

# HealthConnection

A PUBLICATION OF BLUEFIELD REGIONAL MEDICAL CENTER



Meet Hiep  
V. Le, D.O.  
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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**.

## A message FROM OUR CEO

### DEAR FRIENDS,

**BILL  
HAWLEY**  
Chief Executive  
Officer

As a result of the Certificate of Need filed with the West Virginia Health Care Authority in 2011, Bluefield Regional Medical Center (BRMC) is now providing elective cardiac angioplasty and stent placement services to residents of southern West Virginia and southwestern Virginia. With the addition of Javed Abdullah, M.D., and Mohannad Bisharat, M.D., to the medical staff, patients will no longer have to travel to Charleston or Roanoke for heart catheterization angioplasty procedures. We're fortunate to have two interventional cardiologists who bring a wealth of knowledge to the Bluefield team.

Both doctors provide radial cardiac catheterizations and intervention based on a patient's needs. In the past at BRMC, cardiac catheterization was performed through the femoral artery in the upper leg. By using the radial artery in the wrist, patients experience less discomfort, and many people are able to get out of bed shortly after their procedure.

In addition, our fully trained cardiology nursing staff rotated through Charleston Area Medical Center's cardiac cath lab to learn catheterization procedures, coronary angioplasty and stenting. Also, more than \$329,000 has been spent on new equipment for our hospital's cath lab.

BRMC's STEMI (ST-elevation myocardial infarction) program is a coordinated team effort of nurses, doctors, pharmacists, lab technicians and administration dedicated to getting a heart-attack patient into the catheterization lab quickly to open a blocked artery. Studies have shown that by relieving symptoms quickly, patients experience less heart damage and have better long-term outcomes.

Over the past few months, we've recruited six additional doctors: Bandhu Paudyal, M.D., neurology; Rao Khan, M.D., nephrology; Hiep V. Le, M.D., family medicine; Dana Ghishan, M.D., and Faria Abdullah, M.D., pediatrics; and Joseph Morrello, D.O., an independent member of the medical staff, internal medicine. At BRMC, our success lies in building and maintaining strong partnerships among doctors, employees and the community we serve, with the common goal of providing quality health care, close to home.

Sincerely,

## Bill Hawley

*Chief Executive Officer  
Bluefield Regional Medical Center*

## WELCOME OUR NEW DOCTOR

The dedicated and experienced doctors of Bluefield Regional Medical Center (BRMC) work hard to keep you healthy. We'd like to introduce one of our newest additions to you.



**Hiep V. Le, D.O.**  
Family Medicine Doctor

**Bluefield Primary Care**  
110 Huffard Drive  
Bluefield, VA 24605  
(276) 322-2222

We're pleased to announce Hiep V. Le, D.O., a native of Gainesville, Ga., has joined Frank Johnson, M.D., Phil Peterson, M.D., and Ryan Cicenias, M.D., at Bluefield Primary Care. Dr. Le, as well as Drs. Johnson, Peterson and Cicenias, are members of the medical staff at BRMC.

Dr. Le graduated from North Georgia College and State University, Dahlonega, Ga., with a bachelor's degree in chemistry. He earned his medical degree at Edward Via Virginia College of Osteopathic Medicine, Blacksburg, Va., and completed his internship and residency in family medicine at BRMC.

Bluefield Family Medicine, located at 106 Huffard Drive, has expanded the practice by opening an office next door at 110 Huffard Drive, where Drs. Le and Peterson will see patients. Drs. Johnson and Cicenias will continue to see patients at 106 Huffard Drive.

To make an appointment with Dr. Le, call (276) 322-2222.

# Helping hearts heal

## Advanced cardiac care is close to home

➤ According to the American Heart Association, more than 80 million Americans have some form of heart disease, which includes high blood pressure, coronary artery disease, congenital heart disease and heart failure. And while heart disease-related deaths have declined in the United States, it remains the No. 1 cause of death for Americans.

Bluefield Regional Medical Center is now offering elective cardiac angioplasty and stent placement services to our community. With the addition of interventional cardiologists Mohannad Bisharat, M.D., and Javed Abdullah, M.D., to the medical staff, patients will no longer have to travel to Charleston or Roanoke for these procedures.

### Diagnosis

Heart disease can be diagnosed with an exercise electrocardiogram (EKG), commonly called a stress test. An exercise EKG checks for changes in your heart while you exercise. It's used to help find the cause of unexplained chest pain or symptoms that occur during exercise, such as dizziness, fainting or rapid, irregular heartbeats.

Another method for diagnosing heart disease is cardiac catheterization, a minimally invasive imaging procedure that allows your doctor to see how well your heart is functioning. During the test, a

surgeon inserts a long, narrow tube called a catheter into a blood vessel in your leg (transfemoral access) or your wrist (transradial access) and guides it to your heart with the aid of a special X-ray machine.

In this past year, there's been a growing interest among U.S. medical professionals to learn the transradial technique as a way to reduce bleeding complications and procedure costs, shorten hospital stays and improve patient satisfaction. Dr. Abdullah and Dr. Bisharat offer transradial access for cardiac catheterization. Patients experience less discomfort and can sit up and walk around almost immediately after the procedure.

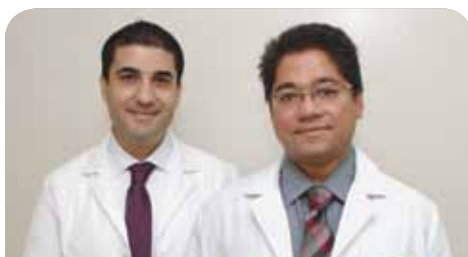
### Treatment

For many people, heart disease can be treated without surgery. Angioplasty is a minimally invasive procedure that unblocks arteries using a catheter with a small balloon attached. Two types of angioplasty are available:

- **Balloon angioplasty**—A catheter with a balloon tip is guided into a coronary artery and inflated to remove a blockage.
- **Stent**—A stent is a tiny, scaffoldlike device that acts as a brace to keep an artery propped open. After a balloon catheter expands the artery, a coronary stent is guided to the newly cleared artery and positioned using the balloon catheter. Some stents contain medication, which helps prevent reblockage in the future.

### The road to recovery

While the procedures performed during angioplasty will open a blocked artery, they won't cure artery disease. Lifestyle factors that can worsen artery disease, such as smoking and diet, will still need to be modified. An exercise program will also be prescribed to improve your cardiac health. ●



Interventional cardiologists Mohannad Bisharat, M.D. (left), and Javed Abdullah, M.D., are members of the medical staff at Bluefield Regional Medical Center.



### Get heart healthy

For more information about cardiac care, call Bluefield Cardiology, 510 Cherry St., Building A, Suite 101, at (304) 325-1982.

## 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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70BRMC

# Celebrate the kickoff of Healthy Woman!

Join Bluefield Regional Medical Center for the kickoff of Healthy Woman, a free community resource featuring a series of seminars, health fairs, educational programs and interactive events that focus on the emotional, physical and fiscal well-being of women. The mission of the program is to empower women with the knowledge and confidence to make informed health care and well-being decisions for themselves and their loved ones.

## Meet our keynote speaker

Laugh and learn with Ali Vincent, our keynote speaker, as she shares her

physical, mental and emotional journey of becoming the Biggest Loser. She will teach us the choices we can make to fully live our own lives. ●



## Enjoy the benefits

If you're not a Healthy Woman member yet, join today. Membership is free and the benefits can last a lifetime. Visit [www.BluefieldRegional.net](http://www.BluefieldRegional.net) or call (304) 327-1651.



**HEALTHY WOMAN™**  
A BLUEFIELD REGIONAL MEDICAL CENTER RESOURCE

Kickoff 

**TUESDAY, APRIL 16**

**Brushfork National Guard Armory**  
**2915 Old Bramwell Road**  
**4 to 8 p.m.**

Health fair, dinner and  
special presentation:  
**Believe IT, Be IT**

To register for this event, call Sabrina Koja at (304) 327-1651.