

Health Connection

BROUGHT TO YOU BY McNAIRY REGIONAL HOSPITAL

**The right doctors
for your family—
look inside!**

**Stay healthy
this summer**

Easing the sneezing
Surviving cold and
flu season

Number crunching
Managing high cholesterol

The whole-grain truth

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



A circle of friends

Senior program offers classes, discounts and more!



McNairy Regional Hospital's (MRH) new Senior Circle program represents our commitment to enriching the lives of men and women ages 50 and older. The program's goal is to provide opportunities for activities and fellowship while promoting health and wellness. Senior Circle offers health education, parties, travel, discounts and much more—for only \$15 a year.

SENIOR CIRCLE BENEFITS

- ScriptSave pharmacy discount cards: Members receive substantial discounts on prescriptions
- EyeMed vision care: Great savings on eye examinations, contact lenses, lens options and accessories, plus LASIK and PRK laser vision-correction procedures. Visit www.eyemedvisioncare.com for more information
- VIP service through our emergency room, where you're always our first priority
- Mail-order pharmacy program (through Wal-Mart)
- Free subscription to *Inside Circle*, our quarterly magazine
- Discounts on books (purchase hardback books at paperback prices)
- Discount on ADT Companion Services personal security systems
- Discount on hotel and car rental

ADDITIONAL BENEFITS FROM MRH

- Free upgrade from a semiprivate room to a private room (when available)
- Free meal for your spouse or caregiver each day you're in the hospital
- *Circle News*, Senior Circle's local bimonthly newsletter
- Special activities and events, including exercise and wellness classes, health-related educational seminars and holiday festivities
- 10 percent discount for breakfast or lunch in the hospital's cafeteria
- Free notary service, faxing and copying of health-related documents and insurance filing assistance
- Day and overnight travel opportunities throughout the year
- Corporate trips through Collette Vacations

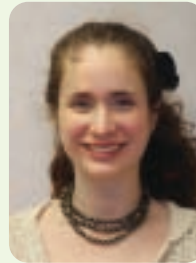
| Senior Circle | | | |
|---|--|--|---|
| MEMBERSHIP APPLICATION | | | |
| Today's Date: _____ | | Referred By: _____ | |
| McNairy Regional Chapter | | <input type="checkbox"/> New <input type="checkbox"/> Renewal | |
| MEMBER'S LAST NAME | | MIDDLE I | <input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Mr. <input type="checkbox"/> Dr. |
| FIRST NAME | | SEX <input type="checkbox"/> M <input type="checkbox"/> F | |
| AREA CODE/PHONE NUMBER | | Birthday Mo. ____ Day ____ Yr. ____ | |
| ADDRESS | | APT # | |
| | | STATE | ZIP |
| SSN | | | |
| I authorize <input type="checkbox"/> do not authorize <input type="checkbox"/> that a Senior Circle representative may be notified of my admittance to participating hospitals and may contact me while in the hospital to ensure my needs are being met. | | | |
| Signature: _____ | | | |
| COMPLETE SECTION BELOW FOR SECOND MEMBER, SAME HOUSEHOLD ONLY | | | |
| MEMBER'S LAST NAME | | MIDDLE I | <input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Mr. <input type="checkbox"/> Dr. |
| FIRST NAME | | SEX <input type="checkbox"/> M <input type="checkbox"/> F | |
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| Signature: _____ | | | |
| PAY BY CHECK ONLY | | | |
| <input type="checkbox"/> One Year Membership \$15.00 (SC1) | | | |
| <input type="checkbox"/> Two - One Year Memberships \$27.00 (TW1) | | | |
| SAVE 10% Same Household only. | | | |
| <input type="checkbox"/> Two Year Membership \$27.00 (SC2) SAVE 10% | | | |
| Return your completed application and check or money order to: | | | |
| Senior Circle Association 785 E. Poplar Avenue Selmer, Tennessee 38375 Attn: Donna Atkinson, Advisor | | | |

Join the Circle today!

Visit our Web site at www.mcnairyregionalhospital.com, or call our dedicated Senior Circle advisor, Donna Atkinson, at (731) 646-2322. To reach Senior Circle's toll-free member services hotline, call (800) 211-4148.

PHYSICIAN SPOTLIGHTS

The experienced, dedicated physicians of McNairy Regional Hospital can help your family stay healthy. We'd like to introduce you to our new internist/pediatrician and announce the opening of our new Ob/Gyn clinic.



NICHOLE FEENEY, M.D.
Internist/Pediatrician
(731) 645-6777

McNairy Regional Hospital is pleased to welcome our newest physician, Nichole Feeney, M.D., to our medical staff. Dr. Feeney began her practice here in Selmer on May 1. Her office is located on the hospital grounds in the office complex at the rear of the hospital. She's board certified by the American College of Internal Medicine and the American Academy of Pediatrics.

Dr. Feeney and her family are new residents of McNairy County. When you have the opportunity to meet Dr. Feeney, welcome her to our hospital and community. We're very pleased she has joined our family here at McNairy Regional Hospital. To schedule an appointment with Dr. Feeney, call (731) 645-6777.



J. DANIEL BAXTER, M.D.
Obstetrician/Gynecologist
(731) 645-3221

McNairy Regional Hospital is pleased to announce that J. Daniel Baxter, M.D., and his clinic, McNairy OB/GYN & Associates, are now located in the hospital. The clinic is in the outpatient area on the second floor. Dr. Baxter is board certified by the American College of Obstetricians and Gynecologists.

Dr. Baxter is most interested in the managed care of women throughout their childbearing years and beyond. Caring for the mature woman going through menopause and hormone changes can be challenging, but that is what Dr. Baxter believes he does best. He has your best interests at heart.

Dr. Baxter and his family have been living here in McNairy County for a little more than a year. If you get the opportunity, please introduce yourself to Dr. Baxter. To schedule an appointment with Dr. Baxter, call (731) 645-3221.



**Congratulations to
Gail Lipford, L.P.N.**

**2006
Patient Choice
Award Winner**

We asked for your help
in picking an
outstanding nurse.

You exceeded our expectations
just like our nurses do every day.

**Patient
Choice
Award**

When we asked you to help us select a nurse who had gone above and beyond the call of duty to help you or a family member as a patient, you responded with stories that touched our hearts and confirmed what we already knew. All of our nurses are extraordinary.

One nurse, however, did stand out among such an incredible group of healthcare professionals. **Gail Lipford, L.P.N.** was our winner. Her dedication to providing outstanding care exceeds not only our expectations, but also those of our patients. We thank Gail and we congratulate her for making a difference in our community.

MRH McNAIRY
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Fast fact

Most heart attack victims wait at least two hours after symptoms begin before summoning medical help. Calling for emergency medical help within the first five minutes of heart attack symptoms can mean the difference between life and death.

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.

Stay healthy this summer

It has been a lively summer here at McNairy Regional Hospital. Since May, Nichole Feeney, M.D., has been busy seeing her first patients (read more about her on page 5 of this issue), we recently added another day to our mobile magnetic resonance imaging (MRI) services and summer Senior Circle activities are in full swing.

Consider it the summer slump, blame it on the heat index or just the dog days of summer—no matter—we all seem to find an excuse to avoid exercise this time of year. Common sense tells us to not get overheated, drink plenty of fluids and avoid extended periods of sun exposure, but those extra precautions shouldn't excuse us from exercise. Early morning or late evening strolls are two ways to continue your exercise program and not risk heat-related health problems.

Summer time is for taking family vacations, reading in the hammock or spending an afternoon on Pickwick Lake.

Just remember when those sprains occur at the Little League game, or the fish hook ends up in your finger instead of the fish, your hospital family stands ready to help.

Regards,

PAMELA W. ROBERTS
Chief Executive Officer
McNairy Regional Hospital



Pamela W. Roberts
Chief Executive Officer

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SUMMER 2006

Health Connection

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