

# Health Connection



Harris Hospital

www.harrishospital.com

FROM YOUR FRIENDS AT HARRIS HOSPITAL

## Bouncing back from joint pain

### Orthopedic services now available

**H**arris Hospital is excited to now offer a full range of orthopedic services for our patients in Newport and the surrounding area. Orthopedics focuses on injuries and diseases of your body's musculoskeletal system, including your bones, joints, ligaments, tendons, muscles and nerves that allow you to move, work and be active. We care for patients of all ages, from newborns with nonoperative clubfeet to young athletes requiring arthroscopic surgery to older people with arthritis.

Orthopedic surgeons offer specialized services, including:

- injury or disorder diagnosis
- treatment with medication, exercise or surgery
- rehabilitation with exercises or physical therapy
- information and treatment plans to prevent injury or slow disease progression

Many orthopedists specialize in the foot and ankle, spine, hip, knee or hands, while others focus on pediatric orthopedics, trauma or sports injuries. Common procedures performed include:

- **arthroscopy**, which uses a special camera and equipment to diagnose and treat problems inside a joint

### ! Restore your mobility!

**T**o reach the clinic, call (870) 523-2320. New patients and referrals are currently being accepted. At your visit, present X-rays or MRI studies for your injury. A referral is needed if your insurance requires it. The clinic is at 1200 McLain St., Suite B.



- **internal fixation** to hold a broken bone in position with metal plates, screws or pins while the bone is healing
- **joint replacement**, when an arthritic or damaged joint is replaced with an artificial joint called a prosthesis
- **soft tissue repair**, the mending of soft tissues such as ligaments or tendons

Our orthopedic clinic staff includes Davina Thompson, office manager; Paula Breckenridge, B.S.N., R.N.; and Leopold H. Garbutt, M.D., orthopedic surgeon.

Win a  
**FREE**  
\$100 Wal-Mart  
gift card!  
Turn to page 2.



# The secret to weight control for women: Pumping iron!

**R**eaching middle age doesn't mean you get to retire to the porch rocking chair. Since your metabolism slows as you get older, it's more important than ever to stay active to keep from gaining weight.

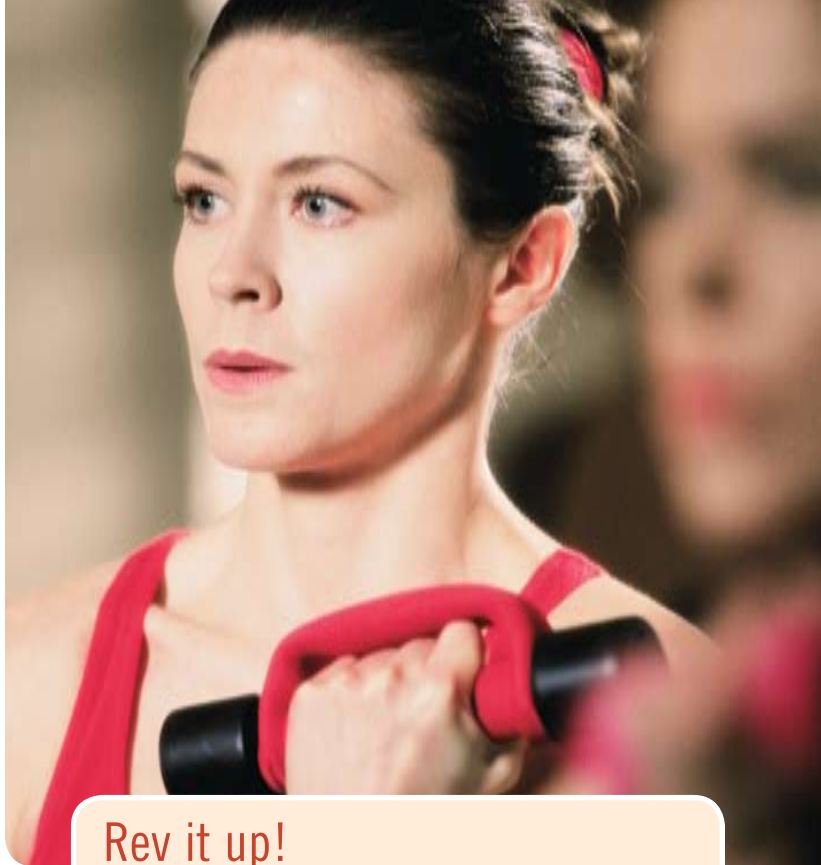
## STUCK IN THE MIDDLE

A buildup of belly fat isn't uncommon as you age, but there's a powerful weapon to help you combat middle-age spread: weight lifting. A National Institutes of Health study found that women who pumped iron twice a week—on machines or using free weights—prevented or slowed unhealthy fat accumulation around the midsection, which has been linked to heart disease and other ailments.

But the benefits don't stop there. Weight lifting, or strength training, can also help you:

- relieve arthritis
- improve your balance and reduce falls
- strengthen your bones
- maintain an overall healthy weight
- control your blood sugar
- improve your sleep
- increase your aerobic capacity
- boost your self-esteem

Strength training can be done by most anyone at any age. To get started, talk with your doctor. He or she can recommend an exercise program suited to your abilities. When combined with regular aerobic exercise, weight lifting can be just what the doctor ordered.



## Rev it up!

**T**ry combining weight lifting with these surefire ways to kick-start your metabolism and keep off the pounds.

- 1. Get your zzzs.** When you don't sleep well, your body craves energy and releases glucose into the bloodstream, which slows your metabolism and contributes to weight gain. But getting enough sleep—about eight hours—can keep your metabolism on course.
- 2. Eat breakfast.** Breakfast fuels you for the rest of your day. Skipping meals can cause you to eat more high-calorie, high-fat foods at your next meal. Eating smaller, more frequent meals can boost metabolism.
- 3. Go aerobic.** Engaging in activity that raises your heart rate for at least 60 minutes on most days can help you control weight and boost metabolism. Aerobic activities include walking, jogging, cycling and swimming.

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**Take our survey and win a \$100 Wal-Mart gift card!**

**W**e need your input! We'd like to know what you think about our publication so we can better serve your needs. Please take a few minutes to complete our online survey. Your responses will be used to improve our services to the community and to enhance our publication.

Filling out the online survey is easy: Simply go to [www.healthconnectionmag.com](http://www.healthconnectionmag.com) and complete the survey.

By completing our survey, you'll be automatically entered in a random drawing to win one of five gift cards.

All surveys must be completed online by May 27, 2008, to be eligible to win. One entry per person please. Thank you for your time and assistance.

All responses will be kept strictly confidential. We do not sell, rent or give away your e-mail address.



## JOINT SOLUTIONS

# Not your father's knee surgery

**Y**our knee joints support almost half your body weight, so it's no wonder that they sometimes break down.

If you have joint pain and have exhausted non-surgical remedies—medicines, exercise, weight loss, physical therapy—it may be time to consider a knee replacement.

Today's knee replacements allow for greater range of motion and flexibility than in the past, so patients can return to active lifestyles. According to the American Academy of Orthopaedic Surgeons, 90 percent to 95 percent of today's knee replacements last 15 years or more. More than 150 knee-replacement designs are available today. The type of implant that best suits you depends on factors such as your weight, age, gender and anatomy.

### NEW HELP FOR KNEE PAIN

Because surgeons can perform minimally invasive knee replacement, patients suffer less trauma to surrounding muscles, tissues and tendons and less bleeding than with traditional surgery. Surgeons make

a four- to six-inch long incision, compared with the traditional eight to 10 inches. Smaller incisions mean shorter hospital stays, faster recoveries and less scarring.

Depending on the level of damage, surgeons may replace only some parts of the knee. If the entire joint is damaged, they'll perform a total knee replacement in which the damaged area is removed and replaced with implants made of plastic, metal or ceramic.

However, like natural joints, man-made versions can wear down, requiring a second surgery. Also, when minimally invasive surgery is performed, some studies show a risk that the knee implant won't be as accurately placed as with traditional knee replacement. (Some surgeons use computer-guided instruments to help combat this problem.)

If you're considering knee replacement surgery, your doctor will weigh the benefits and risks of minimally invasive surgery and discuss with you the best surgical option to get you back on your feet, pain free.

### Anatomy of a worn-out knee

**C**artilage acts as a protective layer so your joints can move smoothly with little friction. But sometimes cartilage is damaged—most commonly from osteoarthritis—which can cause pain and inflammation in the tissues surrounding the joint. Over time, the cartilage wears away, allowing rough edges of the bone to rub against each other, which can result in more pain.



## 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.



**MUFIZ CHAUHAN, M.D.**  
Radiology

1205 McLain St.,  
Newport  
(870) 523-6592

**M**ufiz Chauhan, M.D., board certified in radiology, joined Harris Hospital in 1981 after

working in the cold climates of Thief River Falls, Minn., and Bemidji, Minn.

Dr. Chauhan received his medical degree from King Edward Medical College in Lahore, Pakistan, and completed his internship in pathology at Bridgeport Hospital in Bridgeport, Conn. He completed his diagnostic radiology residency at the University of Arkansas for Medical Sciences in Little Rock.

He's a member of the Harris Hospital board of trustees, was chief of medical staff in 1995, 1996, 2003 and 2007 and is board chairman of the Harris Healthcare 20/20 Council, which he was instrumental in initiating. He's served on various hospital committees and has been treasurer and secretary for the Jackson County Medical Society since 1994, serving as a delegate to Arkansas Medical Society since 1990. Dr. Chauhan is active in local and national politics.

He and his wife, Aisha, have been married for 30 years. They have two children, a daughter Saima and a son Zain.



**WADE FALWELL, M.D.**  
Family Practice

2000 McLain St.,  
Newport  
(870) 523-3053

**B**orn and raised in Bradford, where his family has farmed for many years, Wade Falwell,

M.D., joined the medical staff of Harris Hospital in 1998 and is also on staff at St. Bernard's Medical Center in Jonesboro. Dr. Falwell is board certified by the American Board of Family Medicine. He joined the Newport Hospital medical staff in 1990 and began his family practice clinic. He received his medical degree from the University of Arkansas for Medical Sciences in Little Rock in 1987 and completed his residency at Jefferson Regional in Pine Bluff in 1990.

He's a member of the American Medical Association, the Arkansas Medical Society and the Jackson County Medical Society. He was twice chosen as Jackson County Physician of the Year.

Dr. Falwell and his wife, Debbie, who's worked closely with him in his office for several years, are proud of their daughter Druanne; oldest son Wade Falwell Jr., M.D., his wife Autumn and their two children, Wade III and Henry; and his son Craig Falwell, wife Alesha, who also works in the family practice office, and their two children, Craig Jr. and Sophie Rose.

## Patients: At the heart of our care

Dear neighbors,

**A**t Harris Hospital, our mission is to make the patient the heart of our care. We're conscious of this fact since many of our patients are friends, neighbors and even family members. As your community hospital, we're pleased to offer quality services and advanced care close to home.

### BETTER HEALTH IS JUST A CLICK AWAY

We recently updated our Web site, and I invite you to visit [www.harrishospital.com](http://www.harrishospital.com) to see the improvements. The site has information about our hospital as well as health and wellness articles that will be helpful to you and your family.

Our "Health Resource" section, affiliated with TV's Discovery Channel, has a wealth of health information designed for easy access and understanding. For example, the site provides insights about medication concerns and interactions, surgical procedures, lab tests and

nutrition. You can even take a virtual tour of the human body. I encourage you to take the time to check it out—it's our way of being there for you.

Thank you for your support.

Sincerely,

CLAUDE "CHIP" CAMP  
Chief Executive Officer  
Harris Hospital



## Hats off to our Woman of the Year!



Margaret Goodman  
Senior Circle Advisor

**C**ongratulations to Margaret Goodman, Harris Hospital's Senior Circle advisor, who was named 2007 Woman of the Year by the *Newport Independent*.

This award recognizes an area woman who has displayed a selfless spirit and committed service to Newport and Jackson County. What an honor for Goodman and also an honor for Harris Hospital.

Advisor since 1999, Goodman organized the area's first Senior Circle program, which now boasts 725 members. Anyone who knows her is well aware that she could have won this award based on Senior Circle alone. The people in the program have become her family and she treats them that way, always wanting the best for them.

Goodman's also committed to the March of Dimes as Jackson County Chairman and to Relay For Life, another organization close to her heart. She's worked tirelessly for these two groups for more than 10 years. Goodman is a member of the Newport Kiwanis Club, a Fraternal Youth Club Leader and an active member of the Holden Church of Christ. We're proud that she's on our team.

### ! Seniors: Join the circle!

**T**o become a member and start benefiting from the Senior Circle program, call (870) 512-3030.

## HEALTHWISE QUIZ

### How much do you know about cancer's risk factors?

Take this quiz to find out.

1

**Which is not a known breast cancer risk factor?**

- a. alcohol
- b. obesity
- c. number of pregnancies
- d. an injury to the breast

2

**Smoking:**

- a. causes one-quarter of all cancer deaths
- b. causes one-third of all cancer deaths
- c. causes only lung cancer
- d. none of the above

3

**If you're a male, you have a greater chance of developing prostate cancer if you are:**

- a. Asian
- b. Hispanic
- c. African-American
- d. Caucasian

4

**You can reduce your risk of colon cancer by:**

- a. eating less red meat
- b. eating at least three servings of vegetables a day
- c. both a and b
- d. There's nothing you can do to reduce your risk.

5

**Over the years, routine Pap tests have reduced the rate of which type of cancer?**

- a. ovarian
- b. cervical
- c. uterine
- d. bladder

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



## Putting your heart to the test

If your doctor wants to find out how well your heart is working, he or she may have you take an exercise stress test. A stress test, or exercise electrocardiogram, typically requires that you walk or run on a treadmill at varying speeds and inclines while hooked up to heart-monitoring equipment.

A stress test can also help determine the cause of chest pain, light-headedness or shortness of breath or predict the likelihood of a heart attack. It can also determine your capacity for exercise, especially if you have been physically inactive.

### HOW THE TEST WORKS

When you exercise, your body demands more oxygen, requiring your heart to pump more blood. During exercise, your doctor can detect symptoms that could reveal a heart problem. Signs of potential trouble include abnormal changes in your heart rate or blood pressure or shortness of breath. A blockage in the arteries, an irregular heartbeat and poor aerobic conditioning can all cause these symptoms.

Because women don't always have the same heart symptoms as men do, standard stress tests may be less accurate for females. In these instances, your doctor may recommend an imaging stress test that takes pictures of the heart, such as magnetic resonance imaging, echocardiography or positron emission tomography.