

Health Connection

A PUBLICATION OF REGIONAL HOSPITAL OF JACKSON



Healthy meals for two

The right doctors for you

Easing the sneezing

Surviving cold and flu season

Bad breaks

First aid for broken bones

How health-wise are you?

Find out inside!

Number crunching

Ways to manage
high cholesterol



REGIONAL HOSPITAL
OF JACKSON

QUALITY CARE. RIGHT HERE.

You've found a breast lump: Now what?

If the thought of finding a lump in your breast scares you, you're not alone. After all, many of us know someone who has had breast cancer. But some of us are so frightened that we avoid getting mammograms—the very habit that could save our lives if breast cancer develops. If you're in that group, you'll be glad to hear that four in five breast lumps turn out to be noncancerous. Here's a description of some common breast conditions:

Fibroadenoma: a smooth, solid, round painless lump that moves easily and can feel like a marble. Occurs most often in African-American women and women under age 30.

Fibrocystic breast changes: solid or fluid-filled lumps that

increase in size and tenderness five to seven days before each menstrual period.

Cyst: a smooth, fluid-filled lump often sensitive to the touch before the menstrual period. Typically appears in women between ages 35 and 50.

Lipoma: a soft and slow-growing painless lump that moves freely.

Intraductal papilloma: a small, wartlike growth near the nipple that may cause bleeding from the nipple. Occurs most often in women in their 40s.

Mammary duct ectasia: a thick, sticky, gray to green discharge from the nipple.

Mastitis: a warm, tender, lumpy area on the breast that appears red. Most often affects breast-feeding women.

Traumatic fat necrosis: painless, round, firm lumps that can result from a bruise or a blow to the breast. Occurs in older women and women with large breasts.

WHAT HAPPENS IF YOU FIND A LUMP?

If you find a lump, see your healthcare provider. He or she will do a clinical breast exam and may recommend one or more of the following tests and procedures:

Mammography, or breast X-ray, may be recommended to determine the lump's size and location.

Ultrasound examination can determine whether the lump is a fluid-filled cyst or a solid mass.

Fine-needle aspiration is an in-office procedure. Fluid is drawn out of the lump with a thin needle. If the fluid is clear and the cyst disappears, you won't need a biopsy. If the fluid is bloody or the mass is solid, your doctor probably will recommend biopsy.

Stereotactic biopsy removes a small tissue sample with a thin needle for analysis. Computerized imaging guides the needle with pinpoint accuracy to the exact location to be sampled.

Surgical biopsy usually is performed on an outpatient basis. Normally, the surgeon removes the whole lump, but in certain cases he or she will remove only part of it. The tissue is sent to a lab where a pathologist will examine it for cancerous cells.



The good news:
Four out of five
breast lumps turn out
to be noncancerous.



IF PREVENTION DOESN'T WORK

Both a cold and the flu typically involve a runny nose, sneezing, sore throat, cough and fatigue, but only flu characteristically features headache, high fever and that all-over-achy feeling.

Some people are at higher risk for complications from the flu than others and should get prompt medical care instead of trying to self-treat. These include:

- people over age 65
- children and adults with a chronic health condition, such as asthma or diabetes, or a weakened immune system
- pregnant women
- infants and young children
- anyone who lives with children or others at high risk
- healthcare workers and caregivers who are in contact with children or others at high risk

Prescription antiviral medications such as oseltamivir (brand name: Tamiflu) can help shorten the duration of the flu and prevent you from getting sicker if taken within the first 48 hours of symptoms.

If symptoms suddenly worsen, linger more than a week and are accompanied by a dry, hacking cough, the flu might have developed into viral pneumonia. Thick, rust-colored mucus along with a cough may signal bacterial pneumonia. Both types of pneumonia require medical attention.

Easing the sneezing

Surviving cold and flu season

Autumn is almost upon us. Soon it will be time to rake the leaves, pull out the sweaters and pray the kids don't catch something at school that knocks the whole family out of commission for a week.

But with a few simple precautions, parents and children can keep colds and flu away—or at least from spreading. Here are some basic tips to avoid getting sick, whether you're 2 years old or 90:

- Wash your hands several times a day with soap and water—and even more frequently if you're around anyone with a cold.
- Keep your hands away from your eyes, nose and mouth.
- Cover your mouth and nose with a disposable tissue when you sneeze or cough. Then wash your hands.
- Protect and strengthen your immune system by getting enough rest, exercising regularly and eating a healthy diet that includes lots of fruits and vegetables.
- Don't share eating utensils or drinking glasses.
- Avoid crowds of people where germs may spread.
- Most important: Keep annual flu vaccinations up to date.

Call your pediatrician or primary care provider if ...

Your sick child has any of these symptoms:

- labored breathing, often signaled by the abdomen rising and falling dramatically
- a fever of approximately 102° F that acetaminophen (brand name: Tylenol) can't control or that's present for more than three days
- inconsolable crying or irritability
- blood in vomit or stool
- recurring vomiting or loose stools
- greatly diminished food or fluid intake
- pulling or tugging at the ears, which may indicate an ear infection





Tim Puthoff
Chief Executive Officer

Caring for patients

Since our last issue of *Health Connection*, I've been personally involved in two hospital experiences: One as a patient and one as a family member. My own admission was an unexpected hospitalization while on a long weekend out of state. My other experience, I'm proud to say, was as the father to a beautiful baby girl born right here at Regional Hospital of Jackson. Both experi-

ences were very positive (albeit in very different ways) but both served as a reminder to me of how important the jobs of healthcare professionals are in our society.

When we enter a hospital, we're literally putting our lives or the lives of our loved ones in the hands of the staff and physicians at that facility. If that isn't enough responsibility, hospital employees act as counselors, friends and advocates for the patients they care for.

I mention this simply as a way to say *thank you* to healthcare professionals in all fields. Caring for patients really is a labor of love, and we should all be grateful for the wonderful care they provide. I'm proud of the people who work at Regional Hospital, and I'm confident they provide the highest quality of patient care.

In good health,

TIM PUTHOFF
Chief Executive Officer
Regional Hospital of Jackson



THE FIRST 60 MINUTES:

The critical period in heart attack treatment

How do you know you're having a heart attack? For many people, it doesn't happen as it does in the movies, with a quick grab to the chest and a slump to the floor. Symptoms of heart attack can be more subtle—and therefore confusing. But it's crucial to call 911 if you even suspect you're having a heart attack, because every second counts. Clot-busting drugs and other treatments, which can stop a heart attack and save your life, must be given within an hour of the onset of symptoms to be most effective.

Unfortunately, too many people mistake heart attack warning signs for something else and delay calling for help. Others are embarrassed about "causing a scene" or aren't willing to admit they may be having a serious medical problem. If you experience any of these symptoms, don't wait—call for help immediately:

- **chest discomfort**, including pressure, fullness or pain in the center of the chest
- **shortness of breath** that occurs before or with chest discomfort
- **upper-body discomfort**, including pain or discomfort in one or both arms, the back, neck, jaw or stomach
- **nausea, sweating or light-headedness**, which may or may not accompany other symptoms

Remember, it's better to be safe than sorry. Knowing what to do in an emergency might just save your life or the life of someone you love.

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 one of them to you.



MICHAEL A. SARIDAKIS, M.D.
Board-Certified General Surgeon

Jackson Regional Surgery Center
379 Hospital Blvd., Suite 103
Jackson
(731) 984-7005

Michael A. Saridakis, M.D., is a board-certified general surgeon who has proudly served West Tennessee, the community he's called home, since 1997. He's the founder and sole practitioner at Jackson Regional Surgery Center.

Over the years, Dr. Saridakis has earned a reputation for providing high-quality, innovative care to thousands of folks like you. He's committed to continuing medical education so he always brings you the latest minimally invasive procedures (laparoscopic) as well as the latest techniques in traditional surgeries. The emphasis on minimally invasive procedures translates to less pain, less scarring and faster recovery.

Dr. Saridakis specializes in surgery for anti-reflux disease, thyroid/parathyroid, large and small intestine, pancreas, stomach, gallbladder, hernia, appendix and spleen; breast cancer treatment including sentinel lymph node biopsy, lumpectomy and mastectomy; and the removal of moles, skin cancers and hemorrhoids. In fact, Dr. Saridakis is the first surgeon in Jackson to introduce Mammosite® balloon implantation for qualified breast cancer patients requiring radiation therapy.

Prior to settling in Jackson, Dr. Saridakis was a staff surgeon at U.S. Naval Hospital Great Lakes in Illinois. He completed his general surgery residency at the U.S. Naval Medical Center in San Diego, Calif., and served as the ship's surgeon aboard the aircraft carrier, USS Kitty Hawk. Dr. Saridakis also served as a medical officer with the U.S. Marines in Operation Desert Shield/Storm. He earned his medical degree from the Chicago Medical School.

Dr. Saridakis is a member of many professional societies. He's a Fellow of the American College of Surgeons, a member of the American Society of Breast Surgeons, and the Society of American Gastrointestinal Endoscopic Surgeons.

Presently, Dr. Saridakis is Chief of Surgery and Chairman of the Utilization Review Committee and the Credentials Committee at Regional Hospital of Jackson, as well as a member of its Medical Executive Committee.

In his spare time, Dr. Saridakis enjoys computer technology, playing tennis and spending quality time with his wife, Helen, and their twin sons, Steven and Michael.

HEALTHWISE QUIZ

How much do you know about Alzheimer's disease?

Take this quiz to find out.

1 Which example of memory loss may be a sign of Alzheimer's disease?

- a. forgetting where your keys are
- b. forgetting what month and year it is
- c. forgetting the name of a person you just met
- d. forgetting to return a phone call

2 British researchers have recently learned that drinking this beverage can inhibit enzymes associated with the development of Alzheimer's:

- a. orange juice
- b. coffee
- c. tea
- d. white wine

3 All the following may be early warning signs of Alzheimer's *except*:

- a. speaking in jumbled sentences
- b. getting lost in familiar areas
- c. having rapid mood swings for no apparent reason
- d. losing sense of balance or experiencing vertigo

4 Which health condition is suspected of increasing the risk of Alzheimer's?

- a. yo-yo dieting
- b. high blood pressure
- c. asthma
- d. low bone density

5 Which is the most misdiagnosed mental disorder in older adults?

- a. Alzheimer's disease
- b. depression
- c. anxiety attacks
- d. insomnia

ANSWERS: 1. B, 2. C, 3. D, 4. B, 5. A

NUMBER CRUNCHING

Managing high cholesterol



The bad news: High cholesterol plays a key role in whether you develop heart disease or suffer a heart attack or stroke. Excess cholesterol, a waxy, fatlike substance in your blood, builds up on artery walls, reducing blood flow. The good news: You can do something about it.

Many factors contribute to high cholesterol. While you can't change your genes, age or gender—which all affect cholesterol—you can take the following steps to improve your cholesterol levels and your health.

To lower your LDL, or bad, cholesterol and raise your HDL, or good, cholesterol:

- **Eat smart.** Saturated fat and trans fats raise LDL cholesterol levels. Instead, use polyunsaturated or mono-unsaturated fats like olive, safflower, sesame, soybean, canola and peanut oils. Eat no more than six ounces of lean meat, fish or skinless poultry a day. Choose plenty of fruits, vegetables and whole-grain foods. Switch to fat-free or low-fat dairy products and increase soluble fiber found in foods like oats, beans and citrus fruits.
- **Get regular exercise**—at least 30 to 60 minutes of physical activity a day.
- **If you smoke, quit.** Smoking lowers HDL cholesterol and increases the blood's tendency to clot.
- **Consider medication.** If lifestyle changes aren't enough, your healthcare provider may prescribe cholesterol-lowering drugs.

Leveling off your numbers

Aim for these desired cholesterol levels. If you already have heart disease or other risk factors, your doctor may set different goals for you.

Total cholesterol less than 200 mg/dL

HDL cholesterol greater than 50 mg/dL

LDL cholesterol less than 100 mg/dL

Triglycerides less than 150 mg/dL

Bad breaks

First aid for broken bones

If your child were to take a spill from a bike or your best friend turned an ankle while stepping off the curb and you suspected a bone is broken, would you know what to do? Try taking these actions:

- **Determine whether you need emergency help.** All fractures will need medical attention, but call for emergency help if the injury involves the head, neck, back, pelvis or upper leg; there's heavy bleeding; bone has pierced the skin; or a toe or finger on the injured arm or leg is numb or blue at the tip. Also, call for help if you can't transport the injured person by car because he or she can't sit upright or use safety or seat belts.
- **Remove clothing from the injured part.** Use scissors to cut clothing away; don't try to pull the limb out of clothes.
- **Stop any bleeding.** Use a sterile bandage or clean cloth



and apply constant pressure to the wound. Have the person lie down and don't wash the wound or poke the bone back into the skin.

- **Make a splint.** Keep the limb in the position you find it. Place soft padding around the injury with something firm (like a board or rolled-up newspaper) next to it, using first-aid tape. Make sure the splint extends past the joints above and below the injury.
- **Apply cold packs.** Wrap ice in a towel and place it on the injured area to control swelling and pain until help arrives.

In case of emergency ... We're here for you

There's no telling when an accident or a sudden illness will occur. But when it does happen, turn to us, the clear choice for emergency assistance. Our emergency department provides patients with fast, dedicated and compassionate care. What's more, our ER is backed and supported by an entire hospital dedicated to helping you get well.

In an emergency, every second counts. Call us for emergency help anytime you suspect someone needs urgent care.



The whole-grain truth

Think outside the breadbox to include more healthy foods in your diet

Grains like wheat, rice, oats and corn are a staple in the American diet and for much of the world. Whole grains

and foods made from whole grains are an important source of fiber, vitamins, minerals and other nutrients. When refined grains like white flour and white rice are processed, much of the fiber and nutrients are lost.

Eating more whole grains can help you lower cholesterol and control your weight, reducing risk of heart disease, stroke, diabetes, gastrointestinal problems and cancer. Aim to eat at least three servings of whole grains each day. The earthy, nutty flavors and chewy textures are a great way to add a new dimension to your menu. Whole-grain breads, cereals, tortillas and crackers are just the beginning. Explore a variety of whole grains like barley, groats, wheat berries, buckwheat, triticale, bulgur, millet and quinoa.

HOP ABOARD THE GRAIN TRAIN

Upping your intake of whole grains is easier than you think. Try making some of these simple diet switches:

- Start your day with a bowl of bran flakes, shredded wheat or oatmeal.
- Buy whole-grain breads, bagels, rolls, tortillas, muffins, waffles and pancakes.
- Substitute rolled oats or crushed bran flakes for bread crumbs in recipes.
- Switch to whole-wheat pasta.
- Bypass the potatoes and try bulgur, barley, quinoa or brown or wild rice.
- Snack on unbuttered popcorn or whole-wheat crackers or pretzels.
- Substitute barley or brown or wild rice for pasta or noodles in soups, stews, casseroles and salads.
- Use whole-wheat pastry flour in place of much of the all-purpose flour in recipes.

HEALTHY  WOMAN
A REGIONAL HOSPITAL OF JACKSON RESOURCE

"Healthy Meals For Two"

September 19, 11:30am-1:00pm

Lower Level Conference Center, Regional Hospital of Jackson



Amy Elizer, University of Tennessee Extension agent and Gloria Brien, Registered Dietitian at Regional Hospital, will be teaming up to share some secrets for making healthy meals for two.

To RSVP call 731-661-2161 by 9/13



www.regionalhospitaljackson.com

The Healthy Woman Program provided by Regional Hospital of Jackson is offered free to meet the needs of the Women of West Tennessee. To register for this or other programs targeting women call 661-2161.

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