

Health Connection

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care when
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The vein truth

How to keep your blood flowing

Normally, you don't think about them much. Your veins are just there, transporting blood to your heart from other organs and tissues on a daily basis. But when veins become visible, painful or begin affecting your health, you can't ignore them any longer.

WHEN GOOD VEINS GO BAD

Two conditions that you may encounter are:

- **Varicose veins.** When one-way valves in the veins fail to keep blood moving forward, the blood pools, causing swelling. That leaves you with bulging, twisting veins located just under the surface of the skin. While they rarely cause symptoms, varicose veins can lead to pain, blood clots and skin ulcers. You have a greater chance of developing varicose veins if you have a family history of varicose veins or are older, a woman, pregnant, overweight or obese or inactive. Varicose veins can be treated by procedures or surgery, including laser surgery, where laser light energy fades veins.
- **Deep vein thrombosis (DVT).** DVT is a blood clot that forms in a vein deep within the body, usually in the lower legs or thighs. It can cause a serious problem called pulmonary embolism, which occurs when the clot breaks free and travels to the lungs. Sitting for a long time can increase your risk of getting a blood clot, as can having

surgery and taking hormone therapy or other medications. Symptoms of DVT include pain, swelling, skin redness and warmth and tenderness over the vein. Your physician may prescribe anti-clotting medications to treat DVT.

PREVENTING PROBLEMS

You can take steps to help reduce your risk of vein problems, or help you manage if you already have them. To keep veins in their place:

- **Get moving.** Exercise can help blood move through veins.
- **Avoid sitting or standing for too long.** Don't cross your legs, and if you can, raise your legs above the level of your heart when sitting or resting. If you've had surgery, get moving as soon as possible afterward.
- **Lose weight.** This will help blood flow and take some of the pressure off your veins.
- **Toss your tight clothes.** Don't wear anything that's tight around your waist, groin or legs, as it can cut off blood flow.
- **Skip the stilettos, ladies.** Low heels can help tone calf muscles, which can get blood moving through your veins.
- **Ask your physician about compression stockings.** They can help keep blood from pooling and reduce leg swelling.
- **Get up and walk around while traveling.** If traveling by car, try to stop every hour for a walking break.

Medicine cabinet makeover

Taking stock can keep your family healthy

Is your medicine cabinet a disaster area, a catchall for old medications, unlabeled bottles and other hazards? If you answered yes, a good cleaning at least once a year is recommended.

So where do you start? First, move all your medicine out of the medicine cabinet, since it's not recommended that you store medicine in the bathroom. Bathrooms are humid places, and that humidity can make your medicines less effective, or, in extreme cases, toxic. Instead, find a cool, dry place to keep your medicines.

Next, get rid of any medication that's expired. However, don't throw it down the toilet, which poses an environmental risk. Instead, throw old drugs in the trash, taking care to mix them with kitty litter or coffee grounds to make them less attractive to children and pets.

Also, make sure to keep medication in its original container, which contains important information like when the drug expires, how much to take, possible drug interactions and who it was prescribed for. Don't leave that cotton plug in any bottles either, as it can draw moisture into the bottle.

Here are some things you may have in your cabinet that deserve a closer look:



Clean out your medicine cabinet at least once a year to keep your family healthy and safe.

SYRUP OF IPECAC. It used to be recommended to make a child throw up if he or she had swallowed poison. However, there's no evidence it works and it may actually cause other treatments to fail. Throw it out! Instead, call poison control in an emergency.

COUGH AND COLD MEDICINE. It's not recommended for kids younger than age 4. And never give a child an adult-strength medication, as it could cause a serious reaction.

ASPIRIN. It's safe for most adults, but if you have kids, be extra careful. Aspirin's been linked to a rare

condition called Reye's syndrome, which can cause brain damage and liver function problems in children and teens, especially those taking the drug to treat chickenpox or the flu. Instead, keep other pain relievers and fever reducers, like acetaminophen and ibuprofen, on hand.

UNUSED ANTIBIOTICS. Don't save them for later or give them to another person. Get rid of them.

THERMOMETERS. If they break, old mercury thermometers can expose you to toxic mercury. Use an oral thermometer for older kids; choose an axillary (under the armpit) or rectal one for younger children.

A MESSAGE FROM OUR CEO



Donnie L. Romine
Chief Executive Officer

Dear neighbors,

It's an exciting time at Weatherford Regional Medical Center (WRMC) as we continue to expand and improve the level of quality services we offer to our community.

A NEW WOUND CARE CENTER AND IMAGING TOOLS

As part of WRMC's commitment to providing expanded health resources to the communities it serves, the hospital opened Brock Primary Care and Weatherford Wound Care and Hyperbaric Center, the first center of its kind in the area.

WRMC continues to provide advanced technology to better serve our community's needs. WRMC's new imaging center offers patients a full range of radiology services, including high-tech equipment like digital X-ray, high-definition magnetic resonance imaging and 16-slice and 32-slice computed tomography scanners.

WRMC continues to invest in our community, giving area residents less need to leave Parker County to get the services or treatment they need and deserve.

We're honored to bring these advancements to our community, and we look forward to continuing to serve your needs.

Sincerely,

DONNIE L. ROMINE
Chief Executive Officer

Weatherford Regional Medical Center

PHYSICIAN SPOTLIGHT



KELLY D. GRIMES, D.O.
Board Certified in Family Practice
Advanced Wound Care
and Hyperbaric Medicine
Weatherford Wound Care
and Hyperbaric Center



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Kelly D. Grimes, D.O., earned his osteopathic medicine degree at the University of Health Sciences College of Osteopathic Medicine in Kansas City, Mo., and completed his family practice residency at University of North Texas Health Science Center in Fort Worth. Dr. Grimes is board certified in family practice and has more than a decade of experience in advanced wound care and hyperbaric medicine. He's a member of the American Medical Association, American Osteopathic Association and Association for the Advancement of Wound Care. Dr. Grimes is now accepting new patients.



OLUSEGUN A. OSENI, M.D., FCCP, ABSM
Board Certified in Internal Medicine,
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Medicine

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Olusegun A. Oseni, M.D., FCCP, ABSM, earned his medical degree from the University of Ilorin College of Medicine in Nigeria and then completed his internal medicine residency and a pulmonary medicine fellowship at Columbia University Medical Center in New York. He completed his fellowship in critical care medicine at Albert Einstein College of Medicine, also in New York. He's a member of the American Lung Association, Society of Critical Care Medicine, American Medical Association and American Board of Sleep Medicine. Dr. Oseni is now accepting new patients.

HEALTHY WOMAN
has moved ONLINE



Connect now
to communicate
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whole new way!

Visit Healthy Woman Online!

Healthy Woman Online is a free resource to empower women ages 25-65 to make informed health and well-being decisions. Join today to:

- be the first to learn about and sign up for events
- connect with other Healthy Woman members
- receive information about your health, relationships and life issues

To confirm that you want to remain or to become a member of the Healthy Woman program, you must sign up at www.weatherfordregional.com

FOR QUESTIONS, E-MAIL US AT HEALTHY_WOMAN@CHS.NET



WRMC: Ready to respond to life's emergencies

A visit to the emergency department (ED) can mean the difference between life and death in times of crisis. In hospitals around the country and here in our own community, qualified caregivers are on hand 24/7 to address the urgent medical needs of you and your family.

EDs are in direct contact with ambulance providers and emergency services and are a vital link in a community's first-response network. EDs use a triage system, which means treating patients with the most urgent conditions first instead of first-come, first-served.

HOW DO YOU KNOW IF IT'S AN EMERGENCY?

Chances are some of us will have to face a sudden medical crisis. But how do you know if it's serious enough to call for emergency help? A true medical emergency is a situation when a person's health is in serious jeopardy or a person's body functions or organs are impaired. Medical emergencies include:

- severe injury
- signs of a heart attack, such as pressure or pain in the chest
- signs of a stroke, such as numbness and vision loss
- bleeding or vomiting that won't stop
- severe shortness of breath
- severe disorientation
- a medical condition in a child younger than 6 months old

If you believe your health or the health of a loved one is in jeopardy, seek immediate treatment.

THE LATEST IN EMERGENCY CARE

Weatherford Regional Medical Center's (WRMC) new ED is staffed by physicians and nurses, 24/7, and always ready to respond to emergencies. The department has more than twice the space of the former ED, bringing capacity to 23 beds.

"The new design helps expedite care and provides patients with a more comfortable and private environment," says Cyndi Aguirre, R.N., director of WRMC's ED. "With ED volumes continuing to grow as our community grows, we are so proud to offer an advanced facility for our patients."

WRMC's experienced surgical and nursing team provides quick responses to any situation. They'll listen to you, examine you carefully and prescribe a treatment plan you'll understand. Our dedicated medical, nursing, registration and admitting staff care for you while never forgetting that you're not just a patient, but also a person and neighbor.

! We're here for you!

For emergency care, remember WRMC. Learn more about the WRMC emergency department. Call (817) 341-CARE (2273) or visit www.weatherfordregional.com.

HEALTHWISE QUIZ

How much do you know about **diabetes**?

Take this quiz to find out.



CURB YOUR CHOLESTEROL

Every year, more than a million Americans have heart attacks, and about 500,000 die from heart disease. One of the major risk factors for such heart trouble is high cholesterol. This fatlike substance builds up in your arteries and slows or blocks blood flow to the heart.

Some experts recommend that you start cholesterol testing by age 20; others say to start at age 35. Using a simple blood test called a lipoprotein profile, your physician can determine if your cholesterol levels are too high. Here's what's considered healthy:

>**Total cholesterol:** less than 200 mg/dL

>**LDL (bad) cholesterol:** less than 100 mg/dL is optimal; 100 to 129 mg/dL is near optimal/above optimal

>**HDL (good) cholesterol:** 60 mg/dL or higher may protect the heart; less than 40 mg/dL for men (less than 50 for women) puts you at a greater risk for heart problems

>**Triglycerides (another type of blood fat):** less than 150 mg/dL

WORK ON IT

Are your levels higher than they should be? You can often make a big impact on your cholesterol by making a few small changes:

- **Cut back on saturated fat and cholesterol.** The American Heart Association recommends that you keep your saturated fat consumption to less than 7 percent of your total daily calories. So if you consume about 2,000 calories a day, no more than 140 of them should come from saturated fat, or about 16 grams a day. Avoid trans fats and stock up on fruits, vegetables, whole grains and foods rich in omega-3 fatty acids (salmon, walnuts, almonds).

- **Get active.** Engage in physical activity for at least 30 minutes daily.

- **Lose weight.** Being active and revamping your diet can help. Dropping even 5 to 10 pounds can lower cholesterol.

- **Quit smoking.**

- **Follow your physician's advice.** That includes taking medication, if needed.

1 Which of the following is not a symptom of type 2 diabetes?

- a. fatigue
- b. increased hunger
- c. difficulty urinating
- d. slow wound healing

2 Having diabetes can increase your chances of developing:

- a. glaucoma
- b. digestive problems
- c. gingivitis
- d. all of the above

3 Your physician may diagnose you with diabetes by performing a:

- a. thyroid test
- b. glucose test
- c. complete blood count
- d. none of the above

4 According to the National Institutes of Health, what percentage of people with type 2 diabetes are overweight?

- a. 60
- b. 70
- c. 80
- d. 90

5 Which of these statements about diabetes is true?

- a. You don't have to avoid sweets and chocolate.
- b. You'll eventually develop it if you're overweight.
- c. It makes you more likely to get colds or other illnesses.
- d. Eating too much sugar can cause it.

ANSWERS: 1. (c) 2. (d) 3. (b) 4. (c) 5. (a)

Flu, flu, go away!

It's fall again, and with the changing of the seasons often comes the dreaded flu. Recently, the seasonal flu has been upstaged somewhat by H1N1. Both strains are serious, may lead to complications such as pneumonia and bronchitis and can result in hospitalization and even death.

You can't always keep flu out of your home, but you can certainly reduce the risk of getting infected. Try these tips from the Centers for Disease Control and Prevention:

- **Get vaccinated.** This year, the seasonal flu vaccine comprises three strains of flu including H1N1. It's especially important for pregnant women; young children; people older than 65; people who have chronic health conditions such as asthma, diabetes, heart disease or lung disease; and others at high risk for complications.
- **Play defense.** Cover your nose and mouth with a tissue when you cough or sneeze, then throw the tissue out; wash

your hands often (use an alcohol-based hand sanitizer if soap and water aren't available); keep your hands away from your eyes, nose and mouth; avoid close contact with sick people; and stay away from crowds during a flu outbreak. Stay home for at least 24 hours after your fever is gone.

- **Take your medicine.** If you get sick, your physician may recommend an antiviral drug to make the symptoms milder, shorten the time you're sick and prevent complications.



5 must-eat foods

Despite what you might read on the Internet, there's no magic food to prevent disease or cure you of all your ills. However, certain foods are high in antioxidants, vitamins and minerals and, when combined with an overall healthy diet, may help you maintain good health. Consider adding these good, and good-for-you, foods to your diet:

1 Blueberries. Blueberries have plenty of fiber and vitamins A and C, and they may improve short-term memory. Add them to cereal or yogurt for a tart kick.



2 Sardines. Those little fish canned in oil pack a powerful nutrient punch, supplying plenty of protein, calcium and heart-healthy omega-3 fatty acids and vitamins B12 and D. Try them in sandwiches, salads or sauces.

3 Almonds. Thanks to good fats, vitamin E and fiber, almonds are exceptionally good for your heart. Grab a small handful daily or sprinkle them on a salad.



4 Red beans. They're high in potassium, iron and magnesium (not to mention low in fat and an excellent source of protein), and may play a role in preventing heart disease and some forms of cancer. Try adding them to stews instead of meat.

5 Sweet potatoes. That orange color is due to loads of beta carotene, which may help slow the aging process. Sweet potatoes also provide vitamins B6, C and E; folate; and potassium. Try them baked or sliced into wedges for another take on french fries.

Health Connection is published as a community service of Weatherford Regional Medical Center. There is no fee to subscribe.

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Image is everything

New center offers advanced diagnostic tools and care

When it comes to maintaining good health, image—or actually, imaging—is everything. In addition to a head-to-toe physical at your physician's office or a yearly well-woman exam, diagnostic imaging tests assure that everything below the surface is in good working order—and help diagnose and monitor any conditions that warrant medical treatment.

Diagnostic imaging has grown considerably over the years as medical technology has advanced. New tools let physicians examine muscles, organs and even blood flow to diagnose and treat illness or injuries quickly and efficiently. Imaging tests are also used to perform routine health screenings like mammograms and monitor chronic conditions.

IMAGING AT YOUR SERVICE

Earlier this year, Weatherford Regional Medical Center (WRMC) opened the doors to a new 11,260-square-foot imaging center with equipment that provides convenient care for radiology patients. WRMC's imaging center has a full range of radiology services, including some of the latest diagnostic technology, such as digital X-ray, high-definition magnetic resonance imaging (MRI) and 16-slice and 32-slice computed tomography (CT) scanners.

Our imaging staff personnel are qualified, state-certified and registered radiology technicians, who undergo additional training in their specialty area.



SPECIALISTS YOU CAN RELY ON

If you need a diagnostic imaging test or procedure for a routine checkup or an injury, you can feel confident in WRMC's technology and experienced team.

Improve your image!

Learn more and view podcasts of MRI procedures. Visit www.weatherfordregional.com, click on "Health Resources" and type "imaging" in the search box.