

HealthConnection

A PUBLICATION OF SILOAM SPRINGS MEMORIAL HOSPITAL



Health
Connection
gets a fresh
look!

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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.



A message FROM OUR CEO

KEVIN CLEMENT
Chief Executive Officer

DEAR FRIENDS,

I'm sure many of you have seen the new Siloam Springs Memorial Hospital (SSMH) taking shape on Progress Avenue. If you haven't had a chance to see the beginning stages of our new

facility, I encourage you to drive past and check on our progress. We're busy taking weekly tours to ensure everything is on schedule. I'll keep the community updated as this exciting new chapter in SSMH's history unfolds.

Obstetrics sets record

The numbers are in and I'm pleased to announce that 2010 was one of the biggest years for babies born at SSMH. Loretta Jordan, R.N., director of the Women's and Children's Unit, reported that 570 babies were born in our hospital last year. And we're well on our way to meeting that number in 2011, with more than 317 babies born so far. Chad Hill, M.D., and David Crownover, M.D., Ob/Gyn specialists, are quick to point out that the department is one of the best in our service area. With recently renovated labor and delivery rooms, SSMH offers a peaceful, warm and comforting area for expectant mothers to bring their babies into the world.

Sleep Center grand opening

SSMH's Sleep Center recently celebrated its grand opening and is accepting patients. The center, located at 1675 W. Jefferson, Suite E, is designed for comfort and convenience, as patients are now able to have sleep studies done without leaving the area.

For more information about any of these departments or to speak with someone at SSMH, call **(479) 524-4141**. If you're visiting SSMH, stop by my office or call me at **(479) 549-2402**.

Warmest regards,

Kevin Clement

*Chief Executive Officer
Siloam Springs Memorial Hospital*



Eye surgery is close to home at SSMH

➤ **Looking for a place to have your eye surgery that isn't far away from home?** Don't want to spend lots of money traveling back and forth in Northwest Arkansas? SSMH offers many surgical eye procedures in your hometown, making it convenient for you and your family. You'll have the benefit of a locally based physician available 24 hours a day.

Ophthalmologist John A. Billingsley III, M.D., provides surgical treatment for many eye issues, including:

- cataract removal
- corneal surgery
- correction of lid retraction
- eye-lid surgery
- foreign body removal
- YAG laser surgery ●



Look sharp!

Call SSMH at **(479) 524-4141** for more information about surgical eye procedures.

Time's on your side at **SSMH's ER**

➤ **When you're experiencing a health emergency, the last thing you**

want to do is wait. Emergency medicine is about three things: compassion, skilled care and speed. Siloam Springs Memorial Hospital (SSMH) knows the importance of prompt service—especially in the emergency room (ER).

"In an effort to assure patients of our dedication to providing quality care, both efficiently and quickly, SSMH launched the 30-Minute ER Service Pledge," says SSMH Chief Executive Officer Kevin Clement.

The 30-Minute ER Service Pledge begins the minute a patient checks in at the ER desk. "Our pledge is this: A clinical professional will work diligently to initially see patients within 30 minutes or less of their arrival to begin evaluation and treatment," says Clement. "When the patients are initially seen by a clinical professional (a physician, physician assistant or nurse practitioner), the time is logged on their charts so we can track our performance in keeping our pledge of low ER wait times."

Quality improvement

"While the goal of SSMH's ER pledge is to work diligently to initially see every patient within 30 minutes, the most critical health emergencies will always receive top priority," says Richard Hightower, R.N., C.R.N., emergency department director.

The 30-Minute ER Service Pledge was launched in spring 2011. "We believe this pledge will distinguish us from other health care providers in the area, and

underline our commitment to the people who live and work in our community," says Clement. "While we're committed to prompt and appropriate care for our ER patients, the 30-Minute ER Service Pledge shouldn't be misinterpreted as an effort to rush patients through the ER. Our process improvements focus on getting ER patients into a treatment room as quickly as possible, enabling our clinical professionals to see a patient and begin diagnosis and treatment in a timely manner." ●

A clinical professional is committed to working diligently to initially see you within 30 minutes or less of your noted arrival. In a medical emergency, call 911.



Link to learn

For more information about our ER and the 30-minute pledge, visit www.SiloamSpringsMemorial.com and click on "Our Services."

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!

Health Connection is published as a community service of Siloam Springs Memorial Hospital. There is no fee to subscribe.

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PHYSICIAN SPOTLIGHT

We'd like to introduce you to a member of Siloam Springs Memorial Hospital's medical staff.



John A. Billingsley III, M.D.
Ophthalmology

960 S. Mt. Olive
Suite A
Siloam Springs, AR 72761

John A. Billingsley III, M.D., is an ophthalmologist in Siloam Springs and a member of the Siloam Springs Memorial Hospital medical staff.

Dr. Billingsley, board certified by the American Board of Ophthalmology, received his medical degree at the University of Missouri in Kansas City, Mo., where he also served his residency. In addition to regular office visits at his clinic, Dr. Billingsley performs cosmetic and surgical procedures, including medical diagnosis; glaucoma, cataract and eyelid treatment; and Botox and Juvederm injections. Dr. Billingsley is accepting new patients. For more information about the surgical procedures he provides, call (479) 524-4141.

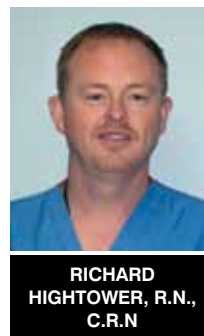
To find a physician, visit www.SiloamSpringsMemorial.com.

New emergency department director named

➤ **Richard Hightower, R.N., C.R.N.,** was recently appointed Siloam Springs Memorial Hospital's (SSMH) emergency department director.

Hightower is a nurse leader with more than 17 years of nursing experience and 23 years in acute care settings. He has been a part of the National Disaster Medical System since 2002 as a founding member of Homeland Security and currently serves as a registered nurse with AR-1 DMAT, a federal team for training and response to national and domestic terrorism. He was one of the first nurses

in Arkansas to achieve the title of certified radiology nurse and the first person in Arkansas to become certified in advanced radiology life support. He graduated from the University of Arkansas—Fort Smith and is a member of the American Radiology Nurses Association and the Emergency Nurses Association and received The Joint Commission Best Practice Award in 2010 for Emergency Management at Northwest Health System. ●



Schedule a mammogram today!

October is National Breast Cancer Awareness Month—the perfect time for your annual mammogram. Call Siloam Springs Memorial Hospital at (479) 549-2410, or call your primary care physician or Ob/Gyn. For a list of local physicians, call (479) 524-4141.