

The Harris Connection

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

FROM YOUR FRIENDS AT **HARRIS HOSPITAL**

Get moving
again with
physical therapy
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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.



CEO MESSAGE

DEAR NEIGHBORS,

ROBERT RUPP
Chief Executive
Officer

I would like to thank the people
of Newport and Jackson County

..... for selecting Harris Hospital as the "Large Business of the Year" for 2012. We're extremely proud to be the recipients of this great award. As your chief executive officer, I'm committed to ensuring our patient care and service experiences are our highest priorities. Harris Hospital has much to be proud of, and we're continuously working to meet the healthcare needs of our community. We expect 2013 to be a great year for healthcare in Newport and Jackson County!

Summer is right around the corner, and I'd like to remind you to take every precaution against the hazards of the Natural State's sun and heat. The danger is real and totally preventable! With the longer days come increased outdoor activities that can potentially lead to accidents or injuries. If you need our emergency services while enjoying outdoor life this summer, remember you can view our average emergency department wait time at **www.HarrisHospital.com** from your mobile device. Our goal is to keep you and your family healthy year-round.

As always, I encourage you to contact me if you have any comments about your experience at Harris Hospital. I would love to hear from you.

Your partner in health,

Robert Rupp

*Chief Executive Officer
Harris Hospital*

PHYSICIAN SPOTLIGHT

The experienced and dedicated staff of Harris Hospital can keep you and your loved ones healthy.



Dennis Luter, M.D.

1117 McLain St.
Suite 500
Newport, AR 72112
(870) 523-9100

As a board-certified orthopedic surgeon, Dennis Luter, M.D., specializes in arthroscopic procedures and fracture care for patients of all ages to help them get moving again.

Dr. Luter grew up in northeast Arkansas and attended Arkansas State University. He completed medical school and his residency at the University of Arkansas in Little Rock and has been caring for Arkansas residents for many years. He has practiced in Batesville and Jonesboro in the past, as well as worked in Little Rock, Heber Springs and Mountain Home. He has more than 30 years of experience.

In Newport, he offers both adult and pediatric orthopedic evaluation and care. Dr. Luter is married and has a son. In his spare time, he enjoys gardening, traveling, reading and working on his computer.

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



Make an appointment!

If you're looking for an orthopedic surgeon who's dedicated to helping you live a healthier life, schedule an appointment with Dr. Luter today by calling **(870) 523-9100**.

The road to **recovery**

Let our rehab team be your guide

➤ When you're sidelined with an injury or a disease, waiting to get back to your normal daily activities can be the most difficult part of recovery.

The physical therapy team at Harris Hospital can help you get back to enjoying your days faster by reducing and

resolving physical impairments and help you return to maximum levels of independence.

Our committed team

The dedicated, licensed therapists at Harris Hospital offer committed support to patients, including those who've had recent knee or hip replacement surgery, or have fibromyalgia, neurological disorders, sports injuries, occupational injuries, hand injuries, acute and chronic pain and more. The therapist's goal is for each patient to achieve optimal functioning based on his or her diagnosis. Treatment options include skilled exercises, pain management strategies, mobility improvement and wound care, as well as extensive patient education.

Leadership

Under the direction of Dartell Treadwell, P.T., D.P.T., department manager of physical therapy services, the experienced physical therapy staff at Harris Hospital provides a wide variety of services in a structured professional environment. Skilled rehabilitative care is available for patients of all ages from pediatrics to seniors and for conditions ranging from strained muscles to strokes. Treadwell is also a certified fitness specialist and provides sports medicine programs to the community and local schools.

The physical therapy team evaluates every patient visit and alters treatment plans as the patient progresses toward his or her goal. Patients need a medical order from their doctor to begin treatment, and plans are individualized to meet each patient's needs. Ask your doctor if you might benefit from outpatient physical therapy. ●



DARTELL TREADWELL, P.T., D.P.T.
Department Manager,
Physical Therapy Services

Dr. Treadwell is an independent member of the medical staff at Harris Hospital.



Our services

The physical therapy treatment options available at Harris Hospital include:

- acute and chronic pain management
- balance
- incontinence/pelvic floor therapy
- lymphedema therapy
- manual therapy
- mastectomy program
- neurological rehabilitation
- orthopedic and sports rehabilitation
- spinal rehabilitation
- scoliosis care
- total joint rehabilitation



Get back to your daily activities!

Whether you need services while in the hospital or as an outpatient, the physical therapy team at Harris Hospital can meet your needs. In many cases, patients need to incorporate a home exercise program to maximize the full benefits of physical therapy. For more information, call **(870) 512-3276**.



HealthWise QUIZ

How much do you know about allergies and asthma?

> TAKE THIS QUIZ TO FIND OUT.

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

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



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

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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.

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Quality care, close to home

Our general surgeon is here to help

➤ A typical day for general surgeon Donald Pate, M.D., FACS, may begin in the operating room, performing a colon resection on someone with colon cancer or removing a troublesome gallbladder or appendix before heading back to his office, where he sees patients for consultation and may even remove a skin lesion or two. On other days, he may be on call for the emergency department and tending to trauma resulting from a car accident, or he may spend time working with patients with nonhealing skin ulcers and burns.

Experience is key

General surgeons are able to treat a wide range of conditions. Just like other doctors, general surgeons complete four

years of college and four years of medical school before they move on to their specialty—in this case, a surgical residency lasting a minimum of five years. During that time, they perform rotations among a broad range of areas, from cardiology to pediatrics.

“I love my job! It’s interesting, day in and day out, with no two days ever being the same,” says Dr. Pate. “When I remove a polyp during a colonoscopy, I know I’m helping that person avoid colorectal cancer. Or by performing laparoscopic appendectomy [appendix removal], I’ve prevented a life-threatening ruptured appendix with minimal recovery and healing time,” he says.

Convenience close to home

General surgeons, with their wide range of skills, are especially valuable members of rural healthcare communities, where specialists may be few. “You can get almost everything done here at Harris Hospital by our general surgeon,” says Robert Rupp, chief executive officer of Harris Hospital.

“Patients’ families are here, they get to stay close to home. It’s a win-win situation,” says Dr. Pate. ●

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



DONALD PATE, M.D., FACS
Board-Certified General Surgeon

So many services

The surgical treatments and procedures offered by Dr. Pate include:

- breast surgery
- colonoscopy
- colon surgery
- cyst/ganglion cyst/subcutaneous mass removal
- esophagogastroduodenoscopy (to examine the lining of the esophagus and stomach)
- laparoscopic appendectomy (appendix removal)

To learn more about the surgical services offered at Harris Hospital, visit www.HarrisHospital.com.



Make an appointment

Harris Surgical Clinic, located at 1117 McLain St., Suite 300, in Newport, is accepting appointments by referral. To learn more, call **(870) 523-0217**.