

Health Connection

Harris Hospital

www.harrishospital.com

FROM YOUR FRIENDS AT HARRIS HOSPITAL

The road to recovery

Our rehab team is your guide

At Harris Hospital Outpatient Rehabilitation, our team is built around the idea of getting you back to the things you love. We offer physical therapy for joint replacement, broken bones, post-stroke and arthritis. Our rehabilitation center also caters to sports-related injuries, back pain and post-surgical intervention.

THERAPIES YOU NEED

If you can't participate in outpatient therapy after inpatient care, we also provide home health services. Our physical therapy specialists are skilled in recognizing your problems and providing a treatment plan, from surgery (including knee or hip replacement) to physical rehabilitation. Our speech therapy services include language and swallowing treatments, as well as counseling for all ages.

GET 'HIP' TO REPLACEMENT

As an added service to our community, we provide weekly tips in the local newspaper. The latest one involves hip replacements and introduces our new orthopedic surgeon. Total hip replacements have become one of the most commonly performed procedures. About 240,000 patients in the United States receive hip replacements each year. An



additional 40,000 undergo revision surgery to replace or repair a previously implanted

The rehabilitation team includes Holli Willis (left), P.T.A.; Ashley White, P.T. tech; Tracy Guadamuz, P.T.; and Piper White, P.T.A.



hip. Age-related degenerative conditions such as osteoarthritis are responsible for most hip deterioration. The latest advances now translate into simpler surgery, fewer complications, quicker rehabilitation and more durable implants.

OUR PROFESSIONALS

The Harris Hospital rehabilitation team will be with you every step to help ensure you're back to your normal activities quickly. Our team includes Tracy Guadamuz, P.T.; Vince Tesch, P.T.; Piper White, P.T.A.; Holli Willis, P.T.A.; Keri Brewer, P.T.A.; Peyton Bowen, S.L.P.; and Ashley White, P.T. technician. Our skilled professionals use compassion to treat patients as individuals. No matter who you are, Harris Hospital Outpatient Rehabilitation will help you get better, sooner.

! Learn more!

To make an appointment with our rehabilitation team, call (870) 523-0191.

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

MEET OUR TEAM

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



TED DUENSING, D.O.
General Surgery

1200 McLain St., Suite B
Newport
(870) 523-5932

Ted Duensing, D.O., general surgeon, joined Harris Hospital's medical staff in April 2007. While living in Tulsa, Okla., he

decided to return to Arkansas, where his family was located. Dr. Duensing practiced in Kennett, Mo., until a friend, working in our emergency department, recruited him. Eventually, Dr. Duensing decided to open his practice here full-time.

Dr. Duensing completed his internship and residency at Tulsa Regional Medical Center in Tulsa, Okla. He's board-certified in surgery by the American Osteopathic Board of Surgery. He received the 2004 Physician of the Year Award by the National Physician's Advisory Board and was chairman of surgery at DeQueen Regional Medical Center in DeQueen, Ark.

Dr. Duensing and his wife, Deborah, have four children, Beth, Grant, Andrea and Amber. He's an active outdoorsman, who enjoys hunting and fishing. Since the Newport area is well-known for these sports, we're sure he chose the right location. We're happy to have Dr. Duensing and his family in our community.



LEOPOLD H. GARBUTT, M.D.
Orthopedic Surgery

1200 McLain St., Suite B
Newport
(870) 523-2320

Leopold H. Garbutt, M.D., an orthopedic surgeon, is one of the newest members of Harris Hospital's medical staff. The hospital is pleased that he chose to practice here. Dr. Garbutt's office is located across from the hospital in the same suite as Ted Duensing, D.O.

Dr. Garbutt completed residencies at Shadyside Hospital in Pittsburg, Pa.; Eastern Virginia Medical School in Norfolk, Va.; and Long Island Jewish Medical Center in New Hyde Park, N.Y. He has previously practiced in Tennessee, Kentucky and Springdale, Ark. Dr. Garbutt also was a missionary in Mayaguez, Puerto Rico. Some of you may remember Dr. Garbutt from his association with the practice of Luis Lopez, M.D., between 1981 and 1982.

Dr. Garbutt has been married for 34 years to his wife, Ann, who's a nurse. They have two daughters, Lavona and Nubia, and two sons, Carlos and Brian, who was born in Newport and delivered by our own Jabez Jackson, M.D. We're excited to have Dr. Garbutt join Harris Hospital's team and are happy to welcome him to Newport.

Enhancing care and service for you

Dear neighbors,

Harris Hospital is pleased to share this edition of *Health Connection*, our quarterly magazine, which offers information about a wide variety of health issues and concerns.

To ensure we deliver the quality care you deserve, Harris Hospital participates in several programs that measure our performance against national best practices and benchmarks. We're very pleased to let you know we're high-ranking in every measure.

THE JOINT COMMISSION ACCREDITATION

We scored 97 percent in our survey from The Joint Commission last year, an excellent score that puts Harris Hospital in the top tier of hospitals across the country. Recognized as the gold standard of accrediting agencies, The Joint Commission monitors and scores standards relating to all facets of patient care based on the best practices in the healthcare industry. Our laboratory is surveyed every other year, and every three years the hospital is surveyed as a whole.

ARKANSAS FOUNDATION FOR MEDICAL QUALITY AWARD

Harris Hospital received the Arkansas Medicaid Inpatient Quality Incentive Award in 2007 for exceeding requirements for at least five out of seven quality measures set by the state. The quality measures are specific aspects of care proven to improve outcomes for patients. Harris was one of only 29 hospitals to receive the award and one of eight hospitals in north-east Arkansas.

CORE MEASURES

Core Measures tracks a variety of evidence-based,

scientifically researched standards of care, which have been shown to result in improved clinical outcomes for patients. There are currently 26 Core Measures, ranging from best practices for heart attacks to pneumonia. The most recent scores showed Harris Hospital at 100 percent on several of the indicators and above the national average on most.

PATIENT SATISFACTION MONITOR

We're focused not only on quality healthcare but also on customer service. We measure the quality of services based on patients' perceptions on a quarterly basis. Your input allows us the opportunity to improve and enhance our care and service. Our goal is to have 100 percent of our patients satisfied with their care, and your feedback is appreciated.

What do these programs mean for you? They mean our medical staff is truly concerned about delivering the quality, compassionate healthcare you deserve and will do so by meeting and exceeding identified standards of service and care.

Thank you for continuing to make Harris Hospital your healthcare provider of choice.

Sincerely,

CLAUDE "CHIP" CAMP
Chief Executive Officer
Harris Hospital



Claude "Chip" Camp
Chief Executive Officer

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.

Bone-afide steps to a strong family framework

Bones are vital to protecting our organs, anchoring our muscles and supporting our bodies. The best ways to build strong bones in ourselves and our children—while reducing the risk of brittle bones later in life—is through adequate calcium consumption and regular physical activity.

Getting adequate amounts of calcium and vitamin D (necessary for calcium absorption) is essential throughout life, particularly during the peak bone-building years from ages 9 to 18. The amount of calcium* you need is largely determined by age:

- Birth to 6 months: 210 milligrams (mg)
- 6 months to 1 year: 270 mg
- 1 to 3 years: 500 mg
- 4 to 8 years: 800 mg
- 9 to 18 years: 1,300 mg
- 19 to 50 years: 1,000 mg
- 50+ years: 1,200 mg
- Pregnant or lactating women: 1,000–1,300 mg

Good sources of calcium for the entire family include

dairy products (low-fat or non-fat milk, cheese and yogurt), dark green leafy vegetables (broccoli and bok choy), nuts (almonds) and calcium-fortified foods (orange juice, cereal, bread, soy beverages and tofu products). If you can't get enough calcium from your diet, consider taking a calcium supplement.

Physical activity is a must for all ages to build and maintain sturdy bones. The best exercises for bones are weight bearing: jumping rope, walking, jogging, climbing stairs, aerobic dancing, skateboarding and playing soccer. How much exercise do you need for maximum bone strength? Kids should get at least 60 minutes of moderate physical activity daily, and adults at least 30 minutes.

**Source: National Academy of Sciences*



Eat smart for energy

The busy lifestyles many of us lead would slow to a crawl without a dependable source of energy. We get much of that energy from the foods and beverages we consume. That's why it's more important than ever to eat healthy foods that not only keep our bodies charged but our weight and cholesterol down.

What are the healthiest, fuel-packed foods? Good

energy foods include those rich in:

- **complex carbohydrates**, such as whole-grain breads, pasta and rice; potatoes; and legumes
- **iron**, including beef, raisins, kidney beans, pumpkin seeds and spinach

- **B vitamins**, such as fortified cereal, fish, whole grains, legumes, leafy green vegetables and milk

Active people also need constant fluids to avoid dehydration, which can cause fatigue. Drink plenty of water (you can jazz it up with lemon or lime), low-fat or fat-free milk, or vegetable or tomato juice. Steer clear of caffeine and alcohol, which can dehydrate the body, and sugary drinks.

Be careful not to overeat. It can cause fatigue, especially if you eat foods high in sugar and fat. And skipping breakfast will leave you worn out by 10 or 11 a.m. Instead, start with a low-fat, high-fiber breakfast and then refuel every three to four hours.

Without the proper foods and fluids, your body won't have the fuel it needs for energy.



Pink Ladies make a difference

Volunteer program returns to Harris Hospital

In communities such as ours, volunteers make a real difference. That's why Harris Hospital was excited to bring back the Pink Ladies' volunteer program in October. Currently we have six members with 25 years of experience. During the first month, President Jeanie Wagers guided the group in organizing offices and made plans for the coming months by opening the new gift shop, getting involved with daily patient and family visitations and helping the nursing staff.

Harris Hospital has many positions for those wishing to enrich their lives—and others—by giving their time.



! Giving feels good!

Become a volunteer. Call Margaret Goodman, Senior Circle advisor/volunteer coordinator, at (870) 512-3030. We welcome men and women.

Outpatient clinic schedule

We're happy to provide these local physicians for the community.

CARDIOLOGY

PATRICK FLAHERTY, D.O.

Clinic across from the hospital
Hours: Second Tuesday of each month, 1–5 p.m.
(800) 264-5722

KALA MEHTA, M.D.

Clinic across from the hospital
Hours: Monday and Thursday, 1–5 p.m. beginning Feb. 4
(501) 279-9393

VASCULAR CLINIC

DEE WHITE, A.P.N.

Clinic across from the hospital
Hours: Second Monday of each month, 9 a.m.–1 p.m.
(501) 978-3746

EAR, NOSE AND THROAT

JOHN JIU, M.D.

Hours: Every other Thursday, 12:30–3 p.m.
(870) 932-6799

ONCOLOGY

JAMES BECK, M.D.

Hours: Tuesdays, 8:30 a.m.–noon
(870) 512-3042

PODIATRY

**MARK REINER, D.P.M., AND
MICHAEL HAUGHEY, D.P.M.**

Hours: Tuesdays, 1–4 p.m.
(800) 737-3668

UROLOGY

ROB EMERY, M.D.

Clinic across from the hospital
Hours: Every Wednesday, except last one of the month, 9 a.m.–1 p.m.
(800) 371-8681

www.harrishospital.com

70HH



Harris Hospital
1205 McLain St.
Newport, AR 72112

PRSR7 STD
U.S. POSTAGE
PAID
Lebanon Junction, KY
Permit 19

WINTER 2008

Health Connection

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 healthcare provider.

Copyright © 2008 Harris Hospital