

HealthConnection

FROM YOUR FRIENDS AT MARTIN GENERAL HOSPITAL

A message from our CEO

Happy Spring! We always look forward to a new edition of *Health Connection* to update and educate you about the healthcare services at Martin General Hospital.

Each year, our leadership team evaluates the healthcare needs of our community. One key area of focus is the recruitment of qualified primary care doctors to ensure you have convenient access to quality healthcare providers. We're excited to introduce our new board-certified interventional cardiologist, Anthony D. Whitted, M.D., whose new practice, Williamston Heart and Vascular Center, will open in August 2013. We're also pleased to announce that Corina Pogodina, M.D., will join the practice of Wan Soo Chung, M.D., in Williamston. Dr. Pogodina will complete her residency in family medicine from the ECU Brody School of Medicine in June 2013.

We're proud of the improvements made in our scheduling and registration processes. Our goal is for you to meet with our registration clerks in less than eight minutes after your arrival. Once your registration and authorization are final, you may be escorted to the service area either by the registrar or a volunteer. We will request your full name and date of birth validated by an identification card; your diagnosis code or description; the services ordered by your provider; the provider name typed or stamped; and your provider's signature. These steps are to make your experience quicker and more pleasant.

Please visit www.MartinGeneral.com, which features our quality accomplishments as well as our registration and billing processes. And please call me at **(252) 809-6121** if you'd like to schedule a tour or talk about a patient care experience. What matters most is the care that we provide to each patient every day.

Respectfully,

Jodi Beauregard

*Chief Executive Officer
Martin General Hospital*



JODI BEAUREGARD
Chief Executive Officer

Drs. Pogodina and Whitted are members of the medical staff at Martin General Hospital.

2012 Community Benefit Report

Providing quality care

- › Total ED visits 13,926
- › Inpatient visits (admissions)..... 2,230

Financial benefits

- › Payroll (299 employees in 2012) \$15,481,404
- › Capital investments \$1,597,319
- › Property and sales taxes..... \$375,079

Caring for our community

- › Charity and uncompensated care \$2,127,365
- › Dollars spent locally \$687,816
- › Donations to the community..... \$2,685

Total community investment..... \$20,271,668

www.MartinGeneral.com • Spring 2013

PAGE 3
**Play it safe
this spring**

PAGE 4
**Coming soon: New heart
and vascular center**

PAGE 6
**Is your heart
aflutter?**

PAGE 8
**Safety and
quality at MGH**

Healthbriefs

› Multivitamins may lessen cancer risk

Ever wonder if that multivitamin you take every morning is actually having a health benefit? Well, for men, it may lower the risk of cancer, according to a new study published in *The Journal of the American Medical Association*. The study tracked more than 14,000 male doctors, all at least 50 years old, who were randomly assigned to take either a multivitamin or a placebo each day. After about 11 years, researchers found an 8 percent reduction in total cancers among men who took the multivitamins. However, the study found no impact on rates of prostate cancer, the most common type of cancer among the men in the study.

While the connection between multivitamins and cancer risk is still unclear, scientists hypothesize that multivitamins may help because they mimic the content of fruits and vegetables, which have been linked with cancer reduction. Multivitamins are beneficial in preventing vitamin and mineral deficiencies.

› What's the beef?

A juicy, pan-fried steak can sure hit the spot. But that delicious piece of red meat may actually increase your risk of prostate cancer by up to 40 percent. A new study examined the data of nearly 2,000 men involved in a prostate cancer study and asked them questions about the types of meat and poultry they ate, how they cooked it and how well done they liked their meat. The results showed that men who ate more than 1.5 servings of pan-fried meat per week increased their risk of advanced prostate cancer by 30 percent, and those who ate more than 2.5 servings per week increased the risk by 40 percent.

Researchers think that the increased risk results from cancer-causing chemicals that are formed when sugars and amino acids are cooked at higher temperatures for longer periods of time. To lower your cancer risk, limit the amount of fat you consume from animal sources, and instead eat plenty of fruits and vegetables and foods such as whole grains and beans.



› Secondhand smoke affects more than your lungs

If you misplaced your keys this morning, don't be so quick to blame your age. In addition to affecting your lungs, new research suggests that secondhand smoke may contribute to memory lapses, too. When comparing the memory function of a group of smokers to two groups of nonsmokers, scientists found that smokers performed the worst on memory tests, forgetting 30 percent more than nonsmokers who weren't exposed to secondhand smoke. Interestingly, one group of nonsmokers—people who had been regularly exposed to secondhand smoke for an average of more than four years—forgot almost 20 percent more in the memory tests than the nonsmokers who weren't exposed to secondhand smoke.

Avoiding secondhand smoke can have numerous benefits because smoking is also linked to other serious conditions, such as lung cancer. For some, memory loss may be unavoidable, but keeping your mind active may help strengthen your memory. Change up your routine and challenge your mind with new situations. Exercise, such as walking, and games, such as puzzles, are a great way to work out your mind.





The game plan: Avoid sports injuries

➤ While physical activity is key to overall health, doing too much too quickly—or without proper training or equipment—can take a toll on your health in the form of an injury. But fear not: You can help prevent sports injuries by taking a few simple precautions.

Gain without pain

Middle-aged athletes are particularly vulnerable to injury. Why? With age comes a loss of agility and resilience, especially if it's been a while since you've been active. While you can certainly gain strength, flexibility and balance through exercise, slow and steady is the name of the game. To help prevent injury, follow these do's and don'ts:

- **Don't try to pack a week's worth of activity into a weekend.** Aim to maintain a moderate level of activity throughout the week.
- **Do warm up before exercise,** even before less vigorous activities like golf. Cool down after vigorous activities to

bring your heart rate down gradually.

- **Do use proper form** to reduce your risk of overuse injuries like tendinitis and stress fractures.
- **Do use appropriate safety gear.** Depending on the sport, this may mean knee or wrist pads or a helmet. Make sure your equipment is the correct size, fits well and is in good repair.
- **Do accept your body's limits.** You may not be able to perform at the same level you did 10 or 20 years ago. Modify activities as necessary.
- **Don't increase your exercise level too quickly.** Build up gradually, especially if you've been inactive.
- **Do cross-train.** Not only does striving for a total body workout of cardiovascular, strength training and flexibility exercises promote overall fitness, it also reduces injury risk.
- **Do stay hydrated.** Drink water before, during and after your workout—aim for about a cup of fluid every 20 minutes while exercising. ●



Injury symptoms

Never try to “play through” pain. Exercising after an injury may worsen the injury. Sports injuries can be classified into two types: acute and chronic. Acute injuries, such as sprained ankles or fractures, occur suddenly. Symptoms may include:

- a bone or joint that's visibly out of place
 - extreme leg or arm weakness
 - inability to move a joint or place weight on a leg, knee, ankle or foot
 - sudden, severe pain
 - tenderness or swelling
- Chronic injuries, such as tendinitis or stress fractures, occur over time due to repeated use or overuse. Symptoms may include:
- a dull ache at rest
 - pain when you play or exercise
 - swelling




Worried about an injury?

Call your doctor if you experience any of the symptoms listed above.



The next level of heart care

Williamston Heart and Vascular
Center to open in August 2013

 Heart disease is the leading cause of death in men and women in the United States, and adults in Martin County are not immune to this dangerous condition. According to the *North Carolina Vital Statistics, Volume 2*, Martin County has the highest death rate from heart

disease in the state, while Washington County has the second-highest death rate from heart disease. Both counties also have the highest death rates related to stroke, diabetes and chronic liver disease/cirrhosis.

Clearly, there's an overwhelming need for quality cardiovascular care in Martin and surrounding counties. The Williamston Heart and Vascular Center, set to open in August 2013 at Martin General Hospital (MGH), will provide local care for those who seek heart disease prevention and treatments to help them live longer, healthier lives.

Comprehensive care

The Williamston Heart and Vascular Center will provide a wide range of services for all patients who are at risk of

or who have heart or vascular disease, including congestive heart failure, coronary artery disease, valvular heart disease (e.g., aortic stenosis), cardiac rhythm disorders, hypertension, high cholesterol, congenital heart disease and peripheral vascular disease.

With four days of full-time center hours and a dedicated day for elective procedures, as well as an inpatient admission service to MGH, the center's staff will work closely with primary care doctors and specialists to provide comprehensive care to patients. The center will also collaborate with Vidant Health in Greenville, N.C., to provide services such as heart and vascular diagnostic and interventional procedures (e.g., cardiac catheterizations and stenting), which will allow the center to achieve the continuity of care our community deserves. For accessibility and convenience, ongoing local follow-up care will also be provided in our center at MGH.

Services available at the Williamston Heart and Vascular Center will include:

- electrocardiogram (EKG) testing
- Holter/event monitors and cardioversions as needed for cardiac rhythm disorders such as atrial fibrillation/flutter
- transthoracic and transesophageal echocardiography to assess for valvular heart disease, heart failure and congenital heart disease
- stress testing (exercise, pharmacologic, stress echocardiography and nuclear cardiac stress testing) as needed to assess for coronary artery disease
- ankle-brachial index, pulse volume recording and vascular ultrasound for evaluation of peripheral vascular disease

The Williamston Heart and Vascular Center will provide **local care** for all who are seeking **heart disease prevention** and treatments to help them live **longer, healthier lives.**

In addition, patients will have access to monitored group exercise programs and classes on exercise, as well as nutrition and health maintenance, to help prevent future heart-related events.

Your health is our priority

The goal of the Williamston Heart and Vascular Center and MGH is to provide complete and exceptional care to a much-deserving community to reduce heart and vascular diseases in Martin and Washington counties. ●



We care about your heart

The Williamston Heart and Vascular Center will be located on the third floor of Martin General Hospital and will open in August.

To learn more about heart care at Martin General Hospital, visit www.MartinGeneral.com and choose "Services."

Welcome, Dr. Whitted!



► **Anthony D. Whitted, M.D.**, will open the Williamston Heart and Vascular Center in August. He is board certified in internal medicine and cardiovascular diseases, with an additional subspecialty in interventional cardiology. Dr. Whitted is a member of the medical staff at Martin General Hospital.

Dr. Whitted attended East Tennessee State University in Johnson City and graduated with magna cum laude honors. He earned his medical degree at The University of Tennessee in Memphis, after which he completed an internal medicine residency and general cardiology fellowship at The University of Tennessee Health Science Center in Memphis. During this time, Dr. Whitted served as the chief cardiology fellow, won several research awards related to congestive heart failure and won the Fellow Teacher of the Year award.

He completed an additional year of training in interventional cardiology at the University of Wisconsin in Madison to further expand his knowledge in coronary, peripheral, congenital and structural heart disease interventions. Dr. Whitted has performed thousands of coronary and peripheral diagnostic and interventional procedures, including coronary stents, peripheral stents, congenital heart defect closures and structural heart disease interventions.

Dr. Whitted and his wife are proud parents of two daughters. His family enjoys fishing, hunting, sailing, bird watching and horseback riding. They're excited to make eastern North Carolina their new home.

HealthWise QUIZ

How much do you know about allergies and asthma?

> TAKE THIS QUIZ TO FIND OUT.

1 All of the following are common allergens except:

- a. pollen
- b. dust
- c. wood
- d. food

2 Anaphylaxis is:

- a. an allergy to latex
- b. a serious, life-threatening allergic reaction
- c. a type of asthma
- d. a minor allergic reaction that doesn't require treatment

3 Which of the following is a type of asthma?

- a. exercise-induced asthma
- b. allergic asthma
- c. occupational asthma
- d. all of the above

4 Symptoms of an asthma attack may include:

- a. wheezing, shortness of breath and chest pain or tightness
- b. sudden numbness, especially on one side of the body
- c. memory loss and difficulty learning new information
- d. a bright red rash that covers most of the body

5 Asthma medications may include:

- a. inhaled corticosteroids ("control" medicine)
- b. short-acting beta-agonists ("rescue" medicine)
- c. both a and b
- d. none of the above

Answers: 1. c, 2. b, 3. d, 4. a, 5. c

Heart palpitations: Causes and treatments



> If you've ever felt your heart pounding in your throat during a tough workout, you know what heart palpitations feel like. In fact, most of us have felt heart palpitations at one time or another—the heart flutters, pounds, races or seems to skip a beat. While episodes of irregular heartbeat are common and often harmless, they can sometimes signal a more serious condition.

Heart palpitations can have a variety of everyday causes, including:

- asthma, cold and cough medications that contain stimulants
- caffeine
- fever
- hormone changes during menstruation, pregnancy or menopause
- nicotine
- strenuous exercise
- stress or anxiety

Sometimes heart palpitations are a symptom of another condition, such as hyperthyroidism, an overactive thyroid gland, or arrhythmia, an abnormal heart rhythm.

The beat goes on

If your doctor determines that your palpitations result from another medical issue, treatment will focus on managing the underlying condition. If your doctor has ruled out other conditions, the best way to prevent heart palpitations is to avoid your triggers. Try these strategies:

- > **Avoid stimulants.** Limit caffeine intake and talk with your doctor before taking any over-the-counter medicine or supplements. Your doctor may suggest changing your current medication if a drug you take regularly is found to be the source of the palpitations.
- > **Reduce stress and anxiety.** Try exercising more, talking with a friend or practicing relaxation techniques like meditation.
- > **Don't smoke.** If you currently smoke, talk with your doctor about getting help to quit. ●

When do I need a doctor?

If you've never experienced palpitations before, see your doctor to put your mind at ease. If your palpitations are infrequent and last only a few seconds, evaluation usually isn't necessary. If you have a history of heart disease or have frequent palpitations, talk to your doctor. Call your doctor right away if you have:

- > more than six extra heartbeats per minute or they come in groups of three or more

- > risk factors for heart disease, such as high cholesterol, diabetes or high blood pressure
- > new or different heart palpitations
- > a pulse more than 100 beats per minute at rest

Seek emergency medical help if heart palpitations are accompanied by:

- > chest discomfort or pain
- > fainting or severe dizziness
- > severe shortness of breath



Women: Screenings for you

➤ Your best weapon in the fight against disease? Early detection. Generally, the earlier a condition is caught, the more effective the treatment and the more likely you'll be to ward off any complications.

Numerous medical organizations have developed screening recommendations, and opinions vary on the timing and frequency of these screenings. Because of your personal or family medical history, your doctor may recommend a different schedule than the one below. As always, talk with your doctor about the screening schedule that's right for you. ●

Test	What it does	When to get it	Recommendations from ...
Blood pressure screening	Measures the force of blood against artery walls	➤ Age 18+, at least every 2 years	Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure
Bone mineral density test	Screens for osteoporosis (weak, brittle bones)	➤ Age 65+, at least once	National Osteoporosis Foundation
Clinical breast exam	Physical exam for breast lumps or irregularities	➤ Age 20–39, every 3 years ➤ Age 40+, yearly	American Cancer Society
Colon cancer screening	Tests for colon cancer	➤ Beginning at age 50, women should follow one of two schedules: ① Tests that find polyps and cancer: flexible sigmoidoscopy every 5 years, colonoscopy every 10 years, double-contrast barium enema every 5 years or CT colonography (virtual colonoscopy) every 5 years ② Tests that mainly detect cancer: fecal occult blood test every year or fecal immunochemical test every year	American Cancer Society
Diabetes screening	Tests for high blood sugar	➤ Age 45+, every 3 years	American Diabetes Association
Eye exam	Tests vision and eye health	➤ Age 18–60, every 2 years ➤ Age 61+, yearly	American Optometric Association
Fasting lipoprotein profile	Tests cholesterol levels, a measure of heart health	➤ Age 20+, every 5 years	National Cholesterol Education Program Expert Panel
Mammogram	Tests for breast cancer	➤ Age 40+, yearly	American Cancer Society
Pap test	Tests for cervical cancer	➤ Age 21–29, every 3 years ➤ Age 30–65, Pap test plus HPV test every 5 years	American Cancer Society

Health Connection is published as a community service of Martin General Hospital. There is no fee to subscribe.

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your healthcare provider.

Copyright © 2013 Martin General Hospital

SPRING 2013



www.MartinGeneral.com

70MGH

Patient safety and quality improvement

Safe, quality patient care occurs when healthcare organizations, such as Martin General Hospital (MGH), function at the highest levels. MGH's leadership is committed to promoting the organization's culture to ensure quality, safe care to our patients. And that's just what Kim Todd, chief quality officer at MGH, has set out to do. Todd's 29 years of practical and leadership experience in the hospital nursing and management environment is a true testament to this commitment.

"Our goal is for staff and processes to function optimally to produce the best possible outcomes for our patients," she says.

Currently, MGH reports on inpatient and outpatient core measures (as established by the Centers for Medicare and Medicaid Services) in eight categories: acute myocardial infarction, stroke, pneumonia, venous thrombus emboli, congestive heart failure, surgical care improvement, immunizations and the emergency department. The hospital's outcomes for the core measure sets have improved.

Education for staff and doctors is another important component to ensure

quality and safety for our patients. The medical staff is taking ownership in compliance with the core measure standards of practice and supports the quality department.

"We know that patients don't measure quality care—they experience it," says Todd. "Knowing our patients have a choice in deciding where they receive their healthcare, we want patients to be comfortable in making those choices. Advising patients about our data outcomes will help them make an informed decision when selecting MGH as their hospital of choice." ●



There's more to explore

For more information about services at Martin General Hospital, visit www.MartinGeneral.com.



KIM TODD
Chief Quality Officer