

Health Connection

THOUGHTFUL CARE FOR OUR COMMUNITY



*Health
Connection
gets a fresh
look!*

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Healthbriefs



tip

Walking

is a great way to reduce stress while you quit smoking. It aids in increasing mood and energy levels.

> New guidelines take the air out of ballooning obesity rates

More than two-thirds of adults and one-third of children are now considered to be overweight or obese. Excess weight raises the risk of serious health issues. To reverse this trend, the U.S. Department of Agriculture (USDA) and Department of Health and Human Services (HHS) updated their Dietary Guidelines for Americans in 2010. The guidelines focus on getting people to eat healthier and exercise more, and help policymakers create nutrition programs. The USDA and HHS released more consumer-friendly advice and tools, including a new food pyramid. They offer these simple strategies to help people change their habits and their weight:

- > Eat less.
- > Watch portion sizes.
- > Fill half of your plate each meal with fruits and veggies.
- > Switch to fat-free or low-fat milk.
- > Look for lower-sodium options.
- > Drink water instead of sugary drinks.



> Act F.A.S.T. to head off a stroke

Rapid medical care can help reduce the risk of brain damage from stroke. Physicians treat patients with a clot-busting drug that can help protect the brain against permanent damage, but the drug must be given within three hours of the stroke's onset. If someone is experiencing stroke symptoms, call 911. To help you remember stroke signs and determine whether someone you know has had a stroke, think **F.A.S.T.:**

- > **FACE:** Does the face look uneven? Can the person smile?
- > **ARMS:** Can the person raise both arms and keep them there?
- > **SPEECH:** Is the person's speech slurred or strange?
- > **TIME:** Call 911 if you notice any of these signs.

> Healthy diet may boost kids' IQs

Fish isn't the only food that's good for your brain. A new study says that other healthy selections might boost kids' intelligence. The flip side may also be true: If kids eat nothing but processed food, they might lose IQ points. Published in the *Journal of Epidemiology and Community Health*, the report collected information from parents on almost 4,000 children. Surveys were given when children were ages 3, 4, 7 and 8.5. The "processed" diet included foods high in fat and sugar. The "health-conscious" diet included foods such as salad, rice, pasta, fish and fruit. Those who ate a processed diet at age 3 scored slightly lower on IQ tests at age 8.5 than those who ate a health-conscious one at age 3. While the difference between the groups was small, it might be another reason to encourage picky eaters to eat a few more vegetables.



Treating an ACL injury

➤ The dreaded torn ACL, or anterior cruciate ligament, is a common injury

for athletes—especially female athletes, who may be at a disadvantage because of hormonal influences and their build—but it can happen to just about anyone.

What is an ACL tear?

Your ACL is one of four knee ligaments. It's located in the middle of your knee and prevents the top of the shin bone, or the tibia, from sliding out in front of the end of the thigh bone, or the femur, while lending stability to your knee. Most often, ACL injuries occur when you stop suddenly and change direction while running, pivoting or landing from a jump or overextending your knee. You can also injure your ACL during contact, such as receiving a blow to your knee during a sports game or any nonsport accident.

When you injure your ACL, you may hear a popping noise and feel your knee giving out. Typically, painful swelling, joint tenderness, pain while walking and the inability to fully move your knee occur. Elevating the joint above heart level, icing it and using pain relievers are recommended until the injury can be evaluated. If your physician suspects an ACL tear, he or she may order an MRI to confirm that no other parts of the knee have been injured.

Treatment

The ACL cannot be “fixed.” Often, physicians have to create a new ligament through surgery. Surgery is the most common treatment for an ACL injury, as untreated injuries may lead to further instability of the knee and the beginning of arthritis in that area.

However, what's best for you depends on the degree of injury (is it a

partial tear or a complete tear?) and your lifestyle.

For example, a sedentary 75-year-old who has suffered only an ACL injury and has no knee instability may be able to function fine without surgery. In this case, bracing the knee combined with physical therapy can help the patient get back on his or her feet.

An athlete will most likely need surgery to continue to compete in sports, as will those who've suffered injury to multiple ligaments in the knee. In these cases, the ligament is rebuilt using a tissue graft from your own tendons, such as the hamstring, or from a cadaver. Most ACL tears typically require physical rehabilitation. Overall, ACL surgery has a long-term success rate of 82 percent to 95 percent.

Prevention

It's not easy to prevent an ACL injury, but you can do your part to reduce the chance that one will occur by:

- warming up properly before a physical activity
- engaging in strength training, such as using weight machines, to gain muscle strength
- asking a trainer to teach you how to land on the balls of your feet if you participate in sports that involve jumping and landing ●



tip

Warming

up properly before physical activity may help prevent ACL injuries.



From us TO YOU

TIM P. ADAMS
Chief Executive
Officer

WOMEN'S SERVICES EXPANSION

I'm pleased to announce
that Cedar Park Regional
Medical Center is planning

to expand our women's services by developing a Level II Neonatal Intensive Care Unit (NICU). The NICU is an important step, due to the population increase in our community and the growing number of deliveries at our facility. The NICU will enhance our services to provide specialized care and support for premature infants or those with serious illnesses. It'll be designed for specialized evaluation and treatment of infants by neonatologists and specialized neonatal nurses. This expansion helps us meet the increasingly complex medical needs of our patients, while providing family-centered services. We're dedicated to being the area's preferred hospital for employees to work, physicians to practice medicine and patients to receive care.

Sincerely,

Tim P. Adams

*Chief Executive Officer
Cedar Park Regional Medical Center*

Connecting to an increasingly mobile community

CPRMC introduces new quick launch web app



➤ In the world of mobile technology, there are

several "must-haves" for every smart phone—quick access to your favorite restaurant, music, social networking site and now, Cedar Park Regional Medical Center (CPRMC).

Want to know the average wait time for the CPRMC emergency room (ER)? It's just one touch away. The same goes for directions and maps to the facility, contact information for hospital services and much more. By downloading the quick-launch web application button onto your iPhone, Droid, BlackBerry or other smart phone, accessing the recently launched CPRMC mobile site is easier than ever.

"Our goal is to reduce the time it takes our community to get information they want or need about the hospital," says Tim Adams, chief executive officer. "Whether someone has a question about a service or needs to check our ER wait time, this information is now available on our new mobile website.

You can download the hospital's app by going to www.CedarParkRegional.com.



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A better kind of mammography

CPRMC features digital imaging

➤ **Breast cancer often makes itself known in its early stages, when there's a good chance for a cure.** But here's the catch: You need the right screenings to detect breast cancer. Though mammograms are usually given annually to women ages 40 and older, they may begin earlier if women are at a higher risk for breast cancer. Women who undergo routine mammograms at Cedar Park Regional Medical Center (CPRMC) have advanced diagnostic technology available—digital mammography. “We’re excited to be able to offer this technology,” says Bill Cummins, radiology director at CPRMC. “It allows us to offer our patients advanced mammograms with the least possible disruption to their lives. There are many advantages to digital mammography.”

Benefits of going digital

While digital imaging feels almost identical to conventional screening from the patient's perspective, digital mammography offers several benefits, including shorter exam times and a significant reduction in call-backs to obtain more images. With digital mammography, the radiologist reviews electronic images of the breast using special high-resolution monitors.

The physician can adjust the brightness, change contrast and zoom in for close-ups of specific areas.

Because digital mammography images are electronic, they can be transmitted quickly across a computer network. Digital images can also be easily stored, copied without loss of information, transmitted and received in a more streamlined manner, eliminating dependence on one set of original films. To supplement this technology, CPRMC added a digital computer-aided detection (CAD) system, which highlights common characteristics of breast cancer, including masses, clusters of microcalcifications and changes in breast tissue, also called architectural distortion. CAD flags these abnormalities to help the radiologist detect breast cancer early. “Digital CAD is like a second set of eyes to support and enhance the radiologist's judgment,” says Cummins. CPRMC is committed to providing quality breast care, close to home. ●



Early detection is key

Make your commitment to early detection today by scheduling a mammogram if you're due, and by encouraging your friends to do the same. Call **(512) 528-7035** for more information.



Can heart attacks be 'silent'?

➤ **You're undergoing a routine heart test when your physician drops a bombshell:**

"You've had a heart attack."

These are words you didn't expect to hear, because you didn't know you'd ever had one. But that's the trouble with what experts call "silent heart attacks."

While they don't produce the telltale warning signs of heart trouble, they still damage your heart and the rest of your body.

Silence isn't golden

A heart attack occurs when an artery that supplies oxygen-rich blood to the heart becomes blocked. Besides chest pain and shortness of breath, some people experience nausea, extreme fatigue, discomfort in their extremities and sweating.

People who experience a silent heart attack—studies put the number of Americans who do at almost 200,000 a year—either have no symptoms or symptoms

so mild that they're not recognized as a heart attack. These people are more likely to be women and those who have conditions such as heart failure and diabetes. Silent heart attacks also tend to accompany a condition called silent ischemia—or a painless chronic shortage of blood and oxygen to the heart because of artery plaque.

The longer you don't receive treatment, the more likely it is that serious, irreversible damage is being done to heart muscle, which reduces its ability to pump and can greatly increase your risk of death down the road.

Some silent heart attacks may be picked up on an electrocardiogram (ECG) during a routine physician visit because the damage done to heart muscle produces a different "wave."

Breaking through the silence

Risk factors such as smoking, high cholesterol, high blood pressure, obesity and a sedentary lifestyle increase your risk for trouble. Your best bet to prevent a heart attack is to follow a heart-healthy lifestyle:

- Eat a diet rich in fruits, vegetables, whole grains, lean meats, fish and fat-free or low-fat dairy products; limit saturated fats, cholesterol and sodium.
- Work out regularly.
- Quit smoking.
- Manage your diabetes.
- Take any medications used to treat high cholesterol or blood pressure as prescribed. ●

HealthWise QUIZ

How much do you know about colon cancer?

> TAKE THIS QUIZ TO FIND OUT.

- 1 **Which of the following is known to raise your risk of colon cancer?**
 - a. exercising too much
 - b. being under the age of 50
 - c. being obese
 - d. being of Asian descent
- 2 **How often should healthy individuals ages 50 or older at average risk of colon cancer get a colonoscopy?**
 - a. once every three years
 - b. once every five years
 - c. once every seven years
 - d. once every 10 years
- 3 **A possible symptom of colon cancer is:**
 - a. narrower stools
 - b. fatigue
 - c. rectal bleeding
 - d. all of the above
- 4 **Although more research is needed, which of the following supplements may possibly help reduce the risk of colon cancer?**
 - a. folic acid
 - b. green tea
 - c. vitamin A
 - d. vitamin C
- 5 **A true statement about colon cancer is:**
 - a. It's the leading cause of cancer deaths in the United States.
 - b. It usually arises from growths called polyps.
 - c. Blood tests can be used to detect colon cancer.
 - d. all of the above

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



Dangerous dishes

Keep your child safe from culinary choking hazards

➤ **Each year, more than 10,000 children younger than age 14 end up in the emergency room after choking on food.** That's because children lack the larger molars, stronger chewing ability and wider airways of older children and adults.

The American Academy of Pediatrics in 2010 recommended that hot dogs—one of the most common food choking hazards in children—carry a choking hazard warning on packaging, and that the hot dogs themselves be redesigned to make them less likely to get stuck in young throats.

But hot dogs aren't the only concern. Other choking hazards include peanuts, sausages, whole grapes, chewing gum, hard candy, whole cherry tomatoes, popcorn, tough meat, large pieces of raw fruits and vegetables and chips. You

can reduce the threat of injury or death by following these tips:

- Keep an eye on your child as he or she eats.
- Make sure your child is sitting up straight.
- Cut food into no more than ½-inch pieces.
- Teach children to chew and swallow properly.
- Cook vegetables until they're soft or grate them.
- Be on the lookout for stuffed cheeks—a sign your child is storing large quantities of food in his or her mouth and not swallowing. ●



In case of emergency

It's always a good idea to be prepared in case of a choking emergency. Visit www.redcross.org/www-files/Documents/pdf/Preparedness/ConsciousChokingPoster_EN.pdf to print out a chart that shows you what to do if an adult, child or infant is choking.

The truth about cereal

Is your breakfast bowl a dietary disaster?

➤ **Just how healthy are the cereals you and your child eat?** Sure, the box promises plenty of whole grains and fiber, but that might not be the reality.

Cereal can be a tasty and fast way to get your day started healthfully. But you need to look carefully at the nutrition label when making your purchase. First, carefully note the serving size; otherwise, you may be eating double the calories shown. Then, look for other key information:

➤ **Sugar.** Excess sugar is a major source of extra calories in the American diet. It also promotes tooth decay and may raise triglyceride levels—a type of blood fat—which can boost heart disease risk. Opt for cereal with 5 grams or less of sugar per serving. Skip cereals that list sugar at the top of the ingredients list or that contain many types of added sugar, such as high-fructose corn syrup.

➤ **Calories.** To avoid calorie overload, choose cereals with 120 calories or less per serving. Just remember, some cereals can be slightly higher in calories and still be healthy.



➤ **Fiber.** Ideally, you should purchase cereal that has at least 5 grams of fiber per serving, but be sure there are no less than 3 grams per serving. Why? This important nutrient may help lower your cholesterol and reduce your risk of heart disease, diabetes and some types of cancer. Make sure you're using fat-free or low-fat milk instead of whole milk or you could be canceling out those healthy benefits!

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PHYSICIAN SPOTLIGHT

We'd like to introduce you to a member of Cedar Park Regional's medical staff. Dr. Williams is accepting new patients. Call (512) 528-7420 for an appointment.



Leila Williams, D.O.
Board certified in
Family Medicine

Cedar Park Physician
Associates—Avery Ranch
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› **What has inspired you the most in becoming a family physician?**

I'm grateful for the opportunity to see a variety of patients of all ages. It's wonderful to assist both younger and older patients as they achieve their health goals.

› **What's most gratifying about your role?**

I enjoy being a part of the patient's family, and working with patients as they grow and change through each stage of life. It's also rewarding to work with patients who have a variety of health issues, from simple colds to more complicated medical conditions.

› **What do you recommend to your patients as the most important ways to stay healthy?**

I recommend a balanced and healthy lifestyle. It's important to stay active, with at least 30 minutes of exercise daily. A well-balanced diet with ample fruits and vegetables, moderate amounts of lean protein and complex carbohydrates, small amounts of saturated fats and good portion control are also crucial. It's also important to incorporate stress management into your daily life, through focusing on activities that promote relaxation and a sense of joy.

› **You were recently a physician at the 2011 Boston Marathon. Can you describe this?**

It was a humbling and highly rewarding experience for me to participate in this year's Boston Marathon. I was able to care for some of the most elite runners in the world together with some of America's most well-trained physicians. Most rewarding for me, however, was the opportunity to see my daughter as she finished her first Boston Marathon race.

› **What's most important in maintaining performance and overall wellness for active individuals?**

It's most important to eat a well-balanced diet and have proper hydration before and during sports. Stretching and knowing your limitations are also important. Keep active and *enjoy!*

Healthy Woman is working to keep up with you

So you can keep up with us!

› **We know women have busy schedules and it's not always**

easy to keep up with friends and family, let alone health information and community programs. So how can women keep up with hospital happenings and Healthy Woman events? It's easier than ever!

Check out the new Healthy Woman section of our hospital website. We have a new e-mail program to keep women even more up to date. When registering for upcoming Healthy Woman events, you'll get confirmation by e-mail of your attendance. You can even register your friends as guests! ●



Join today!

Membership is free and the benefits can last a lifetime. Go to www.CedarParkRegional.com or call (512) 528-7100.