

Health Connection

A PUBLICATION OF REGIONAL HOSPITAL OF JACKSON

**Meet our
doctors**

**Join the Lose to
Win Challenge!**

Fire up the grill!
But read these
food-safety tips first

**Good day,
sunshine!**
Greet the day
with an SPF

**How to spot—and
stop—a stroke**



**REGIONAL HOSPITAL
OF JACKSON**

QUALITY CARE. RIGHT HERE.

Good day, sunshine!

Greet the day with an SPF

You don't have to be a sun worshipper to take sun protection seriously—even limited exposure can cause damage. Skin cancer is the most common kind of cancer in the United States, affecting nearly half of all Americans who live to age 65. Although most cancers don't appear until after age 50, skin cancer results from years of accumulated sun damage. However, you can avoid sun damage and enjoy your favorite outdoor activities by taking sensible precautions and using a sunscreen that protects your skin from damaging ultraviolet rays.

THE ABCS OF SPFS

Sunscreen products are rated according to their sun protection factor (SPF)—the length of time a product will protect you from sunburn caused by ultraviolet B (UVB) rays. But sunscreens don't provide complete protection. You still need to be cautious about timing and limiting your sun exposure.

Your best bet when shopping for a sunscreen is to choose a product with an SPF of at least 15, according to the American Cancer Society. Check the label to make sure it provides “broad-spectrum” protection, which protects against UVB rays and ultraviolet A (UVA) rays. UVB rays cause sunburns that can lead to superficial skin cancers known as basal cell carcinomas and squamous cell carcinomas. They can also lead to the more deadly skin cancer, melanoma. UVA rays penetrate even more deeply into the skin, damaging connective tissue.

SAVE-YOUR-SKIN TIPS

If you'll be outside, slather on sunscreen and find a shady spot, but keep in mind that sunlight reflects off surfaces such as water, sand and pavement. Avoid the sun between 10 a.m. and 4 p.m., when rays are strongest. To block sunlight,



wear sunglasses, a broad-brimmed hat and clothing made from tightly woven fabric, preferably long-sleeved shirts and pants. For your sunscreen to be most effective:

- Apply about 30 minutes before going outdoors.
- Use liberally. Apply 1 ounce of sunscreen to cover all exposed areas of your body, including your neck, ears and scalp.
- Reapply every 90 minutes—more often if you sweat heavily or go swimming.
- Use even on cloudy days—UV rays can still reach you.

Harmful UV rays can pass through car windows, too, so apply sunscreen to exposed skin if you'll be driving during peak sun hours.

Make applying sunscreen a habit—like brushing your teeth—but don't rely on sunscreen for full protection against skin cancer. Be sure to examine your skin each month for unusual changes and see your dermatologist if you spot any irregularities.

“When outside, apply sunscreen liberally every 90 minutes.”



Bouncing back from joint pain

With all the wear and tear we place on our joints, it's no wonder that almost 639,000 people underwent hip or knee replacement surgery in 2003, according to the Centers for Disease Control and Prevention. Knees and hips, in particular, are prone to problems—largely because they play a part in almost everything we do—but shoulder, finger, ankle and elbow joints can need replacement as well.

WHY ARE JOINT REPLACEMENTS NEEDED?

Joint replacement surgery, also known as arthroplasty, becomes necessary when conditions such as arthritis destroy the cartilage that cushions and separates bones. Over time, the friction of bone against bone wears away the joint, causing it to become stiff and painful.

Additionally, sports-related injuries and falls can create the need for surgery. Generally, arthroplasty becomes an option when joint pain disrupts your daily routine.

GETTING NEW PARTS

Surgeons can create a new joint, relieving your pain and providing greater freedom of movement. During the procedure, destroyed bone and tissue are removed and replaced with prosthetics, or artificial parts. The parts are made from durable metal, plastic or ceramic and can last up to 20 years.

Newer minimally invasive techniques are being performed more often, using smaller incisions—just 3 to 5 inches, compared with 6 to 12 inches in standard procedures—and reducing recovery time. Your hospital stay may be reduced to one or two days from four or three, and some patients go home the same day as surgery. However, minimally invasive surgery is not for everyone; patients who are overweight, elderly or frail or who have bone abnormalities do not make good candidates.

With hip or knee replacement surgery, expect to use a walker, crutches or a cane initially after the procedure. As you recuperate, a physical therapist will help you perform exercises to strengthen the joint, guiding your movements so you don't accidentally dislocate the replacement. Barring the unforeseen, you should be walking unassisted two to six weeks later. And though grueling workouts like 10-mile runs may still be too tough for artificial hips or knees, make plans to resume long-lost activities like dancing or strolling on the beach within six months.



Do you need joint replacement surgery?

Your overall health and age and the condition of your joints will help you and your healthcare provider decide whether you're suitable for joint replacement. If you can answer yes to any of the following questions, you may want to consider surgery.

- Are you still in pain even after losing excess weight?
- Does your pain keep you awake nights?
- Does your pain interfere with your ability to earn a living?
- Has your quality of life suffered because of your pain—your ability to travel, perform household chores or visit with friends or family?
- Have you exhausted all other options, including anti-inflammatory drugs to relieve joint pain, walking with a cane, power-walking or swimming instead of jogging?

Dear friends,



I hope you're enjoying this issue of *Health Connection*. Our goal is to provide residents of West Tennessee with an informative and enjoyable health publication, and to keep you updated on developments at Regional Hospital of Jackson.

Health Connection is just one way Regional Hospital is reaching out to our community. Our Healthy

Woman Program has been a huge success, with topics ranging from financial planning to healthy cooking. It's a great way to improve your life and have fun at the same time, so I encourage you to attend a Healthy Woman function soon. For additional information about the Healthy Woman program, please call Lisa Ragsdale at (731) 661-2161.

We also sponsor another great program, Senior Circle, which provides activities and travel opportunities for those in our community over age 50. Senior Circle members have traveled as far away as Hawaii and Europe. For those who prefer to stay closer to home, there are day trips to Nashville; Tunica, Miss.; and other places of interest here in the mid-South. In addition, Senior Circle members enjoy hospital and goods and services discounts at businesses throughout West Tennessee. For more information on Senior Circle, please contact Angela Johnson at (731) 661-2127.

Regional Hospital is in a period of unprecedented growth. We're continuing to bring talented physicians to our community and to expand our

services. Our success is due to a wonderful, caring staff of healthcare professionals, and the support of West Tennesseans and their families who have chosen Regional Hospital of Jackson for their medical care. I want to thank all of you who have made our hospital your choice for compassionate, quality medical services.

Recently, we compiled the Community Benefit Report from 2003 to 2005, which shows the financial benefits our facility has contributed to the Jackson community. We also listed improved services and technology we now offer.

Sincerely,

TIM PUTHOFF
Chief Executive Officer
Regional Hospital of Jackson

COMMUNITY BENEFIT REPORT 2003 TO 2005

Providing quality care:

Patient encounters 146,937

Financial benefits:

Payroll (455 employees) \$67,569,155

Capital investments \$8,785,133

City, county and state taxes \$2,363,116

Property taxes \$1,695,725

Caring for our community:

Charity and uncompensated care \$16,400,998

TOTAL COMMUNITY INVESTMENT \$96,814,127*

*Dollar amounts are approximate

NEW AND IMPROVED SERVICES AND TECHNOLOGY

- angiography equipment
- 16-slice computed tomography (CT) scanner
- radiography and fluoroscopy (R&F) room
- bronchoscopes
- video arthroscopy system
- laparoscopy towers
- gastrointestinal scopes
- lab analyzer

THE RIGHT DOCTORS FOR YOU

The experienced, dedicated doctors of Regional Hospital of Jackson can help keep your family healthy. We'd like to introduce two of them to you.



THOMAS FARRAR, M.D.
Emergency Medicine

Regional Hospital of Jackson

Thomas Farrar, M.D., is the new medical director of the emergency department at Regional Hospital of Jackson. Prior to coming to Regional Hospital, he practiced for 15 years

in Baptist Memorial Hospital's emergency department in Memphis, serving as chairman of the division of emergency services from 1997 to 2000.

Dr. Farrar is a diplomate of the American Board of Emergency Medicine, a Fellow of the American College of Emergency Physicians and a founding member and Fellow of the American Academy of Emergency Medicine. Dr. Farrar is also a member of the American Medical Association; alternate delegate to the Tennessee Medical Association; and member of the Memphis Shelby County Medical Society, where he's on the grievance and ethics committees. He previously served on the board of directors of the Tennessee chapter of the American College of Emergency Physicians.

Dr. Farrar completed his undergraduate degree at Vanderbilt University in Nashville and graduated from the University of Tennessee College of Medicine in Memphis. He's practiced emergency medicine since 1981.

Dr. Farrar and his wife, Elizabeth, have two children, 19-year-old Allison and 14-year-old Ryan. He enjoys golfing, hiking and outdoor grilling.



ERIC J. HOMBERG, M.D.
Anesthesia Services

Jackson Anesthesia and Perioperative Consultants

Eric J. Homberg, M.D., is founder and president of Jackson Anesthesia and Perioperative Consultants (JAPC), a comprehensive anesthesia

service for thoracic; vascular; orthopedic; ear, nose and throat; maxillofacial; gynecological; pediatric; and obstetrical procedures. Additionally, JAPC provides a comprehensive postoperative service to treat pain after major operations. JAPC accepts referrals from physicians for pain consults and is the exclusive anesthesia provider for Regional Hospital of Jackson. JAPC consists of two board-certified anesthesiologists and five certified registered nurse anesthetists who practice a team approach to anesthetic management.

Dr. Homberg is the director of anesthesia services, an active member of the Medical Executive Committee and diplomate of the National Board of Medical Examiners, the American Medical Association, American Society of Anesthesiology and Tennessee Society of Anesthesiology. He's board certified and licensed to practice in the state of Tennessee.

Dr. Homberg completed both his medical and residency training at the University of Tennessee Center of Health Sciences in Memphis. Prior to his partnership with Regional Hospital of Jackson, he was a partner with Medical Center Anesthesiologists in Memphis.

Dr. Homberg and his wife, Denise, have three children, Corey, Lillie and Harrison. He's an avid runner, cyclist, snow skier and is a sponsor and member of the Regional Hospital's aptly named softball team, The Sleepers.

HEALTHWISE QUIZ

How much do you know about ADHD?

Take this quiz to find out how much you know about attention deficit hyperactivity disorder (ADHD).

- 1 Which of the following is *not* a symptom of attention deficit hyperactivity disorder?
 - a. hyperactivity
 - b. obsession
 - c. impulsivity
 - d. inattention
- 2 ADHD is thought to be caused by:
 - a. poor parenting
 - b. a genetic disorder
 - c. rheumatic fever
 - d. all of the above
- 3 Other disorders may accompany ADHD in as many as one in three cases. These include:
 - a. Tourette's syndrome
 - b. learning disabilities
 - c. bipolar disorder
 - d. all of the above
- 4 Most children who have ADHD begin to show signs and symptoms of the disorder between ages:
 - a. 1 and 2 years
 - b. 4 and 6 years
 - c. 9 and 12 years
 - d. 13 and 15 years
- 5 Adults can also suffer from ADHD. To be diagnosed with the disorder, a person must:
 - a. have shown symptoms of ADHD in childhood
 - b. have suffered from a serious illness as a child
 - c. have trouble holding down a job
 - d. be a reckless driver

ANSWERS: 1. B; 2. B; 3. D; 4. B; 5. A



STROKE SMARTS

How to spot a stroke

A stroke is similar to a lightning strike—it can happen suddenly and without warning. However, there are sometimes warning signs that lightning is imminent, such as storm clouds, rain and thunder.

Warning signs can signal a stroke, too. If you spot them and act quickly, you may prevent severe disability or death. If you or someone around you show any of these symptoms, seek emergency medical treatment immediately:

- sudden numbness or weakness in the face, arm or leg, especially on one side of the body
- sudden confusion, trouble speaking or understanding
- sudden trouble seeing in one or both eyes
- sudden trouble walking, dizziness, loss of balance or coordination
- sudden, severe headache with no known cause

These signs point to a stroke in progress. Blood and oxygen are not getting to a part of the brain as a result of a burst blood vessel or a blood clot, and that portion of the brain begins to die. Speedy medical care may minimize brain damage.

RISK FACTORS

Lifestyle factors and other health conditions that weaken blood vessels or contribute to blood clots increase your risk for stroke. You can control or treat some of them, such as high blood pressure, smoking, diabetes, carotid or other artery disease, abnormal heart rhythm, transient ischemic attacks (mini-strokes), certain blood disorders, sickle cell disease, high blood cholesterol, high triglycerides, physical inactivity, obesity and substance abuse.

Factors you can't change include increasing age, gender (more men suffer strokes), family history, race (African-Americans face greater risk) and having had a prior stroke or heart attack. Talk to your doctor about ways to reduce your risk for stroke and be prepared to act quickly if warning signs appear.

Outward bound

10 play-safe tips for your kids

What's one of the best things to say to your child? Go outside and play! Close supervision, proper protective gear and these simple precautions will help your kids safely enjoy the great outdoors:

- 1 Apply a sunscreen with an SPF of at least 15 every day—even on cloudy days—and reapply every 90 minutes, especially after swimming or sweating.
- 2 Outfit kids with brimmed hats and don't forget the sunglasses.
- 3 Keep babies under age 6 months out of direct sunlight and in the shade.
- 4 Avoid using swimming aids such as "floaties." They don't substitute for a life vest and can give kids a false sense of security.
- 5 When kids are swimming, keep a portable phone and rescue equipment like a shepherd's hook and life preserver nearby.
- 6 Supervise kids at all times near water and stay within arm's length of babies and toddlers. If you have to step



away even for a moment, get everyone out of the pool area and take little ones with you.

- 7 Insist kids wear proper protective equipment, especially a helmet, wrist guards and knee and elbow pads when bicycle riding, skateboarding and in-line skating.
- 8 Teach kids to bike skillfully. Enroll your children in a class to practice basic skills, such as balance and braking, on a smooth surface away from traffic.
- 9 Visit playgrounds that have soft surfaces like wood mulch or chips, shredded rubber tires or sand to lessen the impact of falls. Avoid play equipment on asphalt, concrete, packed dirt and grass.
- 10 Don't let kids wear helmets, necklaces, backpacks, scarves or clothing with drawstrings while on playgrounds.



Fire up the grill!

But read these food-safety tips first

For many people, summertime fare means fresh, fast, no-fuss meals cooked outdoors. However, warm temperatures can set the stage for a nasty bout of food poisoning. Take these

precautions to make sure your meals are safe:

- **Defrost thoroughly.** Place frozen foods in the refrigerator for safe thawing. If meats are out too long, bacteria can produce illness-causing toxins that remain active even during cooking.
- **Marinate right.** Keep foods refrigerated while marinating.
- **Transport safely.** When traveling, use an insulated cooler with enough ice or cold packs to maintain a temperature of at least 40° F. Wait until you're ready to leave to

pack refrigerated foods in the cooler. Then place it in the coolest part of the car—not the trunk. When you arrive at your destination, move the cooler into the shade, avoid opening it frequently and replenish ice as needed.

- **Bring extra plates and tools.** Use one

platter and spatula, tongs and sauce brush for raw foods and a different platter and utensils for cooked foods.

Don't use a fork to turn meats since puncturing can introduce surface bacteria into the meat.

- **Keep clean.** Bring paper towels and disposable wipes or a sanitizing gel for convenient hand washing and surface cleanup.

- **Prepare the grill.** Light the coals and allow the cooking surface to heat up to kill microorganisms before putting on the food.

Is it done?

Use an instant-read meat thermometer to test meat's doneness. Grill precooked meats such as hot dogs to 165° F until steaming hot. Refer to the chart at right to determine when cooked meat is safe to eat.

Meat product	Safe temperature
poultry	180° F
pork	160° F
beef, ground	160° F
beef, steaks or roasts	145° F
veal	145° F
lamb	145° F

On June 1, we'll show you how to be a big fat loser.

Enter the "Lose to Win Challenge" and your team could win \$1,000.

Team up with three friends, coworkers or family members and compete in the "Lose to Win Challenge." With the latest equipment, daily classes, nutritional counseling and personal trainers, Regional Hospital of Jackson and Aqua Therapies has everything you need to win \$1,000 in the process! Get your team of four and come on June 1, from 2 to 5 pm, to Regional Hospital of Jackson and enter the "Lose to Win" contest. Entry fee for the contest is only \$25 per team, and you'll even receive two free months at Aqua Therapies just for signing up for the contest. Please join us on June 1 and discover what a difference the right choices can make in your life. For more information, please call 661-2161.



www.aquatherapies.com



www.regionalhospitaljackson.com

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