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# Keep your PROSTATE HEALTHY

**S**ens. Bob Dole and John Kerry, baseball team manager Joe Torre—what do all these men have in common? They're all prostate cancer survivors.

Cancer of the prostate—a walnut-shaped gland located below the bladder—is one of the most common cancers found in men. It may be slow growing and require little or no treatment, or it may be aggressive and spread quickly to other parts of the body.

## THE PREVENTIVE APPROACH

While prostate cancer isn't completely avoidable, certain measures may help reduce your risk:

- **Stay active.** Daily exercise improves your overall health and helps keep your weight in check. Some research has shown that men who exercise regularly have a lower incidence of prostate cancer compared to men who don't.
- **Watch your weight.** A sobering fact: Men who are obese when diagnosed with prostate cancer are more likely to have advanced cases, which are more difficult to treat. But eating right and exercising can help you keep off excess pounds.
- **Talk with your physician.** Discuss any risk factors you have—being older than age 65, African-American or

obese, or having a family history of prostate cancer. Also, learn about the pros and cons of screening tests. A digital rectal exam and the prostate-specific antigen (PSA) test are two ways to identify cancer cases, but they can't tell a physician about the aggressiveness of the cancer. And prostate cancer treatments can have unpleasant side effects such as impotence and incontinence.

The American Cancer Society (ACS) recently revised

its prostate cancer screening guidelines, encouraging more patient involvement in decisions about screenings:

- The ACS recommends that men at high risk of prostate cancer, including men with a family history of the disease, talk with their physicians sooner—as early as age 40.
- Men who do not have prostate cancer symptoms (trouble urinating, problems with urine stream, blood in urine or

semen, leg swelling, pelvic discomfort, bone pain) and who are in relatively good health and are expected to live at least 10 more years should have the screening conversation with their physicians beginning at age 50.

- Men without symptoms who aren't expected to live 10 more years because of age or poor health shouldn't be offered the screening because the risks likely outweigh the benefits.

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**Daily exercise improves your overall health and helps keep your weight in check.**  
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## What to ask your physician about prostate health

**B**e prepared to ask some key questions at your next appointment:

- What is my risk of developing prostate cancer?
- Do you recommend I be tested?
- What is my PSA level (if you've had the test)?
- Will I need more tests? If so, which ones will I need?
- What do the test results mean?
- If I have cancer, what are my treatment options, and what are the pros and cons of each?



# Mammogram confusion

## Information on new screening guidelines



**W**e've all heard that early detection of breast cancer with mammograms saves lives. So it was surprising when in 2009, the U.S. Preventive Services Task Force (USPSTF)—an independent panel that makes recommendations about which preventive services should routinely be offered and to whom—recommended against routine mammograms for women ages 40 to 49 who weren't at increased risk for breast cancer. Traditionally, all women ages 40 and older were encouraged to get the screening.

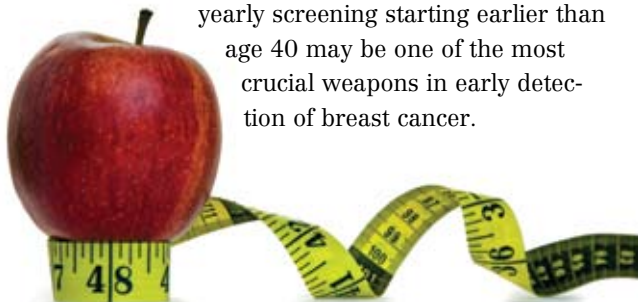
### THE FLIP SIDE

In disagreement with the USPSTF's recommendations were major professional health care organizations including the American Cancer Society. "I have tremendous difficulty in not recommending an intervention [mammography]," says Otis Brawley, M.D., chief medical officer of the American Cancer Society. "Women ages 40 and older should have a mammogram every year."

### NOW WHAT DO I DO?

Amid the confusion, you may be wondering about how to approach your own mammogram. Some words of advice: Talk with your physician.

The USPSTF's recommendations were just that—recommendations, not rules. Discuss your personal and family health history and how frequently you should get mammograms with your physician. And, if you're at high risk—see *Are you at risk?* at right—a yearly screening starting earlier than age 40 may be one of the most crucial weapons in early detection of breast cancer.



## Mammogram comfort

**T**ry these tips for a more comfortable mammogram, courtesy of the Centers for Disease Control and Prevention:

- Don't schedule your mammogram for the week before or during your period, which is when your breasts are likely to be tender or swollen, making mammograms less comfortable.
- Skip the deodorant, perfume and powder on the day of your mammogram. These may show up as white spots on the X-ray.
- For ease of undressing from the waist up, wear a blouse with a skirt or pants, instead of a dress.

## Are you at risk?

**A**ccording to the National Institutes of Health, breast cancer will affect one in eight women in their lifetime. Why breast cancer affects some women and not others isn't known; however, several known risk factors for the disease include:

- increasing age
- having the BRCA1 or BRCA2 genes; if your family members have had breast or ovarian cancer, talk with your physician about getting tested
- starting your period before age 12 or going through menopause after age 55
- being overweight
- using menopausal hormone therapy
- taking birth control pills
- drinking alcohol
- not having children or having your first child after age 35
- having dense breasts



Tim P. Adams  
Chief Executive Officer

## Current and future accomplishments

Dear friends,

**H**appy New Year! Here at Cedar Park Regional Medical Center (CPRMC), we're so excited about the new year and the many new initiatives we're developing for

your community hospital. As a recap of 2010, we were pleased to accomplish a number of goals:

- recruited eight new physicians
- opened six new physician practices
- introduced da Vinci® robotic surgery in urology and gynecology
  - » performed the first robotic radical nephrectomy (kidney removal) in our area
  - » performed the first robotic gastric bypass (to treat morbid obesity) in our area
- delivered our 1,000th baby since opening in late 2007
- celebrated improved patient satisfaction, with the emergency department scoring in the 90th percentile among hospitals in our peer group
- engaged 600 seniors across central Texas to learn about living healthy in our Senior Circle program
- enrolled 2,500 women to participate in our Healthy Woman program

In 2011, the excitement continues as we recruit new physicians and open a new medical practice to serve

the Lago Vista, Point Venture and Jonestown areas. We'll work to bring new health care services to Cedar Park, such as cardiology and additional surgical care, and expand our mother/baby services to offer a Level II neonatal intensive care unit for babies needing a higher level of care after delivery.

All of these advancements in technology and service lines are part of our commitment to care for you. It's our vision to be the preferred hospital for employees to work, physicians to practice medicine and patients to receive care. It's our privilege to take care of you and your family.

Best wishes for the new year,

*Tim P. Adams*

Chief Executive Officer  
Cedar Park Regional Medical Center



## Connect to our health portal

Like what you see in this issue? There's even more at [www.CedarParkRegional.com](http://www.CedarParkRegional.com), where you can read full articles, connect to health websites and search for a physician.

By signing up on our website, you'll automatically receive an e-mail notifying you that the next issue is available to read online—at the same time the issue arrives in homes.

Join today!

## Health programs and events

» Looking for local events, seminars or programs focused on your health? Turn to Cedar Park Regional Medical Center, where you'll find childbirth classes, health screenings, support groups, programs like Senior Circle and Healthy Woman and much more. To take advantage of these resources close to home, visit [www.CedarParkRegional.com](http://www.CedarParkRegional.com).



# Breast cancer: Beyond survival



By Paul A. Berry, M.D.  
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**A**merican Cancer Society experts estimate the lifetime risk for an American woman developing breast cancer to be about 12 percent. Breast cancer remains the second leading cause

of cancer deaths in women, trailing only lung cancer. With one in eight women affected, chances are if you're reading this, you know someone who has been touched by this disease.

Medical advances have enhanced the detection and management of breast cancer. When found early, breast cancer is very treatable. On the whole, we're finding tumors earlier and treating them quickly, so patients are living longer. The ranks of breast cancer survivors continue to grow daily.

## REGAINING WHOLENESS

The story does not—and should not—end with just survival. We're paying increasingly more attention to making these survivors whole again through breast reconstruction. Women choose breast reconstruction for a variety of reasons related to quality of life—from the desire to avoid wearing an external prosthesis and expanding clothing options to maintaining and regaining feelings of femininity and wholeness.

Fear of surgical complications, concerns of possible interference with cancer treatment or surveillance and the belief that they're too old are often cited as reasons women avoid breast reconstruction. Decades of study and clinical experience have enhanced current reconstructive techniques.

## EXPERIENCE IN YOUR CORNER

It's important to seek out a plastic surgeon with the training and clinical experience to generate a personalized plan to address each patient's specific concerns and goals. A well-trained plastic surgeon will coordinate with other members of the medical team (general surgeons, a medical oncologist, a radiation oncologist, pathologists, radiologists, geneticists and others) to optimize outcomes.

Federal law mandates insurance coverage for breast reconstruction, including matching procedures on the unaffected breast. Breast reconstruction usually involves an operation to start the process, and then one or two relatively minor procedures to complete it.

Reconstruction can be initiated at the time of the surgery to remove one or both breasts, or it can be delayed. These techniques can make use of implantable prostheses or the patients' own tissues. Patients have many advantages and disadvantages to consider, and the decision process can be confusing. It's important for women to see a plastic surgeon early to help decide if breast reconstruction is right for them and to help them through the journey.



## ! Help with your plan

If you have questions about breast reconstruction, visit [www.CedarParkRegional.com/BeyondSurvival](http://www.CedarParkRegional.com/BeyondSurvival) or call the physician line at (512) 528-7337.

## HEALTHWISE QUIZ

How much do you know about **high blood pressure**?

Take this quiz to find out.

- 1** How many American adults have high blood pressure?
  - a. one in three
  - b. one in five
  - c. one in 10
  - d. one in 20
- 2** Most people with high blood pressure experience:
  - a. nausea
  - b. weakness
  - c. trouble concentrating
  - d. no symptoms
- 3** Healthy adults with no history of high blood pressure should have their blood pressure checked every:
  - a. six months
  - b. year
  - c. two years
  - d. 10 years
- 4** High blood pressure can increase your risk for:
  - a. dementia
  - b. eye damage
  - c. bone loss
  - d. all of the above
- 5** Which of the following statements is true?
  - a. After age 65, more women than men have high blood pressure.
  - b. After age 65, more men than women have high blood pressure.
  - c. After age 65, an equal number of men and women have high blood pressure.
  - d. After age 65, the number of men and women suffering from high blood pressure is unknown.

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

# Show your heart a little love

**Y**our heart works hard for you, pumping day in and day out to supply your body with the oxygen-rich blood you need for survival. So what are you doing to nurture it? Try these five tips to ensure better heart health:

**➔ Choose good-for-you foods.** Follow a diet such as Dietary Approaches to Stop Hypertension (DASH). This eating plan is centered on foods low in fat, cholesterol and salt; and rich in fruits and vegetables (aim for five to 10 servings a day), whole grains and low-fat dairy products. Foods that are good for the heart also include those with high levels of omega-3 fatty acids, a type of polyunsaturated fat, found in fish such as salmon, mackerel and sardines.

**➔ Give your heart a workout.** You don't need a gym membership to keep your heart in tip-top shape. Get the recommended 30 to 60 minutes of physical activity daily by walking, jogging or biking—and remember that everyday tasks such as gardening, vacuuming and taking the stairs count toward your activity goals. Activity, along with eating healthy foods, can help you maintain a healthy weight, which is another way that you can boost heart health.

**➔ Consider aspirin therapy.** A daily aspirin can benefit many people, but not everyone, so talk with your physician first about the risks and benefits. For example, aspirin can help prevent first and second heart attacks in older women and men of all ages, but only second heart attacks in women younger than age 65. Aspirin also may prevent certain types of strokes.

**➔ Quit smoking.** Tobacco smoke contains thousands of chemicals that damage the heart and blood vessels, including nicotine, which narrows blood vessels and makes your heart work harder. Within one year of quitting, you can expect to see your heart-disease risk drop dramatically.

**➔ Get checked.** Have your blood pressure and cholesterol checked regularly. Ask your physician how frequently you should be tested based on your health history.





## CLEAN UP your health

It's easy to focus on all the bad things we breathe in the air outside, such as pollen and pollutants. But what about what's lurking inside our houses? Household dust, mold and various chemicals can make breathing difficult. Here's what might be stirring up trouble at home:

**Dust mites.** In dust around the home lie dust mites—microscopic insects that are the most common cause of dust allergies. They can also trigger asthma and flu-like symptoms.

**Combat them:** Wipe dusty surfaces with a damp cloth, and vacuum once a week. Wash bedding once a week in hot water, and cover mattresses, box springs and pillows in mite-proof covers.

**Mold.** Mold spores thrive in damp areas such as basements and bathrooms. Along with dust mites, mold is considered a biological pollutant and can also trigger allergies and asthma.

**Combat it:** Use ventilation fans and dehumidifiers to keep humidity at 30 percent to 50 percent. Treat moldy bathrooms, basement walls and furniture with diluted bleach or other disinfectants.

**Volatile organic compounds (VOCs):** These gases are emitted from products such as paints and cleaning supplies. Health effects range from ear, nose and throat irritation to central nervous system damage.

**Combat them:** Use chemicals only in well-ventilated areas. Consider purchasing low-VOC paint.

### Don't let the bedbugs bite!



**B**edbugs are one souvenir you don't want to take home with you from vacation. But these flat, little reddish-brown pests, which are more common in places such as hotels, may find a way into your home by hitching a ride in your suitcase. Waiting to strike, they hide out in beds, box springs, headboards and bed frames. When they do bite, they can cause red, itchy, clustered bite marks on the face, neck, arms and hands. The best way to eliminate them is with a professional exterminator.

## DOUBTING diet soda

**D**iet soda: It's sugar and calorie free, so it must not be bad for you, right? Some recent research suggests otherwise. While most of these health concerns need further investigation, now might be a good time to either limit your diet-soda intake to the occasional indulgence, or switch to water, skim milk or diluted 100-percent fruit juice. Here's why:

**Tough on teeth.** Diet soda is just as acidic as regular soda, which can damage tooth enamel and promote decay.

**Wicked to waistlines.** Some studies have found that drinking diet soda regularly may be connected to obesity and type 2 diabetes. Researchers are unsure if diet soda actually causes obesity, but one study found that those who drank three or more of the beverages daily were more likely to gain weight than those who didn't.

**Unkind to kidneys.** One major study found that women who consumed two or more artificially sweetened sodas a day doubled their risk for kidney function decline. Drinking regular soda or only one diet soda daily did not decrease kidney function more than normal. However, for those prone to kidney stones, a separate study discovered that citrus-flavored diet sodas contain high levels of a compound that may inhibit stone formation.

**Bad to the bones.** According to the National Institutes of Health, people may be replacing bone-friendly, calcium-rich milk with soda, which may lead to decreased bone mass and an increased risk of fracture.



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# New arthritis treatments restore your life



**By Angela Akin, D.O.  
Family Practice**

**A**s we age, we don't move as smoothly as we once did. In fact, arthritis affects more than 46 million Americans.

While there's no single cause or cure, risk factors for osteoarthritis—the most common type—include obesity, age, injury, heredity and overuse. Only about 1 percent of the U.S. population has rheumatoid arthritis, a type of chronic arthritis and autoimmune disorder that causes joint breakdown.

In the past, arthritis treatment has focused on pain management and preserving mobility. Newer therapies help slow the disease's progression. Advances in research and treatment are providing relief to arthritis sufferers.

## BRINGING HOPE

New therapies include nutritional supplements, such as glucosamine and chondroitin, which may help pain unrelieved by anti-inflammatory medications.

Steroid injections into affected joints have been used for years to reduce inflammation. A newer therapy is injections that replace the synovial fluid, which lubricates and cushions the joints. Researchers are examining the value



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of injections of hyaluronic acid, a joint lubricant.

A significant way to treat rheumatoid arthritis is using drugs known as biologic response modifiers, or biologics. These drugs block the tumor necrosis factor (TNF), which triggers inflammation. This reduces pain, stiffness, fatigue and joint damage.

Finally, a structured rehabilitation program can help strengthen the area around the joint, controlling pain and inflammation. Low-impact exercises, such as yoga, Pilates, walking or swimming, may also help.

Discuss any pain or limitations in movement with your physician to find the best possible treatment plan for you.

## ! Test your health IQ!

Learn more online. To take an interactive arthritis quiz, visit [www.CedarParkRegional.com](http://www.CedarParkRegional.com), click on "Health Resources," "Interactive Tools" and then "Quizzes."