

Health Connection

Harris Hospital

www.harrishospital.com

FROM YOUR FRIENDS AT HARRIS HOSPITAL

Keep your child injury-free

By Kris I. Nwokeji, M.D., Pediatrician

When warm weather approaches, more children play sports activities, increasing their chance of injury. Parents who have the right preventive knowledge can help keep their sporting kids injury-free this spring and summer.

COMMON SPORTS INJURIES

Children are more likely to get hurt playing sports because they're still growing—and at different rates. And children don't usually understand or think about the risks involved in playing sports, making them more prone to injury. Common sports injuries include:

Acute injuries occur suddenly and are usually associated with a trauma, ranging from bruises and sprains in young children to broken bones and torn ligaments in teens. Severe acute injuries include broken bones and eye and brain injuries, often the result of not using safety gear or using improper equipment.

Overuse injuries occur when repetitive actions put too much strain on the musculoskeletal system. Common overuse injuries include swimmer's shoulder, shin splints and pain in the elbow from repetitive throwing.

Reinjuries usually happen when an athlete returns to a sport before a previous injury is completely healed. Reinjuries can be avoided by simply allowing the injury



to heal entirely. It's important for a child to properly warm up and cool down when exercising, especially right after an injury. Pacing's also important because sudden exertion can cause reinjury.

PREVENTIVE STEPS

To help prevent injuries, proper equipment is essential. Helmets with shatterproof polycarbonate shields should be used for baseball, softball, biking and hockey. Sports equipment should be well-maintained for safety and effectiveness.

Proper nutrition is also important for your active child. Following the U.S. Department of Agriculture Food Guide Pyramid ensures that your child gets the nutrition he or she needs. If your child is involved in strenuous activities like competitive swimming or cross-country running, he or she may need to eat and drink more healthy calories. Food variety and complex carbohydrates like pasta, rice, bread and cereal are important to a solid sports diet.

The American Academy of Pediatrics also offers these tips to help children reduce the risk of sports injuries:

- Increase flexibility with stretching exercises.
- Strengthen muscles with conditioning exercises.
- Use proper technique.
- Take breaks.
- Play safe and obey rules.
- Stop if any pain occurs.
- Avoid heat injury by drinking plenty of proper fluids and wearing light-weight clothing.

Your child should also have a complete physical exam before participating in any sport.

! Keep those kids healthy!

To learn more about keeping your children safe, call the office of pediatrician Kris I. Nwokeji, M.D., at (870) 523-3518.



Kris I. Nwokeji, M.D.
Pediatrics

Life after the ER

Following your physician's orders keeps you healthy

When 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.

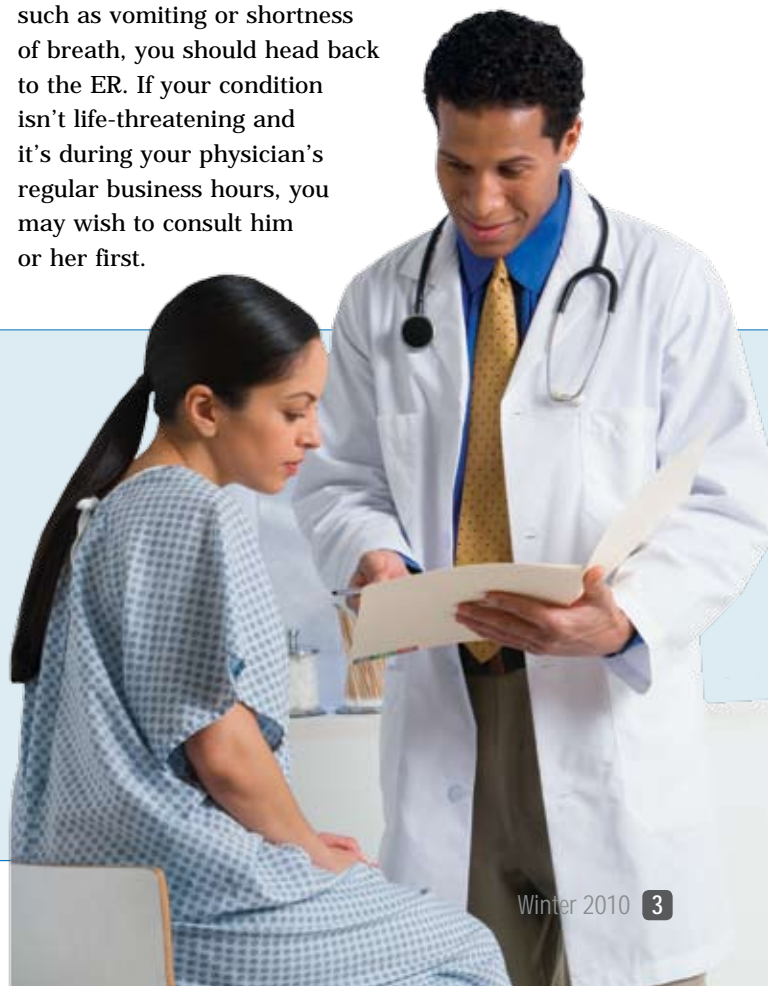
➔ FOLLOW ALL MEDICATION DOSAGES. Thoroughly read your discharge instructions. They should spell out what medications have been prescribed, what they treat and how often—and when—to take them.

➔ 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?

When 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.



MESSAGE FROM OUR CEO



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

Resources for you

Dear neighbors,

I hope you had a Happy New Year and are looking forward to a great 2010. Harris Hospital is pleased to bring you our winter issue of *Health Connection*, which informs you about health issues and new additions and advancements to our hospital.

A VALUABLE RESOURCE

Harris Hospital offers the Senior Circle program to those ages 50 and better. For just \$15 per person or \$27 per couple, you can enjoy fun and fellowship while participating in a full calendar of social events, exercise programs and travel opportunities. For more information, call our local chapter at (870) 512-3030.

OUR COMMITMENT

At Harris Hospital, we maintain our commitment to providing advanced medical and surgical care delivered by our skilled physicians. Our experienced medical staff members provide the specialty care you need, close to home. In this coming year, Harris Hospital will continue our efforts toward making your or your family member's experience here a good one.

Again, I wish you the best for 2010 and certainly hope that Harris Hospital will be your hospital of choice.

Sincerely,

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

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

MARVIN W. ASHFORD JR., M.D.
(1117 McLain St., Suite 100)
Thursday,
10 a.m. to 5 p.m.
(501) 758-5133

The following five clinics have relocated to 1200 McLain St., across from Harris Hospital:

Vascular Clinic

DEE WHITE, A.P.N.
Second Monday of each month,
9 a.m. to 1 p.m.
(501) 978-3746

Oncology

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

Urology

ROB EMERY, M.D.
Wednesday (except the last one
of each month), 9 a.m. to 1 p.m.
1-800-371-8681

Ear, Nose and Throat

JOHN JIU, M.D.
Every other Thursday,
12:30 to 3 p.m.
(870) 932-6799

Podiatry

MARK REINER, D.P.M.
MICHAEL HAUGHEY, D.P.M.
Tuesday, 1 to 4 p.m.
1-800-737-3668

A healthy mind, body and spirit

Our program can help



HEALTHY WOMAN
A HARRIS HOSPITAL RESOURCE

Women make between 80 percent and 90 percent of all health care decisions and often balance careers, primary and secondary families and civic work. Harris Hospital is here to help. Our Healthy Woman program is a free community resource created by women for women to provide up-to-date information needed to make informed health care and well-being decisions for themselves and their families.

BENEFITS GALORE

Healthy Woman offers a series of free seminars, educational programs and interactive events that focus on women. Presentations are dedicated to improving the emotional, physical and fiscal well-being of women and their families. Seminars offer key information on topics like heart disease, diabetes, breast cancer, menopause, nutrition, osteoporosis, stress management and life-balance issues.

Take the time to better care for your health as well as the health of your loved ones. Membership is free, and the benefits last a lifetime!

! Be a Healthy Woman!

To start benefiting from all the program has to offer, call (870) 512-3081 or visit www.harrishospital.com.

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 myself.

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): _____

You can register on our Web site, www.harrishospital.com, or mail or fax this form to:
Harris Hospital Healthy Woman
1205 McLain St. / Newport, AR 72112
Fax: (870) 523-0375 • Phone: (870) 512-3081

* 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 **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.

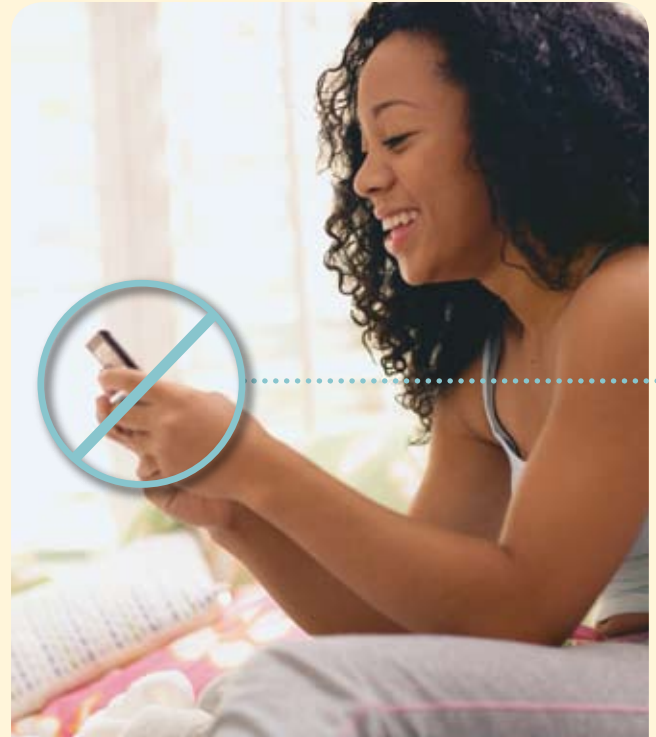
While no hard numbers exist, the American College of Emergency Physicians has reported an anecdotal rise in serious and fatal injuries involving texting—especially among teens and young adults. That includes face, chin, mouth and eye injuries for those who trip and fall while texting, and fatal trauma 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.
- **H₂O** 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.

Health Connection is published as a community service of Harris Hospital. There is no fee to subscribe.

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your health care provider.

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MEDICAL STAFF SPOTLIGHTS

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.



KRIS I. NWOKEJI, M.D.
Pediatrics

Harris Pediatric Clinic
1117 McLain St.
Newport
(870) 523-3518

Kris I. Nwokeji, M.D., completed his pediatric residency at Columbia University College of Physicians and Surgeons at Harlem Hospital Center in New York City. He comes to Harris Hospital from Lakeview Medical Center in Clifton, N.J., where he was a general pediatrician. He also volunteered at the Morgan Stanley Children's Hospital of NewYork–Presbyterian where he assisted in the ROAD (Reduce Obesity and Diabetes) research project. Dr. Nwokeji also worked on a pediatric endocrinology research project with The Children's Hospital of Philadelphia in Pennsylvania. He's a member of the American Medical Association and the American Academy of Pediatrics.

"Even though it sounds like a cliché, I've always loved children, and I knew from the time I was 8 years old that I wanted to be a pediatrician," says Dr. Nwokeji.

Born in Austin, Texas, Dr. Nwokeji is glad to return to pediatric medicine in the South. He looks forward to working with the families and treating the children in Newport and surrounding areas. He, his wife, Raquel, and their three children are happy to be part of the Newport community. Dr. Nwokeji is accepting new patients.



AMY L. SCOTT, M.D.
Obstetrics/Gynecology

Harris Ob/Gyn Clinic
1201 McLain St.
Newport
(870) 523-2423

Amy L. Scott, M.D., originally from Genoa, Ark., joined the medical staff at Harris Hospital last August. Dr. Scott received her medical degree and completed her residency at the University of Arkansas for Medical Sciences. She recently received the Excellence in Endoscopy award from the American Association of Gynecologic Laparoscopists and has been very involved with professional organizations including the American College of Obstetricians and Gynecologists.

While in medical school, Dr. Scott decided that specializing in obstetrics and gynecology would give her the opportunity to both perform surgery and be involved in an Ob/Gyn clinic. Providing long-term care to her patients and bringing new life into the world played a big part in her decision. "You usually follow these patients from the time they deliver until they're in menopause, and there's nothing better than delivering a baby," Dr. Scott says.

The Harris Ob/Gyn Clinic is located next to the hospital, along with the offices of Jabez Jackson, M.D., and Karen Jones, M.D. Dr. Scott is accepting new patients.

To find a physician by specialty, visit www.harrishospital.com.