

LIFE HEALTH®

A JOURNAL DEVOTED TO HEALTHFUL LIVING

FALL 2007

The joint is jumping



OUTSTANDING ORTHOPEDIC CARE CLOSE TO HOME

NO MATTER YOUR age, joint ailments can disrupt your life. But you shouldn't have to live in pain.

The Clarence A. Temple Orthopedic Center at Paris Regional Medical Center is dedicated to providing excellence in the care and treatment of arthritis and degenerative joint disease. Our center is a collaboration of orthopedic health care professionals who are dedicated to clinical treatment, education and rehabilitation.

Our focus is on you. Our team approach focuses on your needs, using the latest technologies available. Our goal is to help you get well and back to the activities that make you happy. We strive to eliminate pain,

restore motion and mobility, and help you retain your independence.

Joint replacement surgery is one area in which significant strides in materials and techniques have improved outcomes and reduced costs for patients needing surgery. Depending on your age, activity level and general health, the orthopedic surgeons choose the most appropriate artificial joint component to improve your quality of life.

Top-notch facility close to home. The Clarence A. Temple Orthopedic Center is an entire wing devoted specifically to joint replacement, with staff specially trained to care for you before and after joint replacement surgery.

To learn more about the services we offer, call 903-737-3446.

—Continued on back page

Joint surgery

WHEN IT'S MINIMALLY INVASIVE

JOINT REPLACEMENT surgery is one of medicine's "most important success stories," says Michael Wirth, MD, of the American Academy of Orthopaedic Surgeons (AAOS). It often allows people who may have battled joint pain for years to move comfortably again.

But can you take a good surgery and make it better?

Today, surgeons may offer patients "minimally invasive" joint surgeries that can result in faster, less painful recoveries.

During traditional joint surgery, a doctor replaces a damaged knee, hip or other joint with one made of plastic and metal components. In minimally invasive joint surgery, doctors use smaller incisions and cut through less muscle and other tissue. Some research suggests that this technique leads to shorter hospital stays, less blood loss and improved mobility for patients when compared with the traditional procedure.

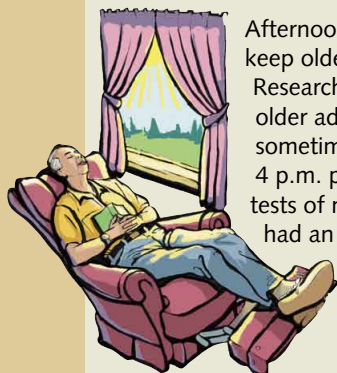
Still, as with any surgery, there are risks. Smaller incisions can make it harder for surgeons to see the joint area, increasing the risk of some complications.

For more information on new approaches in joint surgery, visit the AAOS website at www.aaos.org. ♦

HEALTH NEWS UPDATE



Call 903-737-1620 to learn about diabetes management classes.



Afternoon **NAPS** may help keep older adults sharp. Researchers found that older adults who napped sometime between 2 and 4 p.m. performed better on tests of mental ability and had an easier time falling asleep at night.

—*Journal of the American Geriatrics Society*

Even **BABY TEETH** need a checkup. All babies by 6 months old should be checked by their doctors to determine their risk of tooth decay.

—*American Academy of Pediatrics*

Having a **POSITIVE OUTLOOK** on life may actually help you age better. Studies have found that having a positive attitude can help delay memory problems and frailty that can come with aging.

—*Psychology and Aging*

Cigarette smoke—even secondhand smoke—can interfere with wound **HEALING** and lead to more scarring, according to some evidence.

—*American Society for Cell Biology*

Keeping your family **HEALTH HISTORY** can help you know your risk for certain health conditions. Here's a helpful tool: Go to www.hhs.gov/familyhistory to learn how to compile your family health history.

—*U.S. Department of Health and Human Services*

Raising a **TEENAGER** can sometimes be frustrating, but remember to praise your child often. Most teens appreciate acknowledgment when they do well.

—*Social Development*

Gotta eat!

12 fast tips for eating well on the run

"Eating on the run does not have to be detrimental to your health. With just a little forethought and a few tips, anyone can grab a quick, healthy meal," says Todd Phillips, chief clinical dietitian at Paris Regional Medical Center and author of *The Dietitian's Diet*.

1. Don't supersize it. Order a regular or kid-size portion.
2. Skip the fried stuff. Go for grilled, broiled or steamed foods when you can.
3. Order salad instead of fries. Or choose a baked potato, which has more fiber and fewer calories than fries.
4. Get a calcium boost with fat-free milk or yogurt.
5. Choose lean cuts of meat.

6. Ask for whole-wheat bread.
7. Go easy on the condiments. Order dressing or other high-calorie condiments on the side so that you can control how much you use.
8. Steer toward the good stuff at the salad bar: dark leafy greens, carrots, peppers and other fresh veggies.
9. Avoid all-you-can-eat deals.
10. For a light lunch or quick snack, choose smoothies made from juice and yogurt.
11. Skip dessert or share one with a friend.
12. Avoid fatty breakfast sandwiches. Choose yogurt and fruit for a quick morning meal. ❖

The seat belt—still your best defense

It's a simple thing: nylon webbing and a buckle. But the seat belt is the single greatest defense against highway fatalities in the United States.

If you use a combination lap and shoulder belt in the front passenger seat of a car, you reduce your risk of fatal injury by nearly half. If you're not convinced, consider these facts:

- Since 1975, seat belts have saved almost 180,000 lives in the United States.
- Seat belts can help keep you inside the car—75 percent of people ejected



during a crash are killed. Seat belts can also keep you from slamming into the car's interior or other occupants during a crash.

■ Teenagers have the lowest rates of seat belt use, and they have the highest fatality rate of any age-group.

Air bags and child safety seats also save

many lives. But both of these depend on seat belts to work. When used alone, air bags reduce fatalities by only 12 percent.

So it remains timeless advice: Buckle up for safety. ❖

Sources: National Highway Traffic Safety Administration; National Safety Council

The gift of organ donation—make your wishes known

More Americans than ever are getting the chance to live a longer life by receiving organ transplants—thanks to an increase in the number of people donating organs.

The U.S. Department of Health and Human Services (HHS) reported that in 2004 nearly 27,000 Americans received organ transplants—a new national record.

But demand for organ transplants is also on the rise. The United Network for Organ Sharing says an average of 110 people are added to the nation's organ transplant waiting list every day.

According to the HHS, in 2004 the two most common transplant procedures involved kidneys and livers. Other organs and tissue that can be transplanted include the heart, lungs, pancreas, corneas and bone marrow.

If you decide you want to be an organ donor, be sure to tell your family of your decision. They may be asked to give consent and should know your wishes. You can also go online to www.organdonor.gov to download an organ donor card and learn other ways to make sure your wishes are known. ❖



Visit www.parismc.com to learn about our cardiac care; see "Our Services."

Talking to children about bullying

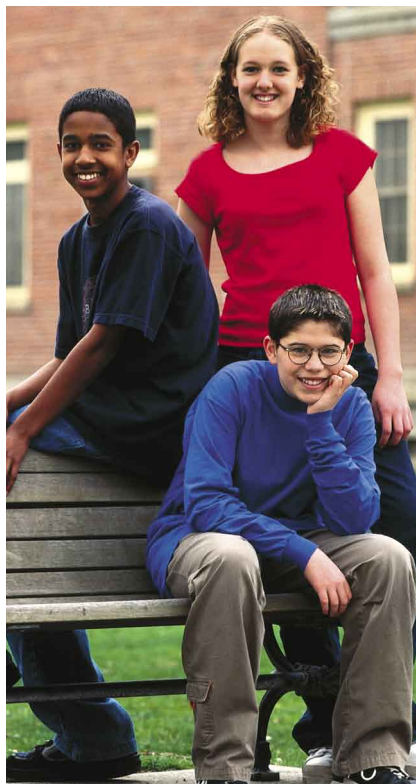
You hope your child will never be subjected to bullying.

But if it does happen, you can help your child in a number of ways. Consider these tips:

- Listen. Acknowledge your child's feelings of anger or hurt. Your concern will help your child feel less vulnerable.
- Reassure your child that he or she isn't to blame.
- Don't encourage your child to fight back. Bullies usually want one thing from their victims: a reaction. It's normal to become upset and want to retaliate. But doing so is likely to further provoke the bully, making matters worse.
- Encourage your child to calmly walk away. If he or she feels threatened, instruct your child to seek help from an adult.
- Report bullying to your child's teacher or school principal. Let the staff know you want to help find a solution to stop the bullying.

And what if it's your child who's doing the bullying?

Again, you have an important role to play. Tell your child that you will not tolerate bullying, and that he or she



could lose privileges. Model good relationships at home, and be sure to praise positive behavior. ❖

Sources: American Academy of Pediatrics; U.S. Department of Health and Human Services

Chest pain? Get help fast

Your chest aches, and you don't know whether you need a doctor or an antacid.

What should you do?

It's best to play it safe. If the problem is indeed a heart attack, you don't want to wait. Some heart attack treatments, including angioplasty and clot-busting drugs, must be administered soon to work well. The longer you delay, the less effective they'll be.

These signs could indicate a heart attack:

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back. Pain could spread to the shoulders, arms, back, neck and jaw.
- Shortness of breath or trouble breathing.
- Dizziness or nausea.
- Unexplained anxiety, weakness or fatigue.
- Palpitations, cold sweat or paleness.

Bottom line: Any type of chest pain should be checked by a doctor. So get help, and don't delay! ❖

HIS

HEALTH SCREENINGS

STAYING HEALTHY CAN MEAN PUTTING YOURSELF TO THE TEST—YOUR GUIDE TO WHO NEEDS WHAT

Y

YOU CARE about your health and that of the significant other in your life. You want to take steps to help stay healthy and prevent problems. It's important for both of you.

That's where health screenings can come in. Having the recommended screening tests is one of the best steps people can take to help protect their health.

Consider:

- Screenings can help spot diseases such as cancer early, when they're often easier to treat.
- Some tests can even help prevent cancer by finding precancerous problems that can be treated.
- Screening can alert you and your doctor to controllable health conditions, like diabetes, high blood pressure and high cholesterol. Controlling health conditions now can protect your future health.

For these and other reasons, getting screened is a smart strategy for men and women. While some screenings are just for women, others are just for men. Most, however, are valuable for both of you.

WHAT TESTS ARE NEEDED?

By working with your doctor, you can find out what screenings are needed and when. When you

need to be screened can depend on things like your age, lifestyle, and personal or family health history.

What follow are some screenings that medical authorities recommend. Keep in mind that this information applies to people at average risk. If you have certain risk factors, you

may need some screenings earlier or more often or you may need more extensive types of testing. Check with your doctor about a specific schedule that's right for each of you.

Your doctor can recommend screenings based on your risk factors.

FOR BOTH OF YOU

Blood pressure tests. Have your blood pressure checked at least every two years—a yearly checkup should take care of this.

Cholesterol checks. Starting at age 20, have your cholesterol levels checked at least every five years.

Diabetes testing. Starting at age 45, ask your doctor if you need a blood sugar test to check for diabetes. These are typically recommended every three years for people 45 and older.

Colon screenings. Generally people 50 and older should be screened regularly for colorectal cancer and abnormal growths (polyps) that can be removed before they may become cancerous. A number of tests may be used alone or in combination.



HER



Skin cancer checks. Check your skin monthly for changes such as a new growth or a mole that changes in size, shape or color. Your doctor can also examine your skin.

JUST FOR HER

Breast exams. Starting at age 40, have a mammogram every one to two years to screen for breast cancer. Check with your doctor about what's best for you. Women should also have clinical breast exams performed by a doctor; you may also choose to do monthly self-exams.

Pap tests and pelvic exams. To screen for cervical cancer and to help find treatable precancerous changes, have a Pap test every one to three years if you've been sexually active or if you're older than 21. Annual pelvic exams are advised.

Osteoporosis tests. Starting at age 65, bone density tests are recommended to screen for the bone-thinning disease osteoporosis.

JUST FOR HIM

Prostate checks. Discuss with your doctor the pros and cons of

prostate cancer screening. A prostate-specific antigen (PSA) blood test and digital rectal exam may be used to screen men 50 and older.

Testicular exams. Men may want to do monthly self-exams to check for lumps that may be signs of cancer. These exams may also be part of a general checkup.

A SCREENING SCHEDULE THAT'S RIGHT FOR YOU

Remember, your doctor can help you decide which tests are appropriate and when they may be needed. Your doctor may suggest other screenings, such as tests for sexually transmitted diseases, hearing or vision problems, or depression.

He or she can also answer questions about other ways men and women can help stay healthy, such as eating right, exercising regularly and quitting smoking.

Together, you and your doctor can take charge of your health. ❖

Sources: American College of Obstetricians and Gynecologists; U.S. Department of Health and Human Services

Adults need shots too

Shots definitely aren't just for kids. Adults need them too.

In fact, immunizations can help guard against some serious diseases. That's why you need to check with your doctor, who can help determine which shots you need.

Richard Bercher, MD, family practitioner at Paris Regional Medical Center, says, "Adults need a single dose of the Tdap vaccine to protect against whooping cough, tetanus and diphtheria if they haven't had a tetanus and diphtheria booster in the past 10 years."

Other vaccinations your doctor may recommend include those that help protect against flu and pneumonia; hepatitis; measles, mumps and rubella; and the human papillomavirus, which can cause cervical cancer in women.

Source: U.S. Centers for Disease Control and Prevention



Brain boosters!

There's no single proven way to prevent Alzheimer's disease. But some evidence suggests that if you can keep your brain working well, you can possibly reduce your risk of developing the disease.

Exercise your gray matter. Read, take a class or do crossword puzzles. Mentally challenging activities are a good workout for your brain.

Socialize. Find ways to be with other people. Good options might be volunteering or joining a club.

Take care of yourself. Get plenty of sleep, and find ways to deal with stress. Physical exercise, which increases blood flow to the brain, and eating well may be important too. Eat more fruits and vegetables, and limit saturated fat. Some research indicates that eating fish two to three times per week—especially fish high in omega-3 fatty acids, such as salmon, tuna and sardines—can be helpful.

See your doctor. A number of health problems, including high blood pressure and depression, can affect your mind. Regular checkups can help you stay on top of your health.

Sources: Foundation for Health in Aging; American Academy of Neurology

Is it Alzheimer's?

KNOW THE SIGNS—EARLY TREATMENT CAN MAKE A DIFFERENCE

AGE CAN CHANGE the way you look at things. Say in your 20s you forget where you parked your car. You'd likely laugh it off. But do the same thing when you're 60, and you might be less inclined to find it funny. You could wonder if you might be developing Alzheimer's disease.

Here's some reassuring news: According to the Alzheimer's Association, it's normal to have occasional memory lapses. From time to time you might misplace your keys, forget someone's name or even where you've parked.

The symptoms of Alzheimer's disease are more glaring than simple memory missteps. And if you recognize them—either in yourself or a loved one—you should promptly consult a doctor.

According to the association, symptoms can include:

■ Memory loss, particularly if it occurs more frequently than

usual or involves recently learned information.

■ Difficulty performing familiar tasks, such as fixing dinner.

■ Problems with language, such as forgetting a simple word or substituting something unusual.

“Toothbrush,” for example, may become “that thing I use for my mouth.”

■ Being confused about time or location. Someone with Alzheimer's might become lost in his or her own neighborhood.

■ Poor or decreased judgment, such as wearing little clothing in cold weather or giving large sums of money to a telemarketer.

■ Problems with abstract thinking, such as forgetting what numbers are for or how to use them.

■ Misplacing items in unusual locations. A wallet might turn up in the freezer, for instance.

■ Rapid mood swings for no apparent reason.

■ Dramatic changes in one's personality, such as a tendency to

Alzheimer's symptoms are more pronounced than mere memory lapses.

be suspicious of, or dependent on, a family member.

■ Loss of initiative. Examples include a desire to sleep or watch television more than usual.

WHY IT'S BEST TO ACT

It's important to know that these symptoms may be caused by problems other than Alzheimer's disease. So seeing a doctor is a must.

There is no cure for Alzheimer's. But there are services that can make life easier and medications that might delay the progression of some symptoms. Acting quickly is to your advantage. ♦

Straight talk

TIPS FOR YOUR NEXT DOCTOR'S VISIT

DOCTORS HAVE ANY number of high-tech medical tests at their disposal, but there's something decidedly low-tech they still rely on to give the best care possible.

That something: talk.

For the most effective conversations possible, consider the suggestions that follow from the American Medical Association.

1 Show up prepared. Before visits, make a written list of what you'd like to discuss.

2 Schedule wisely. If you have a number of issues you'd like to address, let the doctor's office know beforehand. You may be able to have a longer appointment or schedule follow-ups.

3 Be direct. Be up front about any concerns you have about your health, your habits or any treatments

your doctor suggests.

4 Be specific when describing symptoms.

Mention your most serious symptoms first, noting when they started, what makes them better or worse, and how long they last.

5 Level with your doctor. If your doctor asks you about your alcohol use, sexual history or other sensitive topics, don't hold back information. Hidden problems can't be solved.

6 Listen well. Do you understand

what your doctor says? To be sure, repeat what your doctor says in your own words.

7 Follow up. If you still have unresolved concerns at the end of your visit, see if you can phone or e-mail your doctor later. ♦

Find a doctor at www.parisrhc.com. Click on "Meet Our Medical Staff."



A medicine cabinet checkup

MEDICINES MEANT to help you could do more harm than good if they aren't stored properly.

Check your medicine cabinet using this advice from the Institute for Safe Medication Practices and other experts.

DON'T store medicines—prescription or otherwise—in the bathroom. Bathroom heat, moisture and humidity can cause medicines to deteriorate. If they lose potency, you may not get the intended benefit when you take them.

For the same reasons, travelers should not keep medicines in the glove compartment of a car.

DO keep all medicines in their original containers with labels intact. If they aren't correctly labeled, you could accidentally take the wrong medication.

DO check your medicine supply at least once a year, or when you get a new prescription. Throw out any medicines older than the expiration date printed on the label. If there is no expiration date, assume that the medicine expired six months after you bought it.

DO protect children from accidental poisoning. Keep your medicines in a locked cabinet. And ask your pharmacist to provide childproof lids. ♦



Every decision matters

New joints

—Continued from front page

- The \$2.5 million facility features:
- Board-certified orthopedic surgeons.
 - Advanced technologies in a variety of orthopedic surgeries.
 - A dedicated orthopedic surgery team.
 - Preoperative education conducted by a certified orthopedic nurse.
 - Comprehensive rehabilitation services, including hydrotherapy.

“What sets us apart is the great accessibility of our highly qualified surgeons and the personal touch they bring to this specialized field,” says Chris Dux, Paris Regional Medical Center CEO. “We’re thrilled to offer our patients such a high level of care and services close to their homes.”

Community connection. Paris Regional Medical Center has renamed the orthopedic unit in honor of retired orthopedic surgeon Clarence A. Temple, MD, the person credited with having begun the orthopedic program in the Paris community some 37 years ago.

“Having Dr. Temple’s name on our center symbolizes the close connection that we have with the Paris community,” says April Blease, director of PRMC’s orthopedic department. “We take the vital role that we play in this community very seriously.” ♦♦

AS CEO OF Paris Regional Medical Center, I would like to share our core patient care and business philosophies that guide every decision we make. These are the values I trust you’ll find on display in our hospital no matter what your interaction with us. Thank you for entrusting us with your health care needs.

Patients come first. Every decision should be made by placing the patient’s interest ahead of everyone else’s.

Apply the Golden Rule. Treat every patient and customer as you would want to be treated.

Exceed the patient’s expectations. Caring, compassion and competence are the expected standard.

We must strive to go beyond that.

Solve problems. Employees are empowered to correct an issue when it arises or to locate someone who can resolve the issue.

Have fun. Employees who enjoy their work do a much better job and have better interactions with patients.

Challenge the status quo. Employees are challenged to find smarter and better ways of providing care—and are rewarded when they do so.

People are a hospital’s greatest asset. It’s through people, not equipment, that care, concern, compassion and competence are delivered.

Be smart with our resources. We have a responsibility to be wise stewards of what’s been entrusted to us. ♦♦



CHRIS DUX, CEO, Paris Regional Medical Center

Comments or questions? Call 903-737-3688. We want to hear from you.

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We invite your feedback on our inaugural issue of LIFE AND HEALTH, a quarterly journal devoted to healthful living. Please let us know if you have any questions or if you have suggestions for topics you would like to see us cover in future issues. E-mail us at lifeandhealth@parismc.com.

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