

The Harris Connection

**HARRIS
HOSPITAL**
More than Care... Commitment

FROM YOUR FRIENDS AT **HARRIS HOSPITAL**



Our
hospitalists
are here
for you
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> 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**.



CEO MESSAGE

ROBERT RUPP
Chief Executive Officer

DEAR FRIENDS,

In 2013, we're reaffirming our commitment to the *Community Cares* culture of service and operational excellence ... in other

words, "Better healthcare starts with me." We're reinforcing our focus on patient-centered care through developing our leaders, managers and employees, using tools and behaviors to improve employee, doctor and patient satisfaction. As a result of this focus, we'll be better positioned for HCAHPS (Hospital Consumer Assessment of Healthcare Providers and Systems), a federally mandated, publicly reported patient satisfaction survey.

One area of change in our culture is our hospitalist program. A hospitalist is a doctor who specializes in caring for hospitalized patients and maintains ongoing communications with your regular doctor. This program has many benefits for our patients, including access to doctors around the clock—who partner with your doctor on your care—while allowing private practice doctors more time to see patients in their offices. Read more about our hospitalist program in this issue.

Finally, here at Harris Hospital, we continue to enhance our care environment through new renovating projects. We want our hospital to be attractive, as well as providing the best possible care for you and your family. If you haven't been by lately, contact us for a tour.

As always, if you have any comments about your experience at Harris Hospital, feel free to contact me. I would love to hear from you. I wish you and your family the very best of health in 2013.

Yours in good health,

Robert Rupp

*Chief Executive Officer
Harris Hospital*

MEET OUR NEW PHYSICIAN



Russell J. DiPonio, M.D.,

2000 McLain St.
Suite B
Newport, AR 72112
(870) 523-7563



Russell J. DiPonio, M.D., brings 30 years of experience to our community. A native of Michigan, after graduating from Ross University School of Medicine, Dr. DiPonio completed his residency in internal

medicine at McLaren Regional Medical Center in Flint, Mich. Internists focus on adult medicine and have completed special training in the prevention and treatment of adult diseases, such as diabetes, high blood pressure and high cholesterol.

Internal medicine physicians must complete four years of college, four years of medical school and a three-year internal medicine residency dedicated to preventing, diagnosing and treating diseases that affect adults. Dr. DiPonio is board certified by the American Board of Internal Medicine. He will listen to your concerns, explain things carefully and treat you like family. Medicare coverage is welcome.



Make an Appointment!

If you're looking for a primary care doctor who's dedicated to helping you live a healthier life, schedule an appointment with Dr. DiPonio today by calling **(870) 523-7563**.

Dr. DiPonio is a member of the medical staff at Harris Hospital.

We “deliver” special care for women of all ages



Harris Hospital offers care for all ages and stages of a woman’s life. The Ob/Gyn specialists at Harris Hospital offer a variety of services and procedures, from routine and preventive care to special needs.

Jabez Jackson Jr., M.D., FACOG; Karen Jones, M.D., FACOG; and Amy Scott, M.D., FACOG, focus on providing quality care in a calm and supportive atmosphere. These doctors are experienced and pride themselves on the level of care they provide. In addition to prenatal care, services for women include laparoscopic procedures for a variety of reproductive conditions, such as incontinence and vaginal prolapse procedures and laparoscopic-assisted hysterectomy. Laparoscopic surgery offers less pain and a quicker recovery.

Our doctors and nurses help women manage their health through every stage of their lives, whether it’s welcoming a baby to the world, scheduling a mammogram, planning for surgery or learning ways to stay healthy physically and emotionally. ●

Harris Ob/Gyn services

> Obstetric services

Our experienced doctors provide a wide variety of services, including preconception counseling, routine prenatal care, intrauterine pregnancy, management of high-risk pregnancy, management of ectopic pregnancy, antepartum genetic counseling and deliveries. They also provide obstetric care for women with obstetrical or medical complications, such as preterm birth, post-term pregnancy, fetal growth disorders, multifetal gestation and diabetes.

> Gynecologic services

Our services include first gynecologic exam for adolescents, annual gynecologic exams, family planning/contraception counseling, infertility evaluation and management, management of abnormal PAP tests, evaluation for gynecologic malignancies, evaluation of abnormal uterine bleeding, pelvic organ prolapse (defects in pelvic support) treatment, incontinence treatment and menopause management.



JABEZ JACKSON JR., M.D., FACOG, Ob/Gyn, Board Certified



KAREN JONES, M.D., FACOG Ob/Gyn, Board Certified



AMY SCOTT, M.D., FACOG Ob/Gyn, Board Certified

Join Healthy Woman!



Recognizing that women often place their own care behind that of their families and loved ones, Harris Hospital offers the Healthy Woman program. This free community resource is designed to empower women with the knowledge and confidence to make informed healthcare and well-being decisions.

Healthy Woman provides quarterly seminars, educational programs, health fairs and interactive events. The programs are dedicated to improving the emotional, physical and fiscal well-being of women and their families. They offer information about important topics like heart disease, diabetes, breast cancer, menopause, nutrition, osteoporosis, stress management and life balance issues. To join Harris Hospital’s Healthy Woman program, call (870) 523-3081 or visit www.HarrisHospital.com and choose “Women’s Services.”



Care through the ages

Our doctors specialize in routine obstetrics, high-risk obstetrics and gynecologic care from adolescence to menopause. To schedule your appointment, call toll-free (877) 523-3289.

HealthWise QUIZ

How much do you know about medication management?

> TAKE THIS QUIZ TO FIND OUT.

- 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)



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. ●

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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WINTER 2013



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Around-the-clock care

Hospitalists enhance care at Harris Hospital

Harris Hospital has instituted a hospitalist program to enhance care for patients in Newport and the surrounding areas. Hospitals and doctors across the country are turning to hospitalists to increase doctor accessibility, coordinate treatment and provide seamless care to patients.

What is a hospitalist?

A hospitalist is a doctor who practices exclusively in the hospital setting, serves as your personal doctor's right hand and spearheads your care while you're in the hospital.

Hospitalists have been a part of the medical field for many years and are one of the fastest-growing types of doctors because of their important role in coordinating care and providing continuity for patients during their hospital stay. Like a primary care doctor, hospitalists are trained in general internal medicine and other specialties.

How do hospitalists work?

If you're admitted to the hospital for surgery or illness, a hospitalist may coordinate your inpatient care after your procedure. The hospitalist and your primary care doctor are in continual communication. Your doctor will consult with the hospitalist to provide background information on your health history and

diagnosis. The hospitalist then carries out the plan of care set up by your doctor, coordinates your daily care with other members of the medical team and communicates any changes in your condition to your doctor.

Once you're discharged, the hospitalist will communicate with your doctor about further treatment needed, help arrange follow-up care or medication and send your hospital records back to your primary care provider.

Why does Harris Hospital use hospitalists?

"Having a hospitalist on staff increases the amount of contact patients have with doctors while in the hospital and makes hospital care more efficient while improving outcomes," says Robert Rupp, chief executive officer at Harris Hospital. "Best of all, hospitalists provide continuity of care and personalized attention for patients during their hospital stays, enhancing patients' experiences."

A hospitalist can often shorten a patient's stay and speed recovery by closely monitoring his or her condition and making adjustments to the treatment plan. Once you are discharged, the hospitalist transfers care back to your primary care provider. ●



24/7 care for you

To learn more about the hospitalist program and how it can help you or a loved one during a hospital stay, call **(870) 512-3081**. For more information about the services provided at Harris Hospital, visit www.HarrisHospital.com and choose "Services."