

FALL 2009

PREMIERE ISSUE!

Health Connection

A PUBLICATION OF SILOAM SPRINGS MEMORIAL HOSPITAL

When it comes to
babies, we deliver!

Have fun and
get healthy!

Join Senior Circle today

Living well with
heart disease

Kids' sports
injuries on
the rise

Keep your
child safe

Are you
healthwise?

Take our quiz!

SILOAM SPRINGS
MEMORIAL HOSPITAL

www.siloamspringsmemorial.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.



Kevin Clement
Chief Executive Officer

Dear friends,

Welcome to the premiere issue of *Health Connection*, a community newsletter provided to you by Siloam Springs Memorial Hospital (SSMH).

Since 1950, SSMH has served the people of Siloam Springs and the communities of western Benton County and northeastern Oklahoma. We have much to be proud of and are continuously

advancing to meet your healthcare needs.

Now our future is even brighter, as we look forward to construction of a new facility along the Progress Avenue development corridor in Siloam Springs.

DEDICATED TO YOU

As SSMH's new chief executive officer, I'm committed to keeping you up to date on the hospital's progress. Along with our vision to build a new hospital, we're committed to expanding our services and physician recruitment. We're happy to welcome Rebecca Ramick, M.D., a board-certified pediatrician, to our medical staff. Dr. Ramick joins Angela Fangmeier, M.D., at Sager Creek Pediatrics. Both physicians serve the SSMH Women's and Children's Unit. Read more about Dr. Ramick on page 5.

We've just added an exciting new program for men and women ages 50 and better called Senior Circle. Senior Circle is designed to help seniors maintain a healthy body, mind and spirit. Membership in the

Siloam Springs Senior Circle chapter will offer monthly health programs, in-hospital benefits, special perks, discounts with local and national business partners, social events, exercise programs and travel opportunities. Please see page 8 for more information.

As we look forward to 2010, we continue to look for ways to better serve you, both now and in the future. Feel free to call **(479) 549-2402** or stop by and see us.

Warmest regards,

KEVIN CLEMENT
Chief Executive Officer
Siloam Springs Memorial Hospital

Thanks, Board of Trustees!

We thank the SSMH Board of Trustees members for their time, service and support. They're instrumental in achieving the vision of SSMH's growth and development.

PHYSICIAN BOARD MEMBERS

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A rendering of the new facility planned along the Progress Avenue development corridor.



Tender care for mom and baby

Our Women's and Children's Unit delivers

The childbirth experience is filled with joy, anxiety, nervousness and elation. It's a time when personalized care, compassion and understanding are needed. If you're planning your child's birth, consider the Women's and Children's Unit at Siloam Springs Memorial Hospital (SSMH) for that special event.

COMFORT AND CARING

Our obstetrics staff focuses on making childbirth a positive experience in a family environment. This unit provides attentive, comprehensive healthcare with a friendly, competent, experienced and supportive staff.

Our six spacious Labor and Delivery suites are designed for the comfort and care of mother and child, while also providing room for family. This design allows a woman to labor, deliver and recover all in the same room, reducing stress and increasing comfort.

"Our mothers receive personal and quality care in a family-centered environment where our nurses have many years of experience," says Loretta Jordan, R.N., unit director.

The obstetrics and gynecology specialists on our medical staff—Chad Hill, M.D., and David Crownover, M.D.—are both board certified with the American Board of Obstetrics and Gynecology. Last year, they delivered almost 600 babies at SSMH.



Prepare for childbirth

At our prepared childbirth classes, mom and her support person will learn what to expect during pregnancy and labor; breathing and relaxation techniques; hospital policies and procedures; and breastfeeding fundamentals. They'll also tour the hospital. A certified instructor teaches the prenatal classes. The fee is only \$30. For registration or more information, call (479) 549-2426.

! Give your baby a healthy start at SSMH!

SSMH's goal is to provide personal service and quality care for your family. To learn more about our facility and the advanced care we offer our patients, stop by or call unit director Loretta Jordan, R.N., at (479) 549-2529 today.

MEET OUR NEW MEDICAL STAFF MEMBER



REBECCA RAMICK, M.D.
Pediatrics

Sager Creek Pediatrics
1101-2 N. Progress Ave.
Siloam Springs
(479) 549-4228

SSMH welcomes Rebecca Ramick, M.D., board certified by the American Board of Pediatrics, to its medical staff. Dr. Ramick looks forward to caring for the area's babies and children and is accepting new patients from newborn to age 18.

Dr. Ramick received her medical degree from the University of Arkansas for Medical Sciences (UAMS) College of Medicine in Little Rock and served her internship at Arkansas Children's Hospital, also in Little Rock. She completed her residency at UAMS in 1991. Dr. Ramick has a personal interest in children who have developmental disabilities.

To find a physician by specialty, visit www.siloamspringsmemorial.com.

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 Siloam Springs Memorial 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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705IL



Health programs & events

SILOAM SPRINGS MEMORIAL HOSPITAL

PREPARING FOR CHILDBIRTH

Childbirth Preparation Classes

Monthly classes held one evening a week for four consecutive weeks.

When: 6:30 p.m.

Where: SSMH Annex

Call: (479) 549-2426 to enroll

WELLNESS

Extended Mammography Hours

When: First and third Thursdays of the

month, 8 a.m.–7:30 p.m.

Call: (479) 549-2410 for an appointment

Better Breathers Club

Join the last meeting of the year. Complimentary lunch is provided.

When: Thurs., Oct. 15, 11:30 a.m.–1 p.m.

Where: Moss Hospitality House

Call: (479) 549-2421 for information

Better health is just a click away!

Visit www.siloamspringsmemorial.com for valuable health information or to find a physician. You can also check out our many service lines and keep up with hospital news and the calendar of events. For your convenience, we offer secure online bill pay. If you're looking for employment opportunities at SSMH, you'll find them posted here and you can apply online. Or just make a comment on our Web site. We love hearing from you!

Join Senior Circle!

Get active and stay healthy.

Join Siloam Springs Memorial Hospital's (SSMH) Senior Circle program for just \$15 a year, and we'll

help you get more out of life with health talks; hospital benefits; local business bargains; national benefits including discounts on prescriptions, vision care, hearing aids, rental cars and personal emergency response systems; and more.

Members also enjoy a full calendar of social events, exercise programs and travel opportunities.

If you're 50 or better, you owe it to yourself to live life to the fullest. Call (479) 549-2479 to join SSMH's Senior Circle chapter today!

Senior Circle



Don't miss out!