

HealthConnection

FROM YOUR FRIENDS AT PAYSON REGIONAL MEDICAL CENTER



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stroke care
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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.



A message to THE COMMUNITY

DEAR FRIENDS,

R. CHRIS WOLF
Chief Executive
Officer

For the second year in a row, our hospital was honored by The Joint Commission as a Top Performer in surgical care and pneumonia. We are 1 of only 244 hospitals in the nation to earn this honor from The Joint Commission for two consecutive years. We're honored to announce that we've been named one of the Top 100 Hospitals in the nation by Truven for a fourth time, a result of our commitment to bring you quality care close to home.

In the remainder of 2013, we look forward to bringing you even more options for safe and reliable healthcare here at home. We're excited to offer services like our new teleneurology program and cardiac catheterization in our new lab. We're also offering more health education programs than ever before at our Health Outreach Center through our Senior Circle and Healthy Woman programs.

Payson Regional Medical Center's dedicated team looks forward to meeting and exceeding your expectations this year.

Regards,

R. Chris Wolf

Chief Executive Officer
Payson Regional Medical Center

“We look forward to bringing you even more options for **safe and reliable healthcare** here at home.”

Know the symptoms of stroke

Each year, about 795,000 Americans experience new or recurrent stroke, according to the National Stroke Association. Stroke is the leading cause of serious, long-term disability in the United States and fourth leading cause of death.

A stroke is an emergency, and seconds can make a difference in outcome for a stroke survivor. That's why it's important to know the warning signs of stroke—and act FAST:

F ace. Ask the person to smile. Does one side of the face droop?

A rms. Ask the person to raise both arms. Does one arm drift downward?

S peech. Ask the person to repeat a phrase. Is his or her speech slurred or strange?

T ime. If you observe any of these signs, call 911 immediately.

Stroke treatment

Note the time when symptoms first appear. If given within three hours of the first symptom, a U.S. Food and Drug Administration-approved clot-dissolving medication may reduce long-term disability for ischemic stroke, the most common type of stroke. Two other types of stroke treatment are available that may help reduce the long-term effects of stroke. To learn more about stroke treatment at Payson Regional Medical Center, turn to page 8. ●



Act fast!

If you suspect that someone is having a stroke, act quickly. Call 911 and try to recall the time when symptoms first appeared. The faster a stroke patient receives proper treatment, the better his or her chances for a successful recovery. To learn more about our emergency services before an emergency occurs, visit www.PaysonHospital.com/FastER.



Understanding irritable bowel syndrome

BY IHOR ZAKALUZYNY, M.D., FACS, BOARD-CERTIFIED GENERAL SURGEON AND MEMBER OF THE MEDICAL STAFF AT PRMC

➤ Almost 20 percent of the adult population has irritable bowel syndrome (IBS), exceeded only by gastroesophageal reflux disease/heartburn.

In general, individuals with IBS experience abdominal discomfort and have problems with bowel function. Symptoms typically include bloating and cramping, with most patients getting some relief of the abdominal discomfort after a bowel movement. Most patients with IBS have problems with diarrhea, constipation or a combination of both. Symptoms must be present for at least three months before individuals are thought to have IBS.

What is IBS?

Irritable bowel syndrome is a “functional” disorder of the intestines, which means that the symptoms are caused by changes in how the GI tract works. Research is helping to increase our understanding of IBS symptoms; however, for many individuals, why symptoms develop cannot be identified.

To diagnose IBS, doctors must rule out other potential causes such as Crohn’s disease, ulcerative colitis, gluten allergy or intolerance, lactose intolerance, intestinal obstruction, pancreatic diseases, bowel obstructions and tumors.

Treating IBS

Because there are different causes for IBS and symptoms vary, no one treatment will work for all people. The goal of treatment is to prevent or reduce symptoms. Treatment may include one or more of the following:

- A dietary regimen called the FODMAP diet (an acronym derived from specific types of carbohydrates and monosaccharides) helps avoid foods that trigger symptoms and has

been found to be of significant therapeutic value in many IBS patients. Fiber supplements can also be useful.

- Peppermint oil supplements may help reduce intestinal cramping.
- Probiotics (foods that contain “good” bacteria, such as yogurt) can help ease symptoms.
- Prescribed medications can help reduce abdominal cramping or improve intestinal function. Medications are used to improve colonic function, by reducing the frequency of diarrhea, alleviating constipation or changing the transmission of pain signals and their interpretation in the brain. One exciting recent approach uses specific antibiotics to improve the neighborhood of bacteria in the intestines.

A patient’s IBS treatment must be individualized, and it may take some time to find the right treatment, but with the right care, alleviating symptoms and improving quality of life is possible. ●



Want IBS relief?

Call (928) 472-1222 to make an appointment with Dr. Zakaluzny, or visit www.PaysonDoctors.com to request an appointment.

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

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SPRING 2013



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70PRM

Advancing **stroke care**

PRMC invests in telemedicine services to improve stroke care

➤ A bad headache, trouble focusing or confusion—it's tempting to explain away troubling symptoms and chalk them up to fatigue or too many cups of coffee. But these symptoms—particularly if they're severe—may signal a stroke.

Patients who arrive at the emergency room (ER) at Payson Regional Medical Center (PRMC) with stroke symptoms now have immediate access to a board-certified neurologist's services, thanks to a new telemedicine service. PRMC's investment in the technology and 24-hour neurology consults means that lifesaving medical intervention for potential stroke patients is right here in Payson.

How telemedicine works

If a stroke is suspected, PRMC's health-care team will take a scan of the patient's brain. If further examination is needed, the telemedicine unit is transported to the patient's room. This fully interactive unit allows an off-site neurologist—a doctor specially trained in stroke care—to examine the patient as though he or she were sitting at the bedside, download and review the brain scan image and discuss the findings with the patient, doctor and staff at PRMC.

The neurologist can do a remote examination of the patient through video conferencing, where the patient is able to see and talk to the neurologist. Because the unit can focus on the patient in the exam room and zoom in so close that the patient's pupils and other vital signs can be assessed, the neurologist is able to evaluate the patient's condition, make a prompt diagnosis and recommend treatment quickly.

Benefits for you

Patients benefit from the expertise of board-certified neurologists who are experienced in evaluating acute stroke patients and administering r-TPA, a clot-dissolving medication used to treat stroke symptoms. This telemedicine service is available at PRMC 24 hours a day, seven days a week.

Research has shown that telemedicine can reduce unnecessary transfers and improve quality of care. With the addition of telemedicine for patients with stroke symptoms, PRMC can now provide off-site specialty services directly to patients and doctors who need them. ●



Don't wait!

If you or a loved one experience stroke symptoms (see page 4), call 911 immediately. To learn more about stroke, visit www.PaysonHospital.com, choose the "Health Resources" tab and type "stroke" in the search box.