

# Health Connection

BROUGHT TO YOU BY WEATHERFORD REGIONAL MEDICAL CENTER



**ICU expansion  
enhances patient care**

**Healthy Woman  
celebrates!**

**Now open for a better view  
Diagnostic imaging center  
at WRMC**



**Weatherford  
Regional Medical Center**

*The lone star in medical care.*

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# Ease your arthritis pain

**M**ore than 40 million Americans suffer from arthritis, a condition that can make every move painful. Osteoarthritis is the most common form. It occurs when cartilage, which cushions bones in your joints, breaks down and causes irritation.

Luckily, the following lifestyle changes and remedies can help you manage the pain:

• **LOSE WEIGHT.** It's pretty basic: The more excess weight you carry, the more stress on your joints. But a healthy diet of fruits, vegetables and whole grains, paired with regular exercise—at least 30 minutes a day—can help tip the scales in your favor. Cut back on saturated fats, which may increase your body's inflammatory response, adding to joint and tissue inflammation.



• **GET OFF THE COUCH.** Inactivity is a joint's worst enemy. Exercise can strengthen and protect the muscles around the joints, preventing them from stiffening and causing more pain. Walking, swimming, some yoga poses and tai chi are easy on the joints. Also beneficial are range-of-motion exercises, such as raising your arms above your head; strengthening exercises, such as weight training; and low-impact aerobic exercises, such as bike riding. Before starting an exercise program, check with your physician. If needed, ask him or her for a referral to a physical therapist who has a program for people with arthritis.

• **TAKE A PILL, IF NEEDED.** Sometimes you need medication for the pain. Over-the-counter options include non-steroidal anti-inflammatory drugs, or NSAIDs (such as ibuprofen and naproxen), and acetaminophen (such as Tylenol). Topical creams may provide hot or cool sensations to ease pain or contain pain medication that's absorbed into the skin. Your physician may prescribe pills or cortisone injections. Any drug you take can have side effects, so discuss them with your physician before starting a regimen.



• **REST UP.** Your body needs time to heal, so aim for eight to 10 hours of sleep every night, and avoid sitting or standing in one position for too long. Skip high-impact activities such as running. You may also want to look into stress-relievers such as meditation or yoga.

• **ASK ABOUT ALTERNATIVES.** Massage, acupuncture, heating pads, ice packs and supplements such as glucosamine and chondroitin may help reduce symptoms, though studies on the supplements have been mixed. Speak with your physician before trying any home remedies. Sometimes, there simply isn't a remedy that can effectively treat the pain. In that case, surgery to replace the joint may be an option to discuss with your physician.



# Life after the ER

## Following your physician's orders keeps you healthy

**W**hen you're not feeling well and you're surrounded by the hustle and bustle of an emergency room (ER), it's easy to be confused by what a physician is telling you. All you can think about is going home. That's why many people are unclear about how to handle their care when they leave the hospital.

Case in point: A small University of Michigan study found that more than 75 percent of patients didn't understand their discharge instructions or what ER physicians had just told them—although 80 percent thought they did. Some of the patients weren't even sure of their diagnosis.

Unfortunately, these misunderstandings may increase the likelihood of complications once you leave the ER. In reality, the care you receive at the hospital is just one important part of the puzzle. Knowing what to do next—and following those discharge instructions closely—is critical to getting better. Here's what you need to do for the best health care results:

**➔ SPEAK UP.** Don't be afraid to ask questions if you're unsure of your condition, what treatments you were given, your test results or something in the discharge instructions—for example, whether a medication that's been prescribed may interact with one you're already taking. It's best to ask the ER physician caring for you,

rather than having to contact the ER later, when the physician you saw may no longer be on duty.

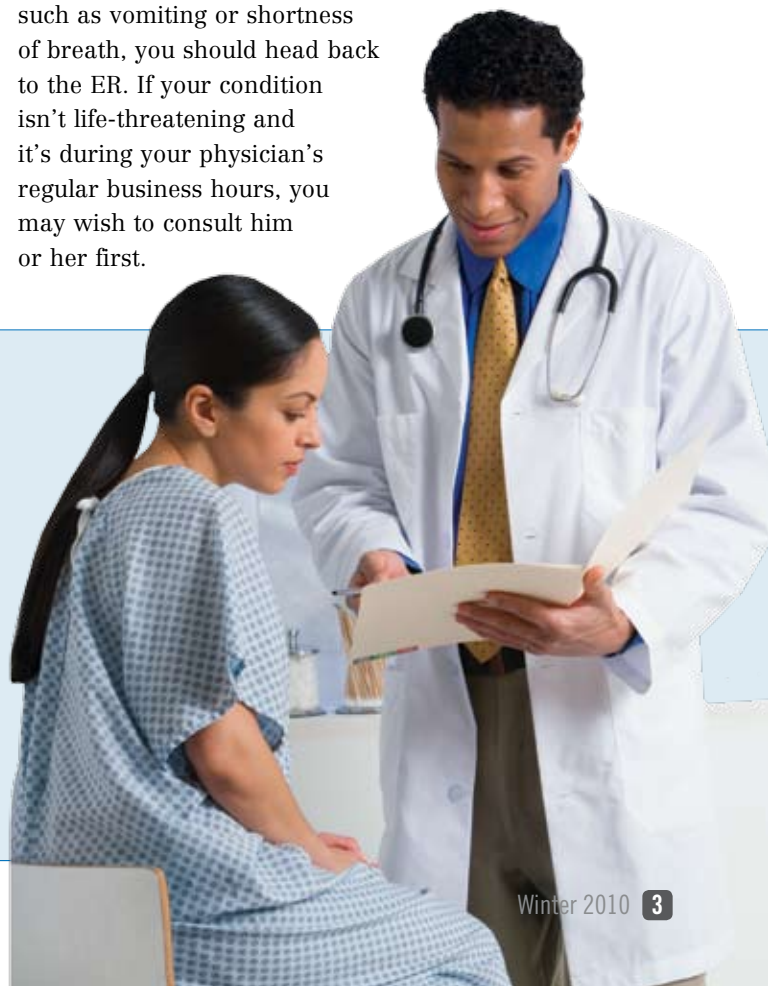
**➔ FOLLOW ALL MEDICATION DOSAGES.** Thoroughly read your discharge instructions. They should spell out what medications have been prescribed, what they treat and how often—and when—to take them.

**➔ FOLLOW UP WITH YOUR FAMILY PHYSICIAN OR A SPECIALIST.** You'll especially need to do this if you've received stitches or a cast. Your discharge instructions will tell you when to go. Double-check with your physician to make sure information about your ER visit, including test results, has been sent to his or her office before your appointment.

**➔ KNOW WHEN YOU SHOULD RETURN TO THE ER.** If your condition worsens or you're noticing new symptoms, such as vomiting or shortness of breath, you should head back to the ER. If your condition isn't life-threatening and it's during your physician's regular business hours, you may wish to consult him or her first.

## How did we do?

**W**hen you check in to the ER, admitting personnel will ask you if it's OK to follow up with you once you're back home. If you agree to it, we'll try to call you within 24 hours of your discharge, asking you six questions about your visit. At that time, if you don't understand your discharge instructions or have any questions about your treatment, a nurse will call you back. This process, called Discharge Callback Administrator, or DCA, helps us improve the way we care for our patients and ensure that you're on the road to recovery.





Donnie L. Romine  
Chief Executive Officer

Dear neighbors,

**W**e're all aware of how rapidly technology changes, and health care is perhaps the best illustration of how quickly technology advances can make a difference. At Weatherford Regional Medical Center (WRMC), we continue to add advanced

medical technology to care for the growing needs of our community.

### DIAGNOSTIC IMAGING

One area where we're making a difference at WRMC is in diagnostic imaging. With the opening of our new diagnostic imaging center, our patients will benefit with the addition of digital X-ray, high-definition magnetic resonance imaging (MRI) and 16- and 32-slice computed tomography (CT) scanners. See the article at right on the opening of our new center.

You don't have to travel out of the area to find the latest technology and treatments. We'll continue to offer convenient care and advanced medical technology combined with a warm and caring staff. As with all patients who choose our facility, we appreciate the trust placed in us and look forward to providing enhanced health care for you and your family.

Sincerely,

DONNIE L. ROMINE  
Chief Executive Officer  
Weatherford Regional Medical Center

# WRMC opens new diagnostic imaging center

**W**eatherford Regional Medical Center (WRMC) has opened the doors to a new 11,260-square-foot diagnostic imaging center with enhanced equipment that provides more convenient care for radiology patients.

WRMC's imaging center offers patients a full range of radiology services, including some of the newest equipment such as digital X-ray, high-definition magnetic resonance imaging (MRI) and 16- and 32-slice computed tomography (CT) scanners.

The digital X-ray system instantly digitizes images and saves them in an electronic format. Long wait times associated with film development of X-rays are eliminated. Unlike film, digital images may be enhanced to bring out all of the diagnostic details so physicians can confidently prescribe the right treatment.

The high-definition MRI provides better image quality, producing dramatic patient images with great detail and definition. Images are captured quickly, thus reducing the patient exam time.

The new CT scanners can capture images within seconds, resulting in faster exams. Other patient benefits include less time needed for breath holds, which may mean less stress.

### ENHANCED ACCESS

Our imaging center is filmless with a picture archiving and communication system (PACS), which means that images taken at the WRMC imaging center are stored on a computer network and can be viewed by radiologists and other physicians at the hospital and throughout the WRMC system.

"The addition of these remarkable diagnostic tools complements and extends the range of quality diagnostic services that WRMC offers residents of Parker County," says Donnie L. Romine, WRMC chief executive officer.

## ! Early detection is key

**F**or more information about diagnostic imaging services at WRMC, visit [www.weatherfordregional.com](http://www.weatherfordregional.com) or call (817) 341-CARE (2273).

# Healthy Woman takes a walk on the wild side



Attendees enjoyed the safari-themed atmosphere.

**A**fter two years of success, Weatherford Regional Medical Center's (WRMC) Healthy Woman program is 2,700 members strong and continues to help women stay healthy. The anniversary celebration was a recipe for a wild night. The event featured a women's expo and health fair offering free screenings, health information and demonstrations, partner exhibits and door prizes. The celebration brought nearly 300 women together to improve mind, body and spirit.

## AN ENJOYABLE EVENING

Guests enjoyed delicious food that drove their taste buds wild and a chic, safari-themed atmosphere to delight those with a wilder sense of style. The wild and wonderful Lisa Smartt, author of *The Smart View: Life, Love and Cluttered Closets*, humored guests and offered words of wisdom.

## EMPOWERING WOMEN

Healthy Woman is all about celebrating women and empowering them with information they can use to improve their own health and the health

National speaker Lisa Smartt offers words of wisdom through humor.



**!** Become a Healthy Woman today!

**F**or more information or to join Healthy Woman, visit [www.weatherfordregional.com](http://www.weatherfordregional.com) or call (817) 341-PINK (7465).

**HEALTHY WOMAN**  
A WEATHERFORD REGIONAL MEDICAL CENTER RESOURCE

of the people in their lives. Healthy Woman is a free program that features monthly seminars, health fairs, educational programs and interactive events focusing on women's emotional, physical and fiscal well-being. WRMC believes this approach improves the quality of life in our community, and we're proud to offer it for the women of our region.

## Thank you to our generous partners!

**W**RMC's free monthly Healthy Woman events are made possible with the support of our generous partners:

### PLATINUM PARTNERS

Solis Women's Health  
SouthWest Ford

### GOLD PARTNERS

PlainsCapital Bank

### SILVER PARTNERS

A Special Place

Aledo Primary Care:  
Betsy George, M.D., and  
Sandra Rodriguez, D.O.

Cox-Springer Financial  
Advisors

Hartness Print Central  
Parker County Hospital  
District

Texas Oncology

The Center for Cancer &  
Blood Disorders

Weatherford Children's  
Clinic: Jessica Ramsey, M.D.

Weatherford Home Health

Weatherford OB/GYN  
Associates, P.A.: Lindsay  
McBride, D.O., and Stephen  
Stamatis, M.D.

Weatherford Primary  
Care: Heather Back, D.O.,  
Elizabeth Bailey, D.O., and  
Michael Mutchler, M.D.

Weatherford Specialty  
Care: Leah Dill, D.O., and  
Jharana Shrestha, M.D.

Willow Park Primary Care:  
Steven Melcher, M.D.

## HEALTHWISE QUIZ

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

Take this quiz to find out.

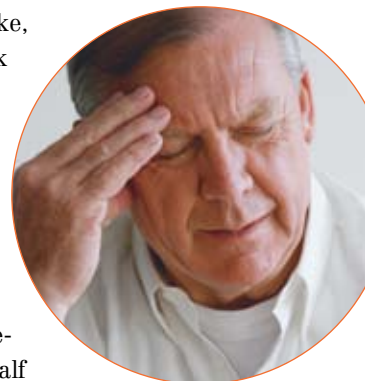
- 1** What percentage of American adults are overweight or obese?
  - a. 25
  - b. 33
  - c. 50
  - d. 66
- 2** Which of the following has not been linked to obesity?
  - a. hyperthyroidism
  - b. cancer
  - c. gallbladder disease
  - d. infertility
- 3** Obese children have a higher risk of:
  - a. asthma
  - b. early puberty
  - c. skin infections
  - d. all of the above
- 4** One problem with body mass index (BMI)—a calculation that assesses obesity—is that:
  - a. It doesn't take height into account.
  - b. It doesn't measure muscle, so a muscular person can have a high BMI.
  - c. It doesn't factor in age.
  - d. none of the above
- 5** How much excess weight do you usually have to be carrying to be considered for weight-loss surgery?
  - a. 30 pounds for women, 50 for men
  - b. 50 pounds for women, 70 for men
  - c. 80 pounds for women, 100 for men
  - d. There's no minimum weight requirement for weight-loss surgery.

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

## { MINI-STROKES }

# Heed the warning

It may not be a full-blown stroke, but a transient ischemic attack (TIA)—also called a mini-stroke—is your warning that one could be just around the corner. TIAs produce symptoms similar to strokes, but they usually only last a few minutes and don't cause damage. About a third of people who have TIAs will subsequently have a stroke, and about half of them will have it within a year.



### INSIDE A TIA

A TIA occurs when a blood clot briefly blocks an artery, cutting off part of the brain's blood supply. Like a stroke, symptoms arise without warning. They include:

- sudden numbness or weakness in the face, arm or leg—usually on one side of the body
- sudden confusion, speech problems or trouble comprehending
- sudden problems walking, dizziness and loss of balance or coordination
- sudden severe headaches
- sudden vision problems such as loss of sight in one eye

If you suffer any of these symptoms, call an ambulance or have a friend take you to the ER right away. Physicians usually have to make a diagnosis based on your medical history.

### IS A TIA IN YOUR FUTURE?

You're at higher risk for a TIA if you:

- have a family history of TIA or stroke
- are 55 years or older
- are a man
- are African-American

Those are things you can't control, but you can help change other risk factors:

- blood pressure 140/85 mm Hg or higher
- high cholesterol
- heart disease, carotid artery disease and peripheral artery disease
- obesity
- cigarette smoking
- heavy drinking
- physical inactivity
- diabetes
- a high-fat, high-sodium diet

## Sending out an SOS:

# Texting can be bad for your health

It's not uncommon to see people crossing busy streets or even driving with their cell phone or BlackBerry® in hand, dashing off a quick message. Texting shifts your focus away from the task at hand and can be downright dangerous.

While no hard numbers exist, the American College of Emergency Physicians has reported an anecdotal rise in serious and fatal injuries involving texting—especially among teens and young adults. That includes face, chin, mouth and eye injuries for those who trip and fall while texting, and fatal trauma stemming from car accidents. Texting has also been linked to medical phenomena like “BlackBerry thumb” and “teen texting tendonitis”—catchphrases for conditions that result from the repetitive thumb motions of texting. These conditions can cause pain and numbness in the thumbs and joints of the hand.

### BE TEXT SAVVY

Steer clear of texting troubles by following a few guidelines:

- Avoid texting while doing things like walking and driving. Turn your phone off to avoid temptation.
- On the road, pull over if you need to text immediately.
- Set a good example behind the wheel: Don't engage in distracting behavior in front of your kids.

- Contact your cell-phone provider if you're worried about your child's texting habits. Some companies now offer services that ban texting at certain times of the day.



## A healthy lunch is in the bag!

Every day at noon, workers around the country run to the corner deli for a sandwich, hit a local eatery with co-workers or order in. But if you're watching your waistline—or your wallet—packing your own lunch is a smarter solution. A homemade lunch is more nutritious and economical, as long as you pack it correctly. The recipe for a healthy lunch includes:

- **PROTEIN** Try lean turkey, ham, roast beef, tuna or a bean-based entree, such as hummus or a black bean burrito.
- **GOOD GRAINS** Pack whole-wheat pasta salad and sandwiches made on multigrain bread.
- **FRUITS AND VEGGIES** The deeper the color of the vegetable or fruit, the more vitamins and minerals it contains. Slice up baby carrots, peppers, broccoli, apples, blueberries and oranges.



- **CALCIUM** Slip fat-free yogurt, cottage cheese or string cheese into your bag.
- **H<sub>2</sub>O** Water has no calories, so it's a perfect choice, but if you need a little more flavor, try adding a squeeze of lemon, lime or orange. Watch out for fruit juices, energy drinks and sodas, which are loaded with sugar.
- **FLAVOR APPEAL** Switch it up a bit by adding interesting items, like walnuts in a salad or horseradish spread on a roast beef sandwich.
- **MINIMAL SODIUM** Thinking of one of those “healthy” frozen meals? Watch out for sodium. Total daily intake for a healthy individual shouldn't exceed 2,300 milligrams (mg), and some frozen meals can contain a big portion of your day's allotment. Follow the FDA's recommendation for a healthy frozen meal by choosing one that has 480 mg of sodium or less per serving.

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70WRM

# New ICU open for you!

**W**eatherford Regional Medical Center's (WRMC) newly constructed intensive care unit (ICU) provides patients and their families with an environment that's more conducive to healing.

The 12-bed unit has spacious, private patient rooms and is triple the size of the former unit. Work stations are located between every two rooms so that nurses are just a few feet from each patient's bedside with a 1:2 nurse-to-patient ratio.

## ENHANCED FEATURES

Each room is equipped with an advanced monitoring system that continuously measures heart rate, blood pressure, respirations and oxygen saturation. Through a wireless cardiac monitoring system, the critical care team can keep track of patients throughout the hospital. Critical data is recorded and remains available to caregivers at all times.

"This new ICU is a long-awaited dream for the critical care team," says Kathryn Bailey, intensive care unit manager. "Our environment now matches the high standards and quality of care that the critical care team provides to our patients every day."

## ABOVE AND BEYOND

"At WRMC, the quality of care was outstanding," says Dawn Jackson, mother of recent patient 14-year-old Nicholas Jackson. "We've been to many hospitals, and



**!** Visit us online

**F**or more information about WRMC's services and physicians, visit [www.weatherfordregional.com](http://www.weatherfordregional.com).

we've never had a better experience. The nurses went above and beyond. The nurses were consistently checking on us and even followed up after we went home. We had a great experience."

The WRMC team is continuously improving care as demonstrated by its current Core Measures score of 98 percent. This includes compliance with standards related to patients who have an acute myocardial infarction (heart attack), congestive heart failure and pneumonia, as well as surgical infection prevention.

"The location of our ICU has changed, but one thing that remains constant is the enhanced quality of care that's delivered to our patients by our care team," says Donna Boone, WRMC chief nursing officer.