

# Health Connection

# Harris Hospital

[www.harrishospital.com](http://www.harrishospital.com)

FROM YOUR FRIENDS AT HARRIS HOSPITAL

## Fun and fellowship!

Healthy Woman  
can be your guide

**HEALTHY WOMAN**  
A HARRIS HOSPITAL RESOURCE

**H**arris Hospital was the place to be on October 17 if you wanted to know about women's health. Our Healthy Woman program sponsored a women's health fair with vendors available to discuss women's health services and education. Because October is National Breast Cancer Awareness Month, board-certified obstetrician and gynecologist Karen Jones, M.D., spoke to the group about mammograms and breast care. The Healthy Woman event provided educational information about diseases affecting women, and the hospital laboratory department gave cholesterol and blood sugar screenings.

Attendees received free manicures and the physical therapy department gave free neck massages while the hospital and vendors gave away door prizes. A continental breakfast was served and plenty of healthy food was available throughout the day.

More than 150 women attended and 65 new Healthy Woman members signed up. Food, fun and fellowship—along with learning about taking care of yourself—make this health fair a definite repeat for next year.



**!** Join us today!

**H**ealthy Woman is free to those ages 20 to 55. To join the program, call Sherry Bradley at (870) 512-3081 or visit [www.harrishospital.com](http://www.harrishospital.com) to register online. We hope you choose to become a member—the benefits are immeasurable.



# Snap, crackle, pop!

## What are your joints telling you?

**Y**our body is a symphony of sounds—that cracking in your ankles, the popping in your knee. What causes these noises? Sometimes, it's just ligaments or tendons tightening and moving with a joint. For the most part, these sounds are normal and don't require any treatment.

But sometimes these noises can signal a more serious problem. A loud pop and locking of a joint can mean that torn cartilage, a piece of bone or something else has gotten caught between joint surfaces. Cracking and grinding may be a sign of arthritis. A loss of smooth cartilage and roughening of the joint surface is to blame for these noises.

### JUST MAKING NOISE?

To find out whether your popping and cracking should be of concern, look for the following signs. See your physician if you have any of these symptoms:

- pain accompanying the popping
- swelling of the joint
- locking or sticking of the joint
- loss of motion or function

### A JOINT EFFORT

The Arthritis Foundation and the American Academy of Orthopaedic Surgeons suggest following these tips to keep your joints healthy:

- Maintain a healthy weight.
- Stretch to increase your flexibility. Ask your physician to help you develop a regular stretching program.
- Stand up straight, shoulders back.
- When you lift heavy objects, use your legs instead of using your back. If you can't lift something yourself, ask for help.



- Alternate heavy activity such as housework, brisk walking or strenuous yardwork with rest periods.
- Wear protective gear, such as wrist, elbow or knee pads, if you're engaging in an activity where you could fall.
- Pay attention to your body. Pain may be a sign you're overworking your joints.
- Eat a well-balanced diet that includes plenty of calcium (1,200 mg a day for those over age 50; 1,000 mg for those ages 19 to 50).

### Knuckle cracking: Bad to the bone?

**S**ome people just can't resist cracking their knuckles. The cracking sound you hear is the "popping" of air bubbles when the joint is pushed or pulled a certain way. Knuckle cracking can certainly be annoying to others, but does it really make your knuckles larger? That old wives' tale hasn't been proven, but this is still a habit you should try to break, as studies point to possible soft-tissue damage in joints, a weak grip and hand swelling as a result of repeated cracking.



## 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.



**JAMES R. McNAIR, M.D.**  
Ophthalmology

2000 McLain St.  
Newport  
(870) 523-4120

**J**ames R. McNair, M.D., a board-certified ophthalmologist originally from Little Rock, completed medical school and his ophthalmology residency at the University of Arkansas for Medical Sciences. In 1984, he opened his practice in Newport, and for the past 25 years, he's seen patients in his clinic at 2000 McLain St. Dr. McNair sees patients in Newport every Wednesday, and his clinic days now include the first and third Tuesday of each month.

At Harris Hospital, we have a firm commitment to comprehensive eye care and are fortunate to have Dr. McNair as a member of our medical staff. Advanced surgical and laser treatment equipment and support teams allow Dr. McNair to offer complex procedures and treatment for many ocular conditions right here in Newport.

Dr. McNair's support from Newport's optometric physicians—Jason Gates, O.D.; Gavin McDowell, O.D.; and Milton Lane, O.D., from McCrory—allows him to focus on medical and surgical eye care. To schedule an appointment with Dr. McNair, call (870) 523-4120. No referral is necessary.



**MATT JACKSON, M.D.**  
Family Practice

1500 McLain St.  
Newport  
(870) 523-9337

**M**att Jackson, M.D., born and raised in Arkansas, joined the medical staff of Harris Hospital in 2002. Dr. Jackson is board certified by the American Board of Family Medicine. He received his medical degree from the University of Arkansas for Medical Sciences in Little Rock in 1998 and completed his family medicine residency at the Area Health Education Center South Arkansas in El Dorado. During his residency, he received the M. Joycelyn Elders, M.D., Award for Community Service and the Resident Teacher Award. Dr. Jackson then practiced in Clinton before moving to Newport in 2002.

Dr. Jackson is a member of the American Academy of Family Physicians, the Arkansas Academy of Family Physicians and the Arkansas Medical Society. He's also a member of the Jackson County Medical Society, where he's served as president for the past three years.

Dr. Jackson and his wife have three children and fill their days with soccer games, dance practice and church activities. Dr. Jackson is proud to call Newport home, and Harris Hospital is proud to have him on our staff. To schedule an appointment with Dr. Jackson, call (870) 523-9337.

## Happy New Year!

Dear neighbors,

I hope you had a happy New Year and are looking forward to an even better 2009. The New Year often brings changes, but there's one thing that won't change at Harris Hospital—our commitment to providing quality care to our patients. Our ultimate goal is to be a great place for employees to work, physicians to practice medicine and patients to receive care.

### NEWS FOR YOU

Our *Health Connection* newsletter acquaints you with the positive changes at Harris, including new services, treatments, technology and medical staff members. General information, related news and events about health issues and concerns are also included in our pages.

### HEALTHY WOMAN

We're also proud to offer Healthy Woman to the community (see page 1). The program focuses on women's health issues and gives women the knowledge they need to make better choices in their own healthcare and that of their loved ones. Monthly newsletters and health tips also are e-mailed to Healthy Woman members.

I wish you the best for 2009 and hope that Harris Hospital will continue to be your hospital of choice.

Sincerely,

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



# Fine dining at Harris Hospital

You'll love our nutritious and tasty meals

Many people find hospital food bland and unappetizing.

But at Harris Hospital, we pride ourselves on the food we serve. Our food and nutrition service department has 12 full-time employees under the direction of registered licensed dietitian Louise Runyan. The staff includes a registered dietetic technician, certified dietary managers and other qualified and dedicated employees who mirror the hospital mission statement: The Patient Is the Heart of Our Care.

The staff prepares a variety of tasty foods served in an appealing manner. We place special emphasis on the nutritional requirements and individual preferences of our patients while maintaining treatment standards, sometimes providing educational information that encourages lifelong healthy eating habits.



### MORE THAN JUST A CAFETERIA

The department has several responsibilities:

- clinical nutritional services, including individual assessments for special diet requirements, diet counseling, food preferences and tube feeding protocol
- a full-service cafeteria for hospital employees and the general public
- food for community functions hosted or sponsored by the hospital
- breakfast, lunch and snacks for KIDS FIRST

**!** A healthy diet is just a click away!

Whether you're looking for nutrition or diet tips, visit [www.harrishospital.com](http://www.harrishospital.com) and click on "Health Resources."

## HEALTHWISE QUIZ

How much do you know about exercise?

Take this quiz to find out.

1 To lose one pound, you need to burn how many calories?

- a. 500
- b. 1,500
- c. 2,500
- d. 3,500

2 A good way to measure the intensity of an exercise is to keep track of your:

- a. heart rate
- b. blood pressure
- c. sweat levels
- d. thirst intensity

3 Exercise can:

- a. reduce depression
- b. help manage type 2 diabetes
- c. boost good HDL cholesterol
- d. all of the above

4 The *minimum* amount of time you should be active every day is:

- a. 15 minutes
- b. 20 minutes
- c. 30 minutes
- d. there is no minimum

5 Which of the following exercises will *not* help you build stronger bones?

- a. running
- b. swimming
- c. lifting weights
- d. dancing

ANSWERS: 1. (d) 2. (a) 3. (d) 4. (c) 5. (b)

# The kidney-heart connection

If you think kidney disease only affects your kidneys, think again. Though researchers can't fully explain the link, kidney disease is an independent risk factor for heart disease and greatly increases the risk of dying from heart problems. In fact, heart disease is the most common cause of death for the more than 20 million Americans with chronic kidney disease.

## WHO GETS KIDNEY DISEASE?

Kidney disease is often called a "silent killer" because many people don't even know they have it until it reaches an advanced stage. Risk factors include being obese; smoking; and having high blood pressure, diabetes or a family history of kidney disease. Ask your physician about testing if you're at risk. If he or she suspects you may have chronic kidney disease, blood and urine samples can diagnose it.

## KEEP YOUR KIDNEYS HEALTHY

If you already have kidney disease, early treatment can help keep it from getting worse. But the best method of attack is to prevent the problem in the first place. Take these steps to minimize your risk:

- **Maintain a healthy weight.** Eat healthful foods and be active every day.
- **Quit smoking.** Besides the damage it can do to your heart, smoking can interfere with medicine for high blood pressure.
- **Get your blood pressure level to 120/80 mm Hg or lower.** Start by slashing salt from your diet and getting more potassium (found in bananas, apricots and broccoli). If changing your diet doesn't help, discuss medications with your physician.
- **Control your blood sugar if you have diabetes.** Dietary changes and medication may be needed.



# 'Brake' for breakfast



**Y**ou wouldn't take off for a road trip with no fuel in your car, so it doesn't make much sense to send your body out for the day with nothing to run on. Your tank needs breakfast.

Studies have shown that those who eat this most important meal of the day are less tired and irritable, have better concentration and are more likely to maintain a healthy weight. Not a bacon-and-eggs person? No problem. Try these

out-of-the-cereal-box suggestions from the American Dietetic Association:

- one cup of vanilla low-fat yogurt topped with whole-grain cereal and berries
- leftover veggie pizza with a piece of fruit and a glass of milk
- whole-grain toast topped with a little peanut butter and apple slices
- whole-grain waffles or pancakes topped with fresh banana
- a super-fast smoothie, made from frozen fruit and yogurt, whipped up in a blender
- a breakfast wrap (try low-sodium deli turkey, low-fat cheese and spinach in a tortilla)
- oatmeal sprinkled with cinnamon and walnuts

## Ready, aim, vaccinate!

**V**accines aren't just for babies. If your child hasn't been to the pediatrician in a while, he or she may have missed some important shots. And don't forget that adults need vaccines, too! Talk

with your pediatrician about your child's specific needs and whether he or she is at high risk. And ask your own physician about *your* needs. Use this handy chart as your guide.

| IMMUNIZATION                                   | BIRTH TO AGE 6                                    | AGES 7-18   | AGES 19+  |
|--|---|---|---|
| Diphtheria, tetanus, pertussis (DTap, Td/Tdap) | 4 doses by 18 months; final dose at age 6         | Kids need a booster at ages 11-12. For teens, ask your pediatrician if your child is up to date.  | Get a Td booster every 10 years. If you're under age 65 and haven't been vaccinated with Tdap before, you need a single dose.                                   |
| <i>Haemophilus influenzae</i> type b           | 4 doses by age 15 months                          |   |   |
| Hepatitis A                                    | 2 doses between 12 and 23 months                  | High-risk kids and adults need a vaccination.   |   |
| Hepatitis B                                    | 3 doses within first 18 months of life            | Ask your pediatrician if your child is up to date.  | High-risk adults should be immunized.   |
| Human papillomavirus (HPV)                     |   | 3 doses are recommended for girls ages 11-12, or later if a young woman isn't up to date. Ask your physician about the pros and cons of vaccination.  |   |
| Inactivated polio virus                        | 3 doses by 18 months                              | Ask your pediatrician if your child is up to date.  |   |
| Influenza                                      | Yearly, for kids ages 6 months to 19 years        |   | Anyone <i>can</i> get vaccinated; high-risk adults and those over age 50 <i>should</i> be.  |
| Measles, mumps, rubella (MMR)                  | 1 dose at 12-15 months; another at ages 4-6       | Ask your pediatrician if your child is up to date.  | If you haven't had this vaccine, you need it. High-risk adults need a second dose. If you were born before 1957, you're considered immune to measles and mumps. |
| Meningococcal (meningitis)                     | Ask your pediatrician if your child is high risk. | It's recommended for kids ages 11-12; otherwise, ask your pediatrician if your child is at high risk.   | It's a must for high-risk groups.   |
| Pneumococcal (pneumonia)                       | 4 doses of pneumococcal conjugate by 15 months    | High-risk kids and adults need the pneumococcal polysaccharide vaccine. Adults should get vaccinated at age 65; some older adults may need a booster. |   |
| Rotavirus                                      | 3 doses by 6 months                               |   |   |
| Varicella (chicken pox)                        | 1 dose at 12-15 months; another at ages 4-6       | Ask your pediatrician if your child is up to date.  | If you aren't up to date and never had the chicken pox, speak with your physician.  |
| Zoster (shingles)                              |   |   | Get it once, at age 60 or older.  |

Source: Centers for Disease Control and Prevention



# Team up for fitness

**L**ack of time, motivation and enjoyment are among the top reasons people don't exercise. One way to get around those barriers is to recruit someone to work out with you and make it fun. Try these ideas:

- Learn a new sport or activity together. When you're both beginners, it eliminates the tension that can arise when one person is the expert and the other is the novice. Consider trying kickboxing or ballroom dancing.
- Make a difference. Join fitness events for worthy causes important to both of you, such as Walk MS for the National Multiple Sclerosis Society.

attend together that make a perfect excuse to go for a walk.

- Explore the power of two. Many communities have adult coed recreation teams, such as volleyball, bowling or soccer.

Find one you both enjoy.

## ! A new year, a new you!

**S**tart the year off healthy! Make an appointment with your physician or find a physician close to home by visiting [www.harrishospital.com](http://www.harrishospital.com).

## 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

### 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

### Urology

**ROB EMERY, M.D.**  
(clinic located across  
the street from the  
hospital)  
Wednesday (except  
the last one of  
each month),  
9 a.m. to 1 p.m.  
1-800-371-8681

### 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

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# 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.

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