

Health Connection

THOUGHTFUL CARE FOR OUR COMMUNITY

**Trouble getting
your zzzs?**
Our new sleep center
can help

**Get back in
the game!**

**Meet our
new CEO**

**Kids' sports
injuries on
the rise**
Keep your
child safe

**Are you
healthwise?**
Take our quiz!



**CEDAR PARK
REGIONAL
MEDICAL CENTER**

A partner of the  Seton Family of Hospitals

www.cedarparkregional.com



Do you really need a primary care physician?

Sure, most health plans require a primary care physician (PCP) for specialist referrals. But that's just one reason it's a good idea to have one dedicated clinician to oversee all your health concerns.

THE KEY TO SUPERIOR CARE

Developing an ongoing relationship with one physician who knows you and your medical history leads to a better overall outcome and lower costs. The reason? Your PCP can counsel you on healthy lifestyle choices, such as exercise options, an eating plan and other prudent lifestyle adjustments and modifications. Plus, seeing your PCP regularly makes him or her better at evaluating your symptoms than practitioners who don't know you. Additionally, a PCP provides routine health screenings, which can find diseases early—when they're easier to treat (see “Screenings your PCP may provide”). This, in turn, translates into less invasive and less expensive treatments.

A GUIDING LIGHT

If you've ever wished you could go to one place for all your health concerns or worried whether you're approaching the right physician for a particular ailment, you're in luck. A PCP can be your primary contact to address most personal healthcare needs.

The healthcare system can be intimidating—especially when you're faced with a frightening symptom. A PCP can evaluate the problem and either manage it him- or herself or arrange for the appropriate referrals. And if you need specialist care, your PCP can guide you and coordinate all aspects of your care. Plus, he or she can sort through and help explain the advice of other physicians.

Who's who in the PCP world

When picking a PCP, you can choose from many different types of healthcare professionals:

- **Family practitioners.** Physicians who care for children and adults of all ages. They may also practice obstetrics and minor surgery.
- **General practitioners.** Physicians who provide basic care for all ages.
- **Internists.** Physicians who care for adults of all ages and can treat many different medical problems.
- **Obstetricians/gynecologists.** Physicians who specialize in reproductive health. They often serve as a PCP for women, especially those of childbearing age.
- **Hospitalists.** Physicians who care for people who are hospitalized. Most hospitalists are trained in internal medicine and work with a hospitalized patient's PCP to provide the best care.
- **Nurse practitioners and physician assistants.**

Nonphysician providers of primary healthcare. Often referred to as “physician extenders,” they consult with physicians. They may see children, adults or women only and can prescribe medications and other treatments.

- **Pediatricians.** Physicians who treat newborns, infants, children and adolescents.

Screenings your PCP may provide

- | | | |
|--|--|--|
| <input type="checkbox"/> blood pressure | <input type="checkbox"/> cholesterol | <input type="checkbox"/> diabetes |
| <input type="checkbox"/> breast cancer | <input type="checkbox"/> colorectal cancer | <input type="checkbox"/> obesity |
| <input type="checkbox"/> cervical cancer | <input type="checkbox"/> depression | <input type="checkbox"/> prostate cancer |
| <input type="checkbox"/> chlamydia | | |

Strength-train your brain

The mental benefits of exercise

Exercise has long been touted for its physical health benefits, such as improving metabolism, lowering blood pressure and reducing your risk of heart disease, stroke and cancer. But working up a sweat is also good for your head. Here's how:

BEATS THE BLUES

In a review of 80 studies on exercise and depression, researchers concluded that getting physical can act like an antidepressant. The analysis found that exercise decreased depression more than relaxation training (such as meditation or breathing) or engaging in enjoyable activities did. Working out may boost levels of feel-good endorphins, natural painkillers that promote a heightened sense of well-being.

TAMES TENSION

Physical activity releases muscle tension, reduces levels of the stress hormone cortisol and raises body temperature, which may have calming effects. Additionally, it can shift your attention away from anxious thoughts to something more pleasant, like your surroundings or the music that gets you moving.

AMPS UP ENERGY

Often feel drained? Inactivity is the likely culprit. Yes, working out may make you tired in the short term, but it helps increase stamina and energy in the long run. And, according to the Centers for Disease Control and Prevention, staying active may improve sleep quality, which translates into more next-day pep.

CRANKS UP CONFIDENCE

If you're nervous, working up a sweat gives you a confidence boost. How does getting sweaty raise self-worth? The effect is thought to be brought about by the sense of accomplishment that comes from meeting fitness goals or challenges.

BOOSTS BRAIN POWER

Regular physical activity can help keep your thinking, learning and judgment skills sharp as you age. In one study of 62- to 70-year-olds, those who were still working and retirees who exercised sustained their levels of cerebral blood flow and performed better on cognition tests than inactive retirees. What's more, in a few studies of subjects older than age 65, those who worked out for at least 15 to 30 minutes three times a week were less likely to develop Alzheimer's disease.



How much is enough?

If you have a physical disability, talk with your physician before exercising. Once you get his or her OK, do the following activities to reap the mental and physical benefits:

- A minimum of 150 minutes of moderate-intensity aerobic activity (like brisk walking) each week. If you're just getting started, break your workout into three brisk 10-minute walks a day, five days a week. Not into walking? Do water aerobics, go for a bike ride, play doubles tennis or mow the lawn—anything that gets you moving.
- Muscle-strengthening activities that target all major muscle groups on two or more days a week. Try heavy gardening (digging, shoveling), yoga, lifting weights or other weight-bearing moves like push-ups or sit-ups. Aim for eight to 12 repetitions per activity.



Abe Martinez
Chief Executive Officer

Dear neighbors,

I'm honored to join Cedar Park Regional Medical Center's (CPRMC) team as chief executive officer. I'm privileged to work with hospital leadership, our medical staff and employees to build on our hospital's considerable accomplishments and help lead us to even greater future success.

In this issue of *Health Connection*, I'm pleased to bring you news of two new services added this past summer: the Center for Rehabilitation & Sports Medicine and the Central Texas Sleep Medicine Center. We feel that it's vitally important to provide a greater continuum of care for our patients by expanding the breadth and level of outpatient services available. In this issue, we focus in detail on both, so please take a moment to read about these new services.

In addition, we continue our focus on physician recruitment and are pleased to welcome a new Ob/Gyn, Mikaela Rush, M.D., whose office is located in the Medical Office Building next to CPRMC in suite 410. Dr. Rush attended medical school at Texas A&M University and completed her residency with Methodist Health System in Dallas. She's now accepting new patients.



Mikaela Rush, M.D.
Obstetrics/Gynecology

I hope you'll follow us on our journey as we continue to recruit more physicians, provide new and expanded services and further enhance our systems and processes. Our momentum is strong, and I look forward to our continued growth and achievements.

Regards,
ABE MARTINEZ
Chief Executive Officer
Cedar Park Regional Medical Center

Get back in the game!

With CPRMC's Center for Rehabilitation & Sports Medicine



Cedar Park Regional Medical Center (CPRMC) now offers an outpatient rehabilitation program at the Center for Rehabilitation & Sports Medicine focused on restoring your activity, strength and motion following an injury or surgery. Our physical therapists teach exercises, stretches and techniques and use specialized equipment to address problems that can't be managed simply with medication or rest. We also offer speech therapy to help those with speech disorders.

PHYSICAL THERAPY AND REHABILITATION

Physical therapy relieves stress and helps the body function without pain. Because our therapists also work in a hospital setting, they're knowledgeable about surgical procedures and treatment goals. Our therapists know your body's limitations after surgery and help ensure a successful outcome.

Our therapists teach strengthening exercises and use techniques to help you improve muscle function. The goal is to build strength and range of motion and increase endurance.

Techniques include:

- **Core strengthening and stability**, which builds your core to decrease the effects of injury and overuse. Your body's core is like your house's foundation. If you build your house on a weak foundation, you risk damage.
- **Ice and heat**, which warm and cool off muscles, stimulate blood flow and decrease swelling.



Continued on page 8

Put sleep woes to bed

Our new sleep medicine center can help

Does your husband snore when he sleeps? Does your wife toss all night and then want to sleep all day? Does your child complain of nighttime leg cramps? According to the 2009 Sleep in America Poll, it's estimated that one-third of Americans are having trouble catching some good zzzs.

In fact, the average U.S. adult gets just six hours and 40 minutes of sleep a night. And the poll found a 64-percent rise in the number of people who experience a sleep problem at least a few nights a week. This daily fatigue impacts our physical functioning, mental alertness and, ultimately, our long-term health.

GOOD HEALTH = RESTFUL SLEEP

Sleep allows the body to restore and regulate internal functions, including muscle and tissue repair, removal of toxins, hormone production and maintenance of our circadian rhythms.

Lack of sleep can cause stress, affect memory, decrease energy levels and make us more prone to illness and depression. The long-term effects of insufficient sleep are more than just chronic drowsiness or difficulty focusing.



The sleep center offers a comfortable environment for patients.

Sleep deprivation has been linked to an increased risk of high blood pressure, diabetes, obesity, depression, heart attack and stroke.

WE CAN HELP!

Cedar Park Regional Medical Center (CPRMC) is proud to offer our community the new Central Texas Sleep Medicine Center, a beautifully appointed and comfortable environment designed to detect and diagnose sleep disorders. The center accepts all major insurance plans, including Medicare and Medicaid, and is open to the public.

! Get your zzzs!

To get a good night's rest or to schedule your sleep study, call the Central Texas Sleep Medicine Center at 1-877-52-SLEEP, or visit www.cedarparkregional.com.

The center is located at CPRMC.

Are you sleep deprived?

Take this short quiz to find out. Do you or does someone you love have:

- | | | |
|---|---|--|
| <input type="checkbox"/> difficulty falling asleep | <input type="checkbox"/> diabetes | <input type="checkbox"/> morbid obesity |
| <input type="checkbox"/> depression with sleep complaints | <input type="checkbox"/> pulmonary high blood pressure | <input type="checkbox"/> nocturnal gastroesophageal reflux |
| <input type="checkbox"/> loud snoring | <input type="checkbox"/> stroke or recurrent transient ischemic attacks | <input type="checkbox"/> chronic obstructive pulmonary disease (with or without supplemental oxygen) |
| <input type="checkbox"/> breathing stoppage (10 seconds or longer) during sleep | <input type="checkbox"/> nocturnal chest pain | <input type="checkbox"/> fibromyalgia with excessive fatigue |
| <input type="checkbox"/> excessive daytime sleepiness | <input type="checkbox"/> frequent nighttime urination | <input type="checkbox"/> chronic renal failure |
| <input type="checkbox"/> restless legs | <input type="checkbox"/> unexplained fainting spells | <input type="checkbox"/> sleep walking tendencies |
| <input type="checkbox"/> nighttime leg cramps | <input type="checkbox"/> obesity and pregnancy with snoring | <input type="checkbox"/> dream enactment |
| <input type="checkbox"/> heart failure or cardiomyopathy | <input type="checkbox"/> a need for pre-op evaluation for weight-loss surgery | <input type="checkbox"/> sleep problems related to shift work |
| <input type="checkbox"/> uncontrolled high blood pressure | | <input type="checkbox"/> polycystic ovarian disease |

If you checked any of the above, you may be a candidate for a sleep study, which can determine if you have a sleep disorder and what treatment options are available. Call the Central Texas Sleep Medicine Center at 1-877-52-SLEEP today!



HEALTHWISE QUIZ

How much do you know about breast cancer?

Take this quiz to find out.

- 1** Your risk of developing breast cancer is increased by which of the following?
 - a. radiation exposure to the chest as a child or a young adult
 - b. first pregnancy after age 30
 - c. use of estrogen and progesterone to treat menopausal symptoms for four or more years
 - d. all of the above
- 2** Which is not a risk factor for developing breast cancer?
 - a. having a family history of the disease
 - b. being overweight
 - c. antiperspirant use
 - d. excessive drinking
- 3** Symptoms of breast cancer typically don't include:
 - a. changes in the size or contour of the breast
 - b. breast pain
 - c. an indentation of the nipple
 - d. a clear or bloody discharge from the nipple
- 4** Which of the following is not true about male breast cancer?
 - a. One in five men with breast cancer has a close male or female relative with breast cancer.
 - b. The average male is 60 to 70 years old at diagnosis.
 - c. Being overweight doesn't increase breast cancer risk.
 - d. Health conditions that affect the testicles may increase risk.
- 5** An annual mammogram once you turn 40 is important because:
 - a. your chance of being diagnosed with breast cancer increases with age
 - b. you may have a small cancer that won't show up until your next annual screening
 - c. the sooner you're diagnosed with breast cancer, the easier it is to treat
 - d. all of the above

ANSWERS: 1. (D), 2. (C), 3. (B), 4. (C), 5. (D)



Living with heart disease

Being diagnosed with heart disease can be scary. You may wonder: Will I still be able to do the things I love? By making a few adjustments, you can control your condition and enjoy life to its fullest. Here's how:

Master your medications. If your physician prescribes cholesterol- or blood pressure-lowering pills, tape a note to your mirror, set an alarm—whatever's necessary—to ensure you take them as directed every day.

Learn food math. Don't worry: You can still eat delicious meals. But you'll have to learn to read labels and keep tabs on your daily intake of certain foods. The basics:

- Keep total fat to less than 35 percent of your calories (saturated fat should equal just 7 percent).
- Limit cholesterol to 200 mg a day.
- Restrict sodium to 2,400 mg or less a day.
- Eat just enough calories to maintain or achieve a healthy weight.

Move more. Joining a gym is great (if you'll go), but it's not a requirement. Cleaning your house, walking your dog briskly and biking to the store are all examples of valid activity. Just 30 minutes a day will help protect your heart—even if you do only 10 minutes at a time. Of course, always check with your physician before beginning any exercise program.

If you follow these recommendations, you'll drop any extra pounds slowly, which means your weight loss is more likely to stick. The great news: Losing even 5 to 10 percent of your current weight can reduce your risk of heart attack and improve your overall health.

Keeping little athletes safe

Kids love sports, and we love watching them play. But each year, more than 3.5 million children under age 15 are treated for sports-related injuries, according to the American Academy of Pediatrics (AAP). That number is on the rise. One reason: Many kids now play the same sport year-round, resulting in overuse injuries such as chronic muscle strains, stress fractures and tendonitis. Plus, some sports have gone more extreme. Cheer-leading alone injured almost 70,000 children in 2007. So how can you keep your child out of the ER?

- **Don't start too soon.** Don't let your child join a team until he or she is at least 6 years old, says the AAP.
- **Get a pre-season checkup.** Visit your pediatrician to make sure your son or daughter is indeed sports-ready.
- **Gear up correctly.** Make sure your child doesn't compete without the right sporting shoes, helmet and safety equipment.



- **Teach the wisdom of warming up and cooling down.** Insist that young athletes exercise lightly for at least three minutes, then stretch the muscles to be used for at least 30 seconds each before practice or a game.
- **Fill 'er up.** Make sure your child carries a water bottle and knows the importance of drinking frequently, even if he or she isn't thirsty. Dehydration can cause fatigue and sickness.
- **Watch carefully.** Discourage participation in just one sport. If your child shows sign of strain or injury, insist he or she stop playing immediately—then see your pediatrician.

Healthy eating on the run

You're out and about when hunger pangs hit. Stopping at the nearest fast-food joint, you order a cheeseburger, fries and a soda and quickly wolf it all down in your car. Minutes later you feel sluggish, bloated—and guilty.

The good news: Your healthy diet doesn't have to suffer just because you're racing from one obligation to the next, spending the day running errands or hitting the road for a family vacation. Be prepared with these smart-snacking tips:

- **Always take water with you.** If it's too

bland, add a slice of fruit or a splash of juice.

- **For an on-the-run breakfast,** grab low-fat string cheese and a piece of fruit.
- **Fill an insulated lunch box with fresh fruit,** carrots, celery sticks, walnuts, yogurt or peanut butter on 100 percent whole-wheat bread for snacks during the day. Keep protein bars or snack bags of almonds or raisins in your purse, glove compartment or tote bag for hunger attacks.
- **If you must hit the drive-through,** opt for a kid-sized meal with fresh fruit or a side salad (with low-fat dressing) instead of fries, and a grilled chicken sandwich instead of one that's breaded and fried. Skip the mayo and other fatty spreads.
- **Need a coffee break?** Order the low-fat, sugar-free version of your favorite frozen coffee or latte and skip the whipped cream and caramel drizzle.



Health Connection is published as a community service of Cedar Park Regional Medical Center. 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 © 2009 Cedar Park Regional Medical Center

FALL 2009



www.cedarparkregional.com

70CPR

Continued from page 4

Get back in the game!

- **Electrical stimulation**, which passes an electrical current to affected areas. This alters muscle contractions and increases blood flow to these tissues. Patients often experience less pain after treatment.

SPEECH THERAPY

Speech therapy helps improve speech by increasing speech intelligibility and articulation and treating apraxia (motor speech movements). It also helps with swallowing and feeding by increasing muscle strength and coordination of movements. Therapy improves receptive language skills like following directions, increasing language vocabulary, attending to tasks and problem solving. Speech therapy also helps improve expressive language skills, such as using words and gestures, conveying thoughts and maintaining conversation.

IMPROVED FUNCTIONING AND LESS PAIN

The Center for Rehabilitation & Sports Medicine, a 5,000-square-foot outpatient facility, treats patients who



have orthopedic and sports-related injuries. The center provides postoperative rehabilitation for joint and ligament replacement/repair and treats musculoskeletal issues such as knee, hip, back and shoulder trauma.

Careful diagnosis and comprehensive care of injuries can help patients heal and return to activities with less chance of repeat injury. Our top priority is to get you back to your game.

! Make an appointment today!

Call our physical therapy team today at **(512) 260-6927**. The Center for Rehabilitation & Sports Medicine accepts all major insurance plans, including Medicare, Medicaid and Workers Compensation, and is open to the public.

The center is located at 701 E. Whitestone Blvd., Suite 210, in Cedar Park, next to the rail yard.

Be a Healthy Woman

Membership is free and the benefits last a lifetime. Visit www.cedarparkregional.com today to join Healthy Woman and find out about upcoming seminars that improve your health and wellness ...
body, mind and spirit.



Tiny Toes for you



Deliver your new bundle of joy at CPRMC and enjoy the benefits of our Tiny Toes program for new and expecting parents. Visit www.cedarparkregional.com today. To tour our beautiful and expansive labor & delivery suites, call **(512) 528-7312**.