

Health Connection

Harris Hospital

www.harrishospital.com

FROM YOUR FRIENDS AT HARRIS HOSPITAL

Harris Senior Care reopens

Senior Care at Harris Hospital helps older adults ages 55 and better address their emotional and behavioral health concerns. Through a combination of therapies, education and wellness programs, Senior Care assists older adults in redeveloping living skills that will help them cope with issues that may accompany the aging process.

INDIVIDUALIZED TREATMENT

Senior Care recognizes that each person has unique situations and needs. This is why an individualized treatment plan is developed for each patient. Senior Care uses a holistic approach to treating each patient. We offer a variety of therapies and activities, including dietary consults, medication management, continued care planning and group, individual, recreational and physical therapy.

Our support team includes:

- psychiatrists
- primary care physicians
- nursing staff
- social workers
- dietitians
- administrators
- physical therapists
- recreational therapists

This healthcare team provides quality care for each patient admitted to the Senior Care program. These professionals are specially trained and licensed to address the unique needs and concerns of older adults.



When care is needed

Issues that may indicate a need for referral to Senior Care include:

- feelings of worthlessness
- sleep disturbances
- suicidal thoughts
- fatigue
- depression
- anxiety
- social withdrawal
- severe memory loss
- disorientation
- hallucinations

! Get back on track!

Referrals from physicians, health professionals, nursing care centers, family members or patients may be made to Senior Care by calling **1-800-360-2561** or faxing **(870) 512-3446**.

Confidential consultations may be done at the hospital or another location and are available at no charge.

CHRONIC PELVIC PAIN

Causes and cures

Women who suffer from chronic pelvic pain may feel that the discomfort is something they just have to live with—a “side effect” of being female. But they don’t have to suffer. Chronic pelvic pain, or CPP, is a real medical condition. And that means it can be treated.

WHAT CAUSES PELVIC PAIN?

You may be suffering from CPP if you’ve had recurring pain in your lower abdomen and pelvic area for at least six months. The symptoms can vary. You may feel pain all the time or it may come and go. You may have a mild, dull ache or sharp, stabbing pain. In addition, you may have abnormally painful menstrual periods (*dysmenorrhea*), low backache, pain during intercourse, pain when going to the bathroom or rectal itching and burning.

The most common causes are gynecological:

- **Endometriosis.** In this condition, tissue from the uterine lining grows on other pelvic organs. When you have your period, this tissue swells and bleeds, causing pain and scarring.
- **Pelvic inflammatory disease.** This is an infection in the uterus, fallopian tubes and ovaries.
- **Fibroids.** These are benign (noncancerous) growths in the uterine wall.

TESTING AND TREATMENT

Your physician will evaluate your pain by taking a detailed health history and performing a physical exam. He or she may also order some diagnostic tests, such as blood tests, urologic tests, X-rays or laparoscopy (a minimally invasive procedure in which the surgeon inserts a thin lighted tube through an incision in the abdomen to view your pelvic organs).

Treatment depends on the cause of your pain and includes the following options:

- stopping ovulation with birth control pills or injections
- using pain relievers such as ibuprofen or naproxen
- performing relaxation exercises, biofeedback and physical therapy
- taking antibiotics
- getting psychological counseling
- having surgery

Stress incontinence: Help is available

It may be embarrassing, but stress urinary incontinence is a common problem among women. It’s also highly treatable. In fact, eight in 10 women who seek treatment see an improvement or are cured.

Stress incontinence occurs when any kind of pressure is put on the bladder, such as when you sneeze, laugh, lift, cough, exercise or even rise from a chair. Childbirth and weight gain are two common causes of incontinence because these conditions stretch the pelvic floor muscles. Hormone changes during menopause, some medications and other factors can also cause incontinence.

Your physician has many treatment options, including medication, strength exercises, biofeedback and, in extreme cases, surgery. So don’t let embarrassment keep you from asking for help.



Put out the fire

Heartburn can raise your risk for cancer

Nearly everyone has had an occasional bout of heartburn, or acid indigestion, after a spicy meal. But if you have chronic heartburn that occurs more than twice a week, you may be suffering from a more serious condition called gastroesophageal reflux disease (GERD). If you think you may be suffering from GERD, don't ignore it—without treatment it may eventually lead to more serious health problems, including cancer.

WHAT IS GERD?

Though it's commonly called heartburn, GERD is a digestive condition that has nothing to do with your heart. Food is carried from your mouth to your stomach through your esophagus tube, which is connected to the stomach by the sphincter muscle. The sphincter usually closes once food passes into the stomach, but if it doesn't close properly, digestive juices rise back up into your chest and throat. They cause the burning feeling near your heart—hence the name heartburn.

GERD can also cause a dry cough and swallowing difficulties, make asthma worse and disrupt sleep. Left untreated, it can damage the esophagus' lining and cause bleeding or ulcers.

A MORE SERIOUS DEVELOPMENT

GERD can also result in a condition called Barrett's esophagus, in which stomach acids actually cause changes to cells in the esophagus. These damaged cells can lead to esophageal cancer.

Barrett's esophagus is diagnosed with an upper gastrointestinal endoscopy. In this outpatient procedure, the physician passes an endoscope—a small, lighted tube with a tiny camera at the end—into the throat. This lets the physician look for tissue abnormalities and take a tissue sample through the endoscope if needed.

GETTING RELIEF

If you suffer from heartburn more than twice a week, see your physician. He or she may recommend lifestyle changes (*see "Don't go for the burn," below*) as well as over-the-counter or prescription drugs such as:

- antacids (brand names include Mylanta, Maalox, Alka-Seltzer, Rolaids)
- H2 blockers (Tagamet, Pepcid, Zantac)
- proton pump inhibitors (Nexium, Prilosec, Prevacid)

Some of these drugs can also help improve Barrett's esophagus. In rare circumstances, your physician may recommend surgery to repair the sphincter.

Don't go for the burn

One key to soothing heartburn is to avoid the triggers that can lead to discomfort.

In general, the following lifestyle changes can help most people put out the fire:

- If you smoke, stop.
- Avoid foods and beverages that worsen symptoms, such as citrus fruits, chocolate, fried foods, tomato-based foods, spicy foods and drinks with caffeine or alcohol.
- Lose excess weight.
- Eat small, frequent meals.
- Wear loose-fitting clothes.
- Avoid lying down for three hours after a meal.



MEET OUR TEAM

The experienced, dedicated medical staff members at Harris Hospital can help you and your family stay healthy. We'd like to introduce two of them to you.



FRAN DUKE, M.D.
Family Practice

**Newark Family Medical and
Surgical Clinic
595 N. Locust
Newark
(870) 799-1116**

Fran Duke, M.D., emergency room physician at Harris Hospital, recently added full-time practice at the Newark Family Medical and Surgical Clinic to her schedule. "I love working in the emergency room because of the variety of medical issues you see," says Dr. Duke, "but the clinic gives me an opportunity to provide care for patients in a different setting."

A graduate of Arkansas College (now Lyon College), Dr. Duke completed her medical degree and internship at the University of Arkansas for Medical Sciences in Little Rock. She practiced family medicine in Newport from 1980 to 1984, and then transferred to full-time emergency medicine in north central and northeast Arkansas.

Dr. Duke lives by her motto: "I get up every morning and ask God to give me the strength to do the best I can with what I have on that given day, and hope that everyone else around me has the same attitude." Harris Hospital is proud to have Dr. Duke on our team.



PAUL HERGENROEDER, M.D.
Obstetrics/Gynecology

**2000 McLain
Newport
(870) 523-6728**

Originally from Ohio, Paul Hergenroeder, M.D., has delivered several thousand babies. He has a wealth of knowledge about women's healthcare and takes pride in striving to ensure that his patients have the knowledge needed to make the best medical decisions possible.

Dr. Hergenroeder moved to Newport to open his obstetrics/gynecology practice after practicing in Washington, D.C., and Virginia. He was a member of the Newport Hospital medical staff from 1984 until it closed in 2005 and joined the Harris Hospital medical staff in 1984. He currently serves as chairman of the Quality Improvement Committee and is a member of the Infection Control Committee and the Jackson County Right to Life Association.

He received his medical degree from Georgetown University School of Medicine in Washington in 1974 and completed his residency and internship at Georgetown University in 1977. He's a member of the American Academy of FertilityCare Professionals and the Knights of Columbus.

Dr. Hergenroeder's hobbies include yard work, sports and politics. Dr. Hergenroeder and his wife, Lanelle, have a daughter, Starla.

MESSAGE FROM OUR CEO

Healthcare tools for you



Claude E. (Chip)
Camp, III, FACHE
Chief Executive Officer

Dear neighbors,

Many of you may have seen the updated Medicare Web site, www.hospitalcom [pare.hhs.gov](http://www.hospitalcom), which allows consumers to compare hospitals on several measures of quality and outcomes. You'll notice that Harris Hospital exceeds other area hospital's scores on treating patients with

pneumonia. We're also ranked in the top 10 percent nationally on several other healthcare indicators. If you haven't visited this site, please do so.

A WEALTH OF INFORMATION

An additional Web site that may benefit you is our own, www.harrishospital.com. Click on "Health Resources" and you'll find a wealth of information about many health conditions and ways to maintain good health. We update this site with current information to help you become a more educated consumer. Take a look at both Web sites and contact us at (870) 523-8911 if you have any questions.

We're honored that you trust us with your families' healthcare and appreciate your continued support.

Sincerely,

CLAUDE E. (CHIP) CAMP, III, FACHE
Chief Executive Officer
Harris Hospital

Harris educates students

Harris Hospital was proud to partner with Jackson County schools this summer in introducing medical education to several community students. Caramia Daniels, a Jackson County school district instructor, directed the annual summer Community Health Action in Medical Public Service (CHAMPS) and Medical Applied Sciences for Health (MASH) program at Harris Hospital.

HANDS-ON EXPERIENCE

The program provides hands-on experience in health careers, health education and community service to junior and senior high school students. They're exposed to different areas of medicine and other health-related professions and interact with physicians, nurses, medical technologists, respiratory therapists, radiology technologists, physical therapists and pharmacists. Students learn to identify some of the various healthcare specialists, see what they do, how they relate to one another and discover how the fundamentals of biology, anatomy and other sciences are used in real life.



Our 2008 CHAMPS and MASH group (from left): Director Caramia Daniels and students Sara Thompson, Mandy Rowland, Brooke McGee, Kelsey Baker, Jordan Davis, Jasmine Jackson, Brittany Seals and student assistant Alison Green. Not pictured is student Marilyn Winston.

! Find what you need!

Whether you're looking for health information or a chance to volunteer at Harris Hospital, you can find what you need at our Web site. Visit www.harrishospital.com today.

HEALTHWISE QUIZ

How much do you know about stroke?

Take this quiz to find out.

1 A stroke occurs when blood flow is interrupted to your:

- a. heart
- b. lungs
- c. brain
- d. kidneys

2 Someone in the United States has a stroke:

- a. every 45 seconds
- b. every 4 minutes
- c. every 45 minutes
- d. every 4 hours

3 Which of the following are major risk factors for stroke?

- a. smoking
- b. high blood pressure
- c. high cholesterol
- d. all of the above

4 Which of the following is usually not a symptom of stroke?

- a. sudden numbness, weakness or paralysis of your face, arm or leg—usually on one side of your body
- b. sudden difficulty speaking or understanding speech
- c. sudden blurred, double or decreased vision
- d. sudden shortness of breath

5 How quickly must clot-busting drugs be given after the onset of a stroke to be effective?

- a. within 1 hour
- b. within 2 hours
- c. within 3 hours
- d. within 4 hours

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



Holiday health alert PROTECT YOUR HEART

The holidays are supposed to be a happy time of year. But for many people, they can end up being a particularly *unhealthy* time of year. Heavy meals, excessive alcohol, smoking, stress—they all can take a toll. Your heart is especially vulnerable. But knowing which dangers lurk can help you take control of your heart health this season.

STRESS INDUCERS

Three main triggers tend to cause holiday stress, says the Mayo Clinic:

- 1. Relationships.** Family tensions often increase during the holidays. What's more, those facing the holidays away from loved ones may feel lonely or sad.
- 2. Finances.** Spending too much on gifts, travel, food and entertainment can increase stress.
- 3. Physical health.** All that shopping, socializing, cooking, eating and drinking can be exhausting, especially for those already suffering from an illness.

STRESS REDUCERS

To avoid holiday stress and health problems:

- Exercise and get enough sleep. Both fight off stress and fatigue.
- Watch what you eat. Go ahead and have your favorite holiday treats, but do so in moderation.
- Find time for yourself—do things *you* like to do.
- Seek help. If the holidays overwhelm you with sadness, anxiety or physical problems, talk with your physician. You may be suffering from depression, which needs to be treated.

Healthy eating

7 winning ways to weight-loss success

The upcoming holidays present considerable challenges to eating healthfully. But with some careful planning and these helpful tips, you can stick with your weight-loss plan and enjoy a healthier lifestyle all year long.

- 1 **Work with your physician.** He or she can help you plan for and meet your goals.
- 2 **Set reasonable expectations.** Don't try to lose weight during the holidays. Simply maintaining your current weight will be a real accomplishment.
- 3 **Eat a variety of foods.** If you know you'll be having high-fat foods at dinner, focus on lots of fruits and vegetables for breakfast and lunch.
- 4 **Stay active.** Find 30 minutes a day to walk. If you're too busy—and who isn't?—break it up into three 10-minute walks.
- 5 **Eat breakfast every day.** Studies show that people who eat breakfast are less likely to overeat the rest of the day.



- 6 **Ask for a doggy bag.** When eating at a restaurant, eat half of your meal and bring the rest home for later.
- 7 **Reduce stress.** Stressful times can cause many to overeat. Find healthier ways to cut stress. Exercise, get plenty of sleep and spend time with people whose company you enjoy.

When the ER should be your only option

How do you know when to treat a medical problem yourself, go to the emergency room (ER) or wait it out? For the following three situations, knowing how to react can mean the difference between life and death.

Chest pain. Chest pain that often comes with certain activities and then goes away easily is called stable angina. More than likely, if you've had this kind of angina for some time, you know how to treat it yourself.

Angina that comes on unpredictably or changes over time is called unstable angina. It may be the first sign of a heart attack. Get emergency treatment.

Asthma attack. Your asthma action plan tells you how to react to an asthma attack. But sometimes, even when you follow your plan, the attack may become severe. Go to the ER if:

- Your asthma medicine doesn't help.



- You feel a little better after taking your medicine, but serious symptoms come back quickly.
 - Your lips and fingernails are bluish or grayish.
 - You have trouble talking or walking.
- Insect bite.** Bug bites usually cause mild reactions—some swelling, minor pain, itching—that go away in a day or two. You can treat them with an icepack for the pain and an antihistamine to reduce swelling.

A severe reaction, however, can be life threatening. If you notice difficulty breathing, swelling of the lips or throat, dizziness, con-

fusion, a rapid heartbeat or nausea, cramps and vomiting, get to the ER.

In an emergency, don't drive yourself to the ER. Have someone drive you or, better yet, call for emergency medical assistance. The equipment and expertise on an ambulance can give you lifesaving first aid on the spot.

Clinic update



Marvin W. Ashford Jr., M.D., a general and invasive cardiologist, replaces Kala R. Mehta, M.D., in the outpatient cardiology clinic at Harris Hospital. His office hours are Thursdays, 10 a.m. to 1:45 p.m. at 1117 McLain St., Suite 100. With Dr. Ashford joining our team, there'll be no interruption in outpatient cardiology services.

Dr. Ashford, board certified in internal medicine, completed his residency at Duke University Medical Center in Durham, N.C., in 2000, and his fellowship from Washington University in St. Louis School of Medicine in Missouri in 2004. Dr. Ashford is also associated with the Heart Clinic Arkansas.

! Stay close to home for heart care!

To make an appointment with Marvin W. Ashford Jr., M.D., call (501) 758-5133.

SCHEDULING UPDATES

We're happy to provide you with special services so you don't have to travel out of town to see a physician. Please note the following changes to the outpatient clinic schedule:

Cardiology

PATRICK FLAHERTY, D.O.

(clinic located across the street from the hospital)

Third Tuesday of each month,
1 to 5 p.m.

1-800-264-5722

MARVIN W. ASHFORD JR., M.D.

(1117 McLain St., Suite 100)

Thursday, 10 a.m. to 1:45 p.m.
(501) 758-5133

Vascular Clinic

DEE WHITE, A.P.N.

Second Monday of each
month, 9 a.m. to 1 p.m.

(501) 978-3746

Ear, Nose and Throat

JOHN JIU, M.D.

Every other Thursday,
12:30 to 3 p.m.

(870) 932-6799

Oncology

JAMES BECK, M.D.

Tuesday, 8:30 a.m. to noon
(870) 512-3042

Podiatry

MARK REINER, D.P.M.

MICHAEL HAUGHEY, D.P.M.

Tuesday, 1 to 4 p.m.
1-800-737-3668

Urology

ROB EMERY, M.D.

(clinic located across the
street from the hospital)

Wednesday (except last
one of each month),
9 a.m. to 1 p.m.

1-800-371-8681

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