell your nerve passages and pinch your nerves.



Sleep and your brain

For optimal health, get your shut-eye

➤ Sleep is a time for you to rest and, hopefully, get refreshed and ready to face the new day. For your brain, sleep is a time for work.

During those blissful hours of shut-eye, your brain is playing an integral part in the maintenance of your nervous system, laying pathways to help you learn and create new memories. Some experts also think that sleep affords our brains the opportunity to rest hardworking neurons before they have a chance to malfunction. In addition, connections between neurons that aren't frequently used may finally get a chance to exercise during sleep as a way of preventing their deterioration.

If you cut your sleep sessions short (or get less than the recommended seven to eight hours), you're interrupting these vital processes and, as you probably know, making it more difficult to remember things or concentrate. You may find it more difficult to work, drive or function in general. Hallucinations and mood swings may also develop in more severe cases of sleep deprivation.

Some very preliminary research also seems to suggest that poor sleep habits may age your brain and contribute to cognitive health problems such as dementia, but more research is needed. On other, more definitive health fronts, lack of sleep has been linked to heart disease, obesity and diabetes.

Here's to good sleep

Struggling to get that elusive sleep can be frustrating, but a good night's sleep isn't just a dream. To keep your brain in tip-top shape:

➤ **Schedule bedtime.** Going to sleep at the same time every night can help program your body into a healthy cycle.

➤ **Exercise regularly.** A good workout—if not timed too close to bedtime, or about five to six hours before you go to bed—can help you achieve a deeper sleep.


➤ **Skip the cigarettes, nicotine and alcohol,** all of which can negatively affect your quality of sleep.

➤ **Relax.** Read a book or soak in a nice, warm bath before going to sleep.

➤ **Avoid staying in bed if you can't sleep.** Find another low-key activity to do until you feel sleepy.

➤ **Keep your room cool, but not too cool.** Extreme temperatures that make you uncomfortable will keep you from getting sleep.

➤ **Wake with the sun.** It helps reset your body's internal clock. ●



While you sleep, **your brain** is playing an integral part in the **maintenance** of your **nervous system**, laying pathways to help you learn and **create new memories**.

Single-incision surgery is here

New approach offers virtually scarless results



Learn more!

Call (361) 788-6111 or visit www.DeTar.com for information about robotic and other minimally invasive surgeries at DeTar Healthcare System.

In October, a surgical team at DeTar Hospital North performed their first da Vinci single-site gallbladder surgery, removing a patient's gallbladder through an approximately 1-inch incision in the belly button, making the procedure virtually scarless.

The U.S. Food and Drug Administration cleared the specialized single-site instruments for use with the da Vinci System in December 2011. DeTar Healthcare System acquired its first da Vinci robotic surgical system in April 2010 and upgraded to the newer da Vinci Si system in September 2012. While this operation was the first single-site surgery, surgeons on DeTar's medical staff have used robotic-assisted technology for complex, minimally invasive surgery in more than 700 cases.

"Neither robotic surgery nor single-incision surgery is new, but combining the two to remove the gallbladder requires additional training and special equipment," says William R. Blanchard, chief executive officer at DeTar Healthcare System. "To be the first hospital in Victoria to offer this technically advanced surgery demonstrates DeTar's commitment to provide patients with the most up-to-date, minimally invasive surgical options."

"Single-site instruments used with the da Vinci platform are the next step in the evolution of surgical technologies," says Maggie Schaar, R.N., director of surgical services at DeTar Healthcare System. "We're excited to be a leader today in the surgical treatment of tomorrow."

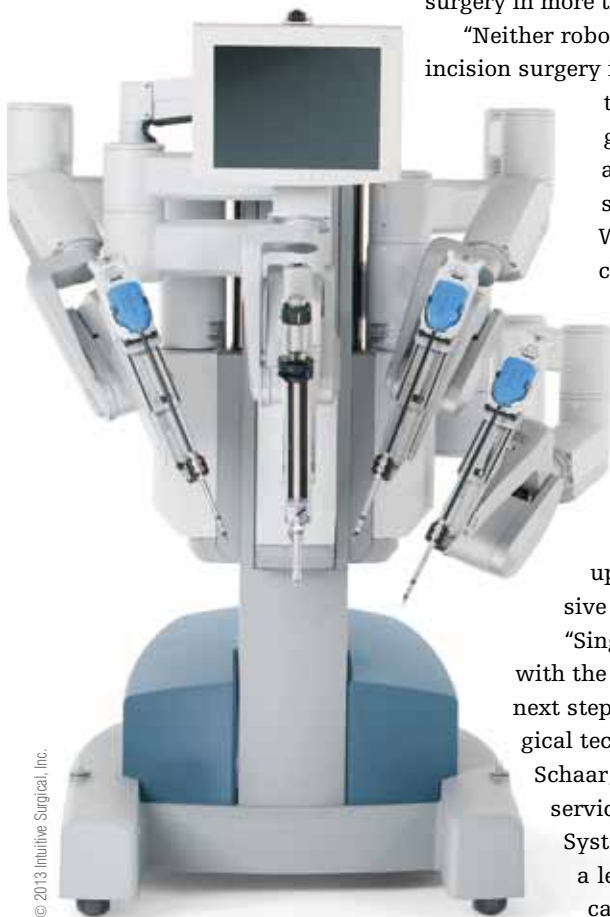
Benefits for you

Potential benefits of single-site gallbladder surgery may include virtually scarless results, minimal pain, decreased blood loss and quicker recovery than traditional surgery, a short hospital stay and high patient satisfaction. The surgery can be performed in about one hour with a typical hospital stay of less than 24 hours.

During the procedure, the surgeon sits comfortably at a console, viewing a 3-D, high-definition image of the patient's anatomy. The surgeon uses controls below the viewer to move the instrument arms and camera. In real-time, the system translates the surgeon's hand, wrist and finger movements into more precise movements of the miniaturized instruments inside the patient.

Unlike traditional robotic surgeries requiring three to five small incisions, this new technology allows for a single incision in the belly button, where instruments are placed and the diseased gallbladder is removed. Most people who require gallbladder removal are candidates for the robotic, single-incision surgery. Currently, more than 1 million people in the United States have their gallbladders removed each year, and most are performed with traditional laparoscopy using several incisions. According to the American College of Surgeons, surgery is the recommended treatment for gallbladder pain from gallstones and nonfunctioning gallbladders.

DeTar Hospital North offers various types of robotic-assisted surgeries. In addition to general surgery procedures like gallbladder removal, surgeons at DeTar Hospital North offer robotic-assisted gynecologic and bariatric surgeries. DeTar Healthcare System also offers a wide range of minimally invasive conventional laparoscopic surgeries. ●



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A message FROM OUR CEO



DEAR NEIGHBORS,

DeTar Healthcare System has achieved some great accomplishments recently, and it's my pleasure to share those with you.

In fall 2012, The Joint Commission named DeTar one of the nation's Top Performers on Key Quality Measures for 2011. This recognition is based on data reported to The Joint Commission about evidence-based clinical processes that are shown to improve care for certain conditions, including heart attack, heart failure, pneumonia, surgical care, children's asthma, stroke and venous thromboembolism, as well as inpatient psychiatric services. DeTar was recognized for achieving these thresholds for heart attack, heart failure, pneumonia and surgical care. This honor is a direct reflection of the efforts of our medical staff and employees throughout DeTar Healthcare System.

In 2012, the doctors and staff at the Women & Children's Center at DeTar Hospital North delivered a record number of babies—more than 1,300. We excel in obstetric care thanks to our commitment to family-centered care. At DeTar, we use labor, delivery, recovery and postpartum (LDRP) suites to provide new mothers with a homey, comfortable setting with all the technology and amenities of a hospital. And with growth like this, we expect to add two new LDRPs to

our floor in the coming year.

DeTar's Geriatric Mental Health Center (GMHC) was designed to address the emotional needs of patients ages 60 and older in a warm, supportive atmosphere. The GMHC's caring and compassionate professionals provide support and treatment options for those trying to regain their emotional balance. The eight-bed unit opened in November 2011 and soon filled to capacity with a consistent waiting list. In January, we expanded this specialized unit to 20 beds to meet growing demand. These additional beds will allow us to further accommodate the growing needs of our area's seniors.

It's our privilege to serve local residents with quality care, close to home. We greatly appreciate your support.

Regards,

**William R.
Blanchard, FACHE**

*Chief Executive Officer
DeTar Healthcare System*

**WILLIAM R.
BLANCHARD,
FACHE**
Chief Executive
Officer

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HealthWise QUIZ

How much do you know about medication management?

> TAKE THIS QUIZ TO FIND OUT.



Coping with stroke

> You didn't see it coming, but few people who have a stroke do. And as you may know by now, surviving a stroke is only half the battle. How do you cope with a life that's forever changed?

First off, know that there are many people facing the same situation as you. Almost 800,000 people have strokes every year. Some may recover with only minor residual effects, while others are left with permanent disabilities. Learning to cope with your individual situation is critical to recovery. Here are some strategies that may help:

> **Recognize the emotions.** You'll likely go through a range of emotions, from sadness about things you may no longer be able to do, to anger about why this happened to you, to frustration with the difficulty of communicating with loved ones. All of these are normal feelings. If you're experiencing extended periods of sadness, have lost interest in

life or have thoughts of suicide, seek help immediately because these are symptoms of depression. If you're a caregiver of someone with stroke, learn to recognize the signs.

> **Work with the new you.**

Recuperating will take time and a lot of hard work, and you may not totally get back to where you were before. Set small goals for yourself and celebrate as you reach them. And don't be afraid to rest. Remain active. You may not be moving the way you used to, but don't feel embarrassed by having to use a cane or wheelchair. You need to get out, even if only for a short time. If your loved one has had a stroke, encourage him or her to meet up with friends or engage in enjoyable activities, if he or she is up to it.

> **Ask for help.** Don't be afraid to reach out to friends and family to assist with errands or just stop by for a visit. ●

1 According to the FDA (U.S. Food and Drug Administration), splitting pills:

- a. is safe for all medications
- b. can affect the way a medication is absorbed
- c. should never be done unless the pills are approved for splitting and you have your doctor's OK
- d. both b and c

2 Which tip is not recommended for storing medication?

- a. Store it in a cool, dry place.
- b. Keep it in the original container.
- c. Keep the cotton plug in the bottle.
- d. none of the above

3 When talking with your doctor, you should let him or her know you take:

- a. vitamins
- b. over-the-counter medicines
- c. herbal supplements
- d. all of the above

4 Which of the following drugs can interact with St. John's wort?

- a. blood thinners
- b. antidepressants
- c. pain medications (narcotics)
- d. all of the above

5 When ordering medication online, you should only purchase from a website that:

- a. has an FDA seal of approval
- b. is accredited by the Verified Internet Pharmacy Practice Sites (VIPPS) program
- c. is based in Canada
- d. has testimonials

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

Just desserts

Satisfying a sweet tooth—without the guilt

➤ You make it through dinner, keeping your promise to limit the calories and fat. But then comes the course that almost always gets you to cave: dessert.

Though it can be a calorie and fat trap, you don't have to skimp on the meal's finale. Instead, you need to find a way to satisfy that sweet tooth without guilt. And that's where nature's sweetest low-fat, low-calorie offering—fruit!—comes in:

➤ **Apple of your eye:** Slice up some apples and sprinkle with a little bit of cinnamon, then bake.

➤ **Layer:** Alternate layers of nonfat yogurt with fresh fruit in a parfait glass.

➤ **Get your calcium, too:** Keep low-fat

or nonfat fruit yogurt on hand for an afternoon pick-me-up.

➤ **The grill isn't only for meat:** Slice up peaches, bananas and pineapples and give them a little heat, which will bring out their natural sweetness.

➤ **Try an even quicker sweet fix:**

Pop open some canned fruit (canned in its own juice or water—no heavy syrup!) and enjoy.

➤ **Think heavenly:** Not all cakes are created equal.

Angel food cake is a healthy option that's made even better with the addition of some fresh fruit or fruit puree on top.

➤ **Make your own icy treat:** Freeze grapes and bananas for an ice cream alternative. Choose wisely: If your dessert options are limited to a restaurant menu, look for a fruit salad or sorbet, sherbet or meringues and skip the chocolate lava cake.

➤ **Get creative:** OK, so you really want to make that brownie recipe. You can still cut down on the sugar intake by substituting equal amounts of unsweetened applesauce, or cutting the amount of sugar in half. ●



'V' is for vitamin

Do your kids need vitamin supplements?

➤ Growing up, health sources touted that getting all your vitamins and minerals was your ticket to a life spent big and strong. Today, parents have a multitude of vitamin choices to help their children get all those necessary

nutrients. But does your child really need them?

It's a question with no easy answer, experts say. Research has only seemed to make things more confusing for parents. A recent study led by the National Institutes of Health found that children who could have benefited the most from vitamins often weren't getting them, and those children who didn't need them were taking them. The study also found that some children—whether their parents supplemented their diet with vitamins or not—were deficient in the nutrients vitamin D and calcium while many took in too much iron and vitamin A, leading researchers

to hypothesize that those pills may not be a good match for today's childhood diets.

What should you do?

The general recommendation from the American Academy of Pediatrics is that supplements are rarely needed in children ages 5 to 10 because most children can get all the vitamins and minerals they need through diet alone. But for children who may have more erratic or poor eating habits, or follow a certain diet (for example, vegetarian without dairy), a supplement may be necessary.

Start by talking with your pediatrician about your child's habits to see if a supplement might be beneficial. Your pediatrician might have other suggestions about how your child can meet nutritional goals (for example, finding alternative food sources that your child enjoys). ●



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A different approach

Changing the way we do hip surgery

Do you suffer from arthritis, hip pain, stiffness or limited movement? DeTar Hospital Navarro is the first hospital in Victoria to offer a minimally invasive anterior hip replacement surgery. This new approach to hip replacement surgery may improve recovery time and result in greater pain management.

Anterior hip replacement surgery allows surgeons to reach the hip joint from the front as opposed to the lateral (side) or the posterior (back). This way, the most important muscles for hip function, the gluteal muscles that attach to the pelvis and femur, are left undisturbed and, therefore, heal more quickly.

Advanced equipment

Douglas Matey, D.O., an independent member of the medical staff at DeTar, is a qualified orthopedic surgeon trained in anterior hip replacement. Dr. Matey uses a technologically advanced surgical table, which allows precise positioning to minimize trauma under the skin. This special table allows a doctor to access the hip from the front, minimizing tissue damage. The table also offers X-ray imaging during surgery to more accurately control implant placement and leg lengths.

More flexibility

Conventional hip replacement typically

requires strict precautions, and most patients have to reduce hip motion for six to eight weeks after surgery. They must limit hip flexing, which complicates normal activities like sitting in a chair, putting on shoes or getting into a car. Simply climbing stairs may also be more difficult during recovery.

Anterior hip replacement allows patients to immediately bend their hip and bear full weight when comfortable, resulting in a more rapid return to normal function. After surgery, patients are instructed to use their hip normally, without the need for cumbersome restrictions. ●



DOUGLAS MATEY, D.O.
Orthopedic Surgeon



Find a doctor

Learn more about Dr. Matey and other doctors at DeTar Healthcare System by visiting www.DeTar.com/Physicians.