

Health Connection

BROUGHT TO YOU BY WEATHERFORD
REGIONAL MEDICAL CENTER

Healthy Woman:
A program just
for women

Is a heart attack
in your future?

Reclaim
your energy

Orthopaedic services:
A one-stop shop
for care



Weatherford
Regional Medical Center

The lone star in medical care.

www.weatherfordregional.com

Minimally invasive surgery

Less pain, faster recovery



Minimally invasive surgery (MIS) is the buzzword in healthcare right now. And with good reason.

With advancing technology and surgical techniques, patients now have the benefit of undergoing procedures that require just a few small incisions. In years past, those same procedures would have required large cuts and left equally large scars.

HOW IT WORKS

MIS—sometimes referred to as laparoscopic surgery—mirrors the techniques of traditional surgery but decreases the patient’s surgical trauma. Because surgeons using MIS lose some visibility with smaller incisions, they have to create a larger workspace. They do this by making a small cut in the skin, then gently expanding the body cavity with a gas (such as carbon dioxide). A small camera (laparoscope) is then inserted through the incision and into the newly expanded space to help surgeons see where to operate.

While MIS isn’t suited for all types of surgery, it has been used for such procedures as appendectomies, hernia repair, gallbladder surgery, hysterectomies, brain tumors, herniated spinal discs, knee and hip replacements, sinus surgery and certain types of heart procedures.

MINIMAL TRAUMA, MAXIMUM BENEFITS

The goal of MIS is to treat patients with the least amount of trauma. In addition to minimized scarring, this type of surgery also:

- **Minimizes bleeding.** Decreased blood loss means a decreased chance of blood transfusion.

- **Lessens pain.** Small incisions reduce trauma to the skin and underlying muscles, meaning less postoperative pain.
- **Reduces infections.** Unlike a traditional operation, where the body is wide open, tissue isn’t exposed to the air for extended periods during MIS.
- **Shortens hospital stays.** Reducing bleeding, pain and the chance for infection means you’ll get to walk out of the hospital sooner.
- **Hastens recovery.** MIS can dramatically reduce recuperation time—in some cases, by half.

Other minimally invasive procedures

Endoscopic surgery is similar to laparoscopic surgery because it also requires a small camera. However, the equipment (endoscope) passes through an existing opening such as the mouth, anus or urethra.

Robotic laparoscopic surgery uses techniques identical to laparoscopic surgery but allows surgeons to use robotic arms to perform the procedure.

Ablation targets and destroys diseases, such as kidney and prostate cancer, with high-frequency energy, leaving normal tissue nearby intact. It’s also been used to correct benign heart arrhythmias.

WAITING TO INHALE

Breathing problems you shouldn't ignore

Take a deep breath." The command sounds easy, but for some people it's not so simple.

Being unable to breathe deeply or feeling short of breath may be a sign of a serious condition.

If you have any of the following symptoms, get them checked out by a physician:

- inability to take a deep breath
- shortness of breath without exertion
- shortness of breath after mild exertion, such as climbing a short flight of stairs
- wheezing
- tightness in the chest
- pain or discomfort when inhaling and exhaling
- a chronic cough or clearing of the throat
- difficulty breathing when you lie down
- a lack of energy
- coughing up blood or mucus

Difficulty breathing shouldn't be taken lightly. Lung disease is the number three killer in the United States. It takes on many forms, including:

- Asthma, a chronic disease in which the passages that

carry air in and out of your lungs become sore and swollen. Asthma is characterized by wheezing, coughing, chest tightness and trouble speaking.

- Chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. In COPD, your airways and air sacs lose their shape and become floppy, like a stretched-out rubber band. Coughing up mucus is often a first sign of this disease. COPD is typically caused by cigarette smoking.
- Pneumonia, an inflammation of the lungs, usually caused by an infection. It's normally accompanied by shortness of breath and a cough or a fever.
- Lung cancer, which can take years to develop. If it's diagnosed early, before it spreads, the survival rate is almost 50 percent.

Breathing difficulties can also be a sign of heart disease or a heart disorder, such as congestive heart failure, heart arrhythmia or pulmonary hypertension.

In these or any other case of breathing distress, your physician can help you find the source of the problem with a thorough physical exam.



If you're having trouble catching your breath, it's time to see your doctor.

When cough drops don't do the trick

A chronic cough—one that lasts more than three weeks—may be your body's way of telling you a problem exists. Your cough could be the result of:

- allergies, particularly postnasal drip, which often triggers coughing
- asthma
- heartburn, where acid from your stomach backs up into your throat
- medicines, including beta-blockers for high blood pressure, migraines and glaucoma and ACE inhibitors



Donnie L. Romine
Chief Executive Officer

Dear neighbors,

In 2007, Weatherford Regional Medical Center (WRMC) accomplished key objectives that have positioned the hospital for continued success in the future. Our successes include:

- recruitment of 12 new physicians to serve your healthcare needs
 - improved core measures (the standard by which all hospitals are judged) from 75 percent to 93 percent
 - improved customer service and satisfaction scores
 - implementation of a call-back program for outpatient surgery patients, emergency patients and inpatients
 - implementation of a room-service program for inpatients
 - launch of the Senior Circle program for individuals ages 50 and older
 - launch of the Healthy Woman program for women of all ages
 - opening the fast track emergency room for less urgent healthcare needs
 - community partnership with involvement in local Chamber of Commerce events, schools and nonprofit organizations
- Our new emergency services physician group, EmCare,

began services at WRMC in October. We believe our new emergency department (ED) physician group, coupled with our skilled staff and expansion project, will allow us to bring a new dimension of emergency services to you.

WRMC expansion plans are complete with ground-breaking planned for this spring. The project will include a new ED (expanded from the current 11 beds to 23 beds), a new intensive care unit (expanded from the current 8 beds to 12 beds) and enlarged medical imaging services, laboratory services and inpatient pharmacy. Phase two of our expansion is now in the planning stages and will consist of a bed tower with private rooms.

We appreciate the community's confidence in naming WRMC the Big Business of the Year for 2007 by the Weatherford Chamber of Commerce. We're proud to be your hospital of choice for healthcare services, and look forward to exciting developments in 2008.

Sincerely,

Donnie L. Romine
Chief Executive Officer
Weatherford Regional Medical Center

PHYSICIAN SPOTLIGHTS



A. ELIZABETH BAILEY, D.O.
Family Medicine

Weatherford Primary Care
716 E. Anderson, Suite 100
Weatherford
(817) 596-7900

A. Elizabeth Bailey, D.O., earned her doctor of osteopathic medicine at Arizona College of Osteopathic Medicine of Midwestern University. Dr. Bailey performed her family practice residency at the University of North Texas Health Science Center. She is board certified in family practice and osteopathic manipulative treatment by the American Osteopathic Board of Family Physicians and is a member of the Texas Osteopathic Medical Association. Dr. Bailey is now accepting new patients of all ages.



YAGYA V. KAPILA, M.D., FACG
Gastroenterology

925 Santa Fe Drive 108
Weatherford
(817) 599-5135

Yagya V. Kapila, M.D., FACG, received his medical degree from Government Medical College in India. Dr. Kapila completed his internal medicine residency at Conemaugh Valley Memorial Hospital. He completed his fellowship in gastroenterology at the Medical College of Wisconsin and the Chicago Medical School. Board certified in internal medicine and gastroenterology, Dr. Kapila specializes in the diagnosis and treatment of digestive system diseases.

Facts, fun and a fabulous affair

Healthy Woman off to an exciting start

Nearly 200 women kicked off Weatherford Regional Medical Center's (WRMC) Healthy Woman program in September at SouthWest Ford. The event featured a women's expo and health fair offering free screenings, health information and demonstrations, partner exhibits and door prizes.

Guests enjoyed dinner and were treated to humor and words of wisdom from motivational speaker Suzanne Metzger, Ph.D., who's been on the national speaking circuit for 15 years. Dr. Metzger has authored the book, "Learning Through Living ... Some Assembly Required" and co-authored "The Complete Idiot's Guide to Living with Breast Cancer." Using humor, Dr. Metzger says women have always taken care of everyone else—children, parents, grandchildren, husbands/partners and even pets—before they've taken care of themselves. Her message: It's time women put themselves first, or they might not be around to take care of their loved ones in the future.

BY WOMEN, FOR WOMEN

Women—who make 90 percent of all healthcare decisions—often balance careers, primary and secondary families, issues with parents and civic work. 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 has selected a women's advisory council to assist the hospital with topics of interest for women in our community.

Join today!

To join Healthy Woman, visit www.weatherfordregional.com or call (817) 341-PINK (7465).



About 200 area women attended the successful Healthy Woman kickoff, which included a women's expo and health fair and an inspirational speech by motivational speaker Suzanne Metzger, Ph.D.

HEALTHY WOMAN A WEATHERFORD REGIONAL MEDICAL CENTER RESOURCE

First name _____ MI _____

Last name _____

E-mail address* _____

@ _____

Mailing address _____

City _____ State _____

Zip _____

Phone number () _____ - _____

Date of birth ____/____/____

Last four digits of your Social Security number** _____

Yes, you can provide my e-mail address to Healthy Woman sponsors so they may send me information of interest to women like me.

I prefer attending Healthy Woman events on (day of the week): _____

during lunch or in the evening

I'm interested in learning more about this/these topic(s): _____

Mail completed form to:

Weatherford Regional Medical Center
713 East Anderson Street
Weatherford, TX 76086

* You're not required to provide an e-mail address. However, doing so will allow you to receive event information and e-mail newsletters with valuable health information.

** This information is always kept strictly confidential. We use it only to identify Healthy Woman members who use our hospital.

HEALTHWISE QUIZ

How much do you know about **sleep disorders**?

Take this quiz to find out.

1

Lack of sleep may put you at a higher risk for:

- a. type 2 diabetes
- b. low blood pressure
- c. asthma
- d. gastric ulcers

2

Which of the following changes in your sleep routine may be a result of an underlying heart problem?

- a. waking up during the night to urinate
- b. waking up during the night due to shortness of breath
- c. not being able to fall asleep
- d. both a and b

3

Restoring your body with sleep has been shown to:

- a. improve skin tone
- b. improve red blood-cell count
- c. reduce eye strain
- d. improve reaction time and attention span

4

Women diagnosed with obstructive sleep apnea often experience these symptoms:

- a. snoring loudly with periods of gasping or snorting
- b. waking up with a sore throat
- c. waking up with a headache
- d. all of the above

5

The most common treatment for sleep apnea is:

- a. antihistamine medication
- b. surgery
- c. a continuous positive airway pressure (CPAP) mask worn at night
- d. analgesic medication

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



WOMEN: Is a heart attack in your future?

A heart attack may seem to come out of the blue. Yet your personal risk factors and lifestyle habits may hold clues to your heart's health and what your odds are of suffering from a heart attack.

LOOK FOR THE SIGNS

High blood pressure (140/90 mm Hg and above) and high blood cholesterol (240 mg/dL and above) are significant clues that you may be developing heart blockages in the form of plaque. Being postmenopausal and having diabetes or rheumatoid arthritis can also increase heart attack risk.

Talk with your healthcare provider about what risk factors are significant for you. He or she can help you control your blood pressure and cholesterol levels and may also recommend testing for metabolic syndrome. Recent research shows this condition may be useful for detecting signs of heart disease in women who might appear healthy. The signs of metabolic syndrome include a waist size greater than 35 inches, higher-than-normal levels of triglycerides and glucose, and insufficient levels of HDL, or good cholesterol.

Also, be aware of what a heart attack might feel like for a woman, as some symptoms can differ from those of men. Chest pain or pressure; nausea; vomiting; indigestion; cold sweat; shortness of breath; light-headedness; fatigue; or discomfort in the arms, back, neck, jaw or stomach are all possible signs.

GO HEART SMART

- Aim for a normal weight.
- Exercise for 30 minutes every day.
- Quit smoking and avoid secondhand smoke.
- Avoid foods high in saturated or trans fat and curb refined carbohydrates—cookies, white bread, sweet drinks—sometimes referred to as “high-glycemic-index” foods.

A one-stop shop for quality orthopaedic care

Broken bones, sprains or joint injuries can occur at any time, but you don't have to stop doing the things you love. Weatherford Regional Medical Center's (WRMC) orthopaedic program provides comprehensive and quality care. From surgery to therapy and recovery, we'll be with you every step of the way.

Orthopaedic care focuses on disorders of the musculoskeletal system, your bones, joints, ligaments, tendons and muscles that allow you to work, move and be active. WRMC treats patients of all ages with conditions from tendinitis to osteoporosis, sports injuries to on-the-job injuries and car accidents to at-home accidents.

A DEDICATED TEAM

The team is under the direction of skilled orthopaedic surgeons Thomas Binzer, M.D.; Ricky Ford, M.D.; Donal "Buck" Rose, M.D.; Gregory Swartz, M.D.; and Scott Smith, M.D. Our orthopaedic surgeons work with our medical and allied health professionals, combining advanced technology with experience.

As our community grows, so does the need for more surgical subspecialties. Major procedures performed by orthopaedic surgeons at WRMC include:

- total knee, shoulder and hip replacement
- hand and wrist surgery
- arthroscopic surgery
- foot and ankle surgery
- surgery for disorders of the spine

WRMC provides the care you need, close to home.



! Learn more!

For more information about orthopaedic services at WRMC, call our Physician Referral Line at (817) 599-1172.

www.weatherfordregional.com

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 **Weatherford
Regional Medical Center**
The lone star in medical care.

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Weatherford, TX 76086

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**Health
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