

Health Connection

FROM YOUR FRIENDS AT PAYSON REGIONAL MEDICAL CENTER



**See how we're
growing!**

Payson practices
expand

**Healthy programs
in your hometown**

Number crunching

Managing high cholesterol

The whole-grain truth

Bad breaks

First aid for broken bones



**Payson Regional
Medical Center**

You've found a breast lump: Now what?

If the thought of finding a lump in your breast scares you, you're not alone. After all, many of us know someone who has had breast cancer. But some of us are so frightened that we avoid getting mammograms—the very habit that could save our lives if breast cancer develops. If you're in that group, you'll be glad to hear that four in five breast lumps turn out to be noncancerous. Here's a description of some common breast conditions:

Fibroadenoma: a smooth, solid, round painless lump that moves easily and can feel like a marble. Occurs most often in African-American women and women under age 30.

Fibrocystic breast changes: solid or fluid-filled lumps that

increase in size and tenderness five to seven days before each menstrual period.

Cyst: a smooth, fluid-filled lump often sensitive to the touch before the menstrual period. Typically appears in women between ages 35 and 50.

Lipoma: a soft and slow-growing painless lump that moves freely.

Intraductal papilloma: a small, wartlike growth near the nipple that may cause bleeding from the nipple. Occurs most often in women in their 40s.

Mammary duct ectasia: a thick, sticky, gray to green discharge from the nipple.

Mastitis: a warm, tender, lumpy area on the breast that appears red. Most often affects breast-feeding women.

Traumatic fat necrosis: painless, round, firm lumps that can result from a bruise or a blow to the breast. Occurs in older women and women with large breasts.

WHAT HAPPENS IF YOU FIND A LUMP?

If you find a lump, see your healthcare provider. He or she will do a clinical breast exam and may recommend one or more of the following tests and procedures:

Mammography, or breast X-ray, may be recommended to determine the lump's size and location.

Ultrasound examination can determine whether the lump is a fluid-filled cyst or a solid mass.

Fine-needle aspiration is an in-office procedure. Fluid is drawn out of the lump with a thin needle. If the fluid is clear and the cyst disappears, you won't need a biopsy. If the fluid is bloody or the mass is solid, your doctor probably will recommend biopsy.

Stereotactic biopsy removes a small tissue sample with a thin needle for analysis. Computerized imaging guides the needle with pinpoint accuracy to the exact location to be sampled.

Surgical biopsy usually is performed on an outpatient basis. Normally, the surgeon removes the whole lump, but in certain cases he or she will remove only part of it. The tissue is sent to a lab where a pathologist will examine it for cancerous cells.



The good news:
Four out of five
breast lumps turn out
to be noncancerous.



IF PREVENTION DOESN'T WORK

Both a cold and the flu typically involve a runny nose, sneezing, sore throat, cough and fatigue, but only flu characteristically features headache, high fever and that all-over-achy feeling.

Some people are at higher risk for complications from the flu than others and should get prompt medical care instead of trying to self-treat. These include:

- people over age 65
- children and adults with a chronic health condition, such as asthma or diabetes, or a weakened immune system
- pregnant women
- infants and young children
- anyone who lives with children or others at high risk
- healthcare workers and caregivers who are in contact with children or others at high risk

Prescription antiviral medications such as oseltamivir (brand name: Tamiflu) can help shorten the duration of the flu and prevent you from getting sicker if taken within the first 48 hours of symptoms.

If symptoms suddenly worsen, linger more than a week and are accompanied by a dry, hacking cough, the flu might have developed into viral pneumonia. Thick, rust-colored mucus along with a cough may signal bacterial pneumonia. Both types of pneumonia require medical attention.

Easing the sneezing

Surviving cold and flu season

Autumn is almost upon us. Soon it will be time to rake the leaves, pull out the sweaters and pray the kids don't catch something at school that knocks the whole family out of commission for a week.

But with a few simple precautions, parents and children can keep colds and flu away—or at least from spreading. Here are some basic tips to avoid getting sick, whether you're 2 years old or 90:

- Wash your hands several times a day with soap and water—and even more frequently if you're around anyone with a cold.
- Keep your hands away from your eyes, nose and mouth.
- Cover your mouth and nose with a disposable tissue when you sneeze or cough. Then wash your hands.
- Protect and strengthen your immune system by getting enough rest, exercising regularly and eating a healthy diet that includes lots of fruits and vegetables.
- Don't share eating utensils or drinking glasses.
- Avoid crowds of people where germs may spread.
- Most important: Keep annual flu vaccinations up to date.

Call your pediatrician or primary care provider if ...

Your sick child has any of these symptoms:

- labored breathing, often signaled by the abdomen rising and falling dramatically
- a fever of approximately 102° F that acetaminophen (brand name: Tylenol) can't control or that's present for more than three days
- inconsolable crying or irritability
- blood in vomit or stool
- recurring vomiting or loose stools
- greatly diminished food or fluid intake
- pulling or tugging at the ears, which may indicate an ear infection



Committed to healthy aging



R. Chris Wolf
Chief Executive Officer

I'm pleased to report Payson Regional Medical Center's customer satisfaction scores remain high compared to last year and to other hospitals within our region. Our patients are satisfied, and more than 95 percent say they'll use our facility again, if needed. This is the type of customer service goal we strive for on a day-to-day basis.

In the past few months, several new physicians started their practices here in Payson. We're happy that our new general surgeon, Travis Howard, D.O., joined our medical staff on August 1. He's originally from Idaho and his wife is from Mesa. We also have a new pediatrician, Andrew Haug, M.D., who joins Dexter DeWitt, M.D., at Payson Healthcare/Payson Pediatrics. Additionally, Don Culwell, M.D., Ob/Gyn, opened his practice in the office of Cynthia Booth, M.D. As you can see, we're busy growing our services.

SEPTEMBER IS HEALTHY AGING® MONTH!

This year, the first baby boomers will turn 60. Born between 1946 and 1964, boomers represent the largest demographic group in the United States at over 77 million strong or about 27 percent of the population, according to the U.S. Census Bureau.

"On a governmental level, two key developments for 2006 and beyond that will impact boomers are Medicare and the White House Conference on Aging. Medicare just announced new prescription drug coverage—insurance that covers both brand-name and generic prescription drugs at participating pharmacies. The program offers more than 40 plans," says Carolyn Worthington, co-editor of the book, *Healthy Aging ... Inspirational Letters from Americans*. "Numerous groups are working on educating the public about this new program. Many boomers who care for their parents have to be sure their parents make the right choice—or suffer severe financial penalties. For more information, visit the Medicare Web site at www.medicare.gov



or the Department of Health and Human Services site at <https://ssl2.benefitscheckup.org>.

"Last December, the White House Conference on Aging was held in Washington, DC. The conference is held once every decade to make aging policy recommendations to the President and Congress and to generate ideas for the public about aging with dignity, independence, good health and economic security," says Worthington.

In 1999, recognizing that careful attention placed on the physical, social and mental aspects of aging was crucial for developing and maintaining a healthy senior adult lifestyle, Payson Regional Medical Center introduced our senior adult program, Senior Circle. Today more than 1,700 individuals living in the Payson area have joined to take advantage of the program's local and national benefits. To become a member or for more information about classes and events, call **(928) 472-9290**.

Have a safe and healthy summer.

Regards,

R. CHRIS WOLF
Chief Executive Officer
Payson Regional Medical Center



Community Events 2006

PAYSON REGIONAL MEDICAL CENTER

Prenatal Classes

Includes labor, delivery and newborn care. Scholarships available upon request. Wear comfortable clothes and bring your coach. Nutritious snacks provided.

When: Saturdays, September 16 and November 11, 9 a.m.–1 p.m.;

Three-week series: Wednesdays, August 9, 16 and 23; October 4, 11 and 18, 6:30–8:30 p.m.

Call: (928) 472-1226 for information about classes, tours and pre-registration

Cost: \$30

Line Dancing

Line dancing burns calories, increases metabolism, stimulates endorphins and relieves depression and anxiety. Meet

Phyllis for beginner/intermediate classes.

When: Fridays, 11 a.m.–noon

Call: (928) 472-9290 or Phyllis at (928) 474-0507

Cost: \$1 per class

Easy Exercise

For individuals with chronic fatigue, fibromyalgia, arthritis or anyone wanting to start an easy exercise program. Dress comfortably.

Call: Kathy at (928) 472-9290

Knitting Club

Knitting can relieve stress and lower blood pressure in adults, experts say. Beginners to advanced knitters are welcome.

When: Tuesdays, 9 a.m.–12:30 p.m.

Call: (928) 472-9290 to register

Computer Class for Beginners

These computer classes are fun and educational.

When: Thursdays, 10 a.m.–noon

Call: (928) 472-9290 for more information or to register

Fibromyalgia Support Group

Participants and their families discuss various ways to manage fibromyalgia.

When: Third Friday of each month, 10:30 a.m.–noon

Call: (928) 472-9290 to register

Restless Legs Group

Restless legs syndrome is an overwhelming urge to move the legs, usually caused by uncomfortable or unpleasant sensations.

When: Third Saturday every other month

Call: Beverly Davis at (928) 468-6626

Healthy Woman

For women ages 25 to 49, this program discusses various health issues through free classes and seminars. If you're not a Healthy Woman member, call to register.

Call: (928) 472-9290

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EXPANDING PAYSON PRACTICES

The experienced, dedicated physicians of Payson can help keep your family healthy. We'd like to introduce you to three of them.



ANDREW HAUG, M.D.
Pediatrics

Payson Healthcare/
Payson Pediatrics

126 E. Main St.
Suite B, Payson
(928) 468-KIDS (5437)

Andrew Haug, M.D., joined Dexter DeWitt, M.D., at Payson Healthcare/Payson Pediatrics on July 1 and is accepting new patients.



TRAVIS HOWARD, D.O.
General Surgery

General Surgery of
Payson

710 S. Ponderosa
Suite C, Payson
(928) 474-5330

Travis Howard, M.D., has a new practice, General Surgery of Payson. He's accepting new patients on a referral basis.



DON CULWELL, M.D.
Obstetrics/Gynecology

Preferred Women's
Care PLLC

120 E. Main St.
Suite A, Payson
(928) 474-9744

Don Culwell, M.D., is located at Cynthia Booth, M.D.'s practice, Preferred Women's Care PLLC. He's accepting new patients.

HEALTHWISE QUIZ

How much do you know about Alzheimer's disease?

Take this quiz to find out.

1 Which example of memory loss may be a sign of Alzheimer's disease?

- a. forgetting where your keys are
- b. forgetting what month and year it is
- c. forgetting the name of a person you just met
- d. forgetting to return a phone call

2 British researchers have recently learned that drinking this beverage can inhibit enzymes associated with the development of Alzheimer's:

- a. orange juice
- b. coffee
- c. tea
- d. white wine

3 All the following may be early warning signs of Alzheimer's *except*:

- a. speaking in jumbled sentences
- b. getting lost in familiar areas
- c. having rapid mood swings for no apparent reason
- d. losing sense of balance or experiencing vertigo

4 Which health condition is suspected of increasing the risk of Alzheimer's?

- a. yo-yo dieting
- b. high blood pressure
- c. asthma
- d. low bone density

5 Which is the most misdiagnosed mental disorder in older adults?

- a. Alzheimer's disease
- b. depression
- c. anxiety attacks
- d. insomnia

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

NUMBER CRUNCHING

Managing high cholesterol



The bad news: High cholesterol plays a key role in whether you develop heart disease or suffer a heart attack or stroke. Excess cholesterol, a waxy, fatlike substance in your blood, builds up on artery walls, reducing blood flow. The good news: You can do something about it.

Many factors contribute to high cholesterol. While you can't change your genes, age or gender—which all affect cholesterol—you can take the following steps to improve your cholesterol levels and your health.

To lower your LDL, or bad, cholesterol and raise your HDL, or good, cholesterol:

- **Eat smart.** Saturated fat and trans fats raise LDL cholesterol levels. Instead, use polyunsaturated or mono-unsaturated fats like olive, safflower, sesame, soybean, canola and peanut oils. Eat no more than six ounces of lean meat, fish or skinless poultry a day. Choose plenty of fruits, vegetables and whole-grain foods. Switch to fat-free or low-fat dairy products and increase soluble fiber found in foods like oats, beans and citrus fruits.
- **Get regular exercise**—at least 30 to 60 minutes of physical activity a day.
- **If you smoke, quit.** Smoking lowers HDL cholesterol and increases the blood's tendency to clot.
- **Consider medication.** If lifestyle changes aren't enough, your healthcare provider may prescribe cholesterol-lowering drugs.

Leveling off your numbers

Aim for these desired cholesterol levels. If you already have heart disease or other risk factors, your doctor may set different goals for you.

Total cholesterol less than 200 mg/dL

HDL cholesterol greater than 50 mg/dL

LDL cholesterol less than 100 mg/dL

Triglycerides less than 150 mg/dL

Bad breaks

First aid for broken bones

If your child were to take a spill from a bike or your best friend turned an ankle while stepping off the curb and you suspected a bone is broken, would you know what to do? Try taking these actions:

- **Determine whether you need emergency help.** All fractures will need medical attention, but call for emergency help if the injury involves the head, neck, back, pelvis or upper leg; there's heavy bleeding; bone has pierced the skin; or a toe or finger on the injured arm or leg is numb or blue at the tip. Also, call for help if you can't transport the injured person by car because he or she can't sit upright or use safety or seat belts.
- **Remove clothing from the injured part.** Use scissors to cut clothing away; don't try to pull the limb out of clothes.
- **Stop any bleeding.** Use a sterile bandage or clean cloth



and apply constant pressure to the wound. Have the person lie down and don't wash the wound or poke the bone back into the skin.

- **Make a splint.** Keep the limb in the position you find it. Place soft padding around the injury with something firm (like a board or rolled-up newspaper) next to it, using first-aid tape. Make sure the splint extends past the joints above and below the injury.
- **Apply cold packs.** Wrap ice in a towel and place it on the injured area to control swelling and pain until help arrives.

In case of emergency ... We're here for you

There's no telling when an accident or a sudden illness will occur. But when it does happen, turn to us, the clear choice for emergency assistance. Our emergency department provides patients with fast, dedicated and compassionate care. What's more, our ER is backed and supported by an entire hospital dedicated to helping you get well.

In an emergency, every second counts. Call us for emergency help anytime you suspect someone needs urgent care.



The whole-grain truth

Think outside the breadbox to include more healthy foods in your diet

Grains like wheat, rice, oats and corn are a staple in the American diet and for much of the world. Whole grains

and foods made from whole grains are an important source of fiber, vitamins, minerals and other nutrients. When refined grains like white flour and white rice are processed, much of the fiber and nutrients are lost.

Eating more whole grains can help you lower cholesterol and control your weight, reducing risk of heart disease, stroke, diabetes, gastrointestinal problems and cancer. Aim to eat at least three servings of whole grains each day. The earthy, nutty flavors and chewy textures are a great way to add a new dimension to your menu. Whole-grain breads, cereals, tortillas and crackers are just the beginning. Explore a variety of whole grains like barley, groats, wheat berries, buckwheat, triticale, bulgur, millet and quinoa.

HOP ABOARD THE GRAIN TRAIN

Upping your intake of whole grains is easier than you think. Try making some of these simple diet switches:

- Start your day with a bowl of bran flakes, shredded wheat or oatmeal.
- Buy whole-grain breads, bagels, rolls, tortillas, muffins, waffles and pancakes.
- Substitute rolled oats or crushed bran flakes for bread crumbs in recipes.
- Switch to whole-wheat pasta.
- Bypass the potatoes and try bulgur, barley, quinoa or brown or wild rice.
- Snack on un buttered popcorn or whole-wheat crackers or pretzels.
- Substitute barley or brown or wild rice for pasta or noodles in soups, stews, casseroles and salads.
- Use whole-wheat pastry flour in place of much of the all-purpose flour in recipes.



Community Events 2006

PAYSON REGIONAL MEDICAL CENTER

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Senior Adult Health Screenings

When: Call for days, 7–10 a.m.

Where: Payson Regional Health Outreach Facility

Call: If you haven't attended a Senior Circle health fair in the last six months, call (928) 472-9290 to register.

KMOG Radio Morning Show

Tune into "Doc Talk."

When: Third Wednesday of each month, 9–10 a.m.

Call: (928) 472-9290 for more information

"Lunch and Learn"

Payson's healthcare providers will provide a series of educational and informational health talks every month.

When: Fourth Tuesday of each month, 11:30 a.m.

Call: (928) 472-9290 to register

"Dessert with the Doctor"

Come meet and help welcome Payson's newest physicians and

healthcare providers.

When: First Wednesday of each month, 12:30 p.m.

Call: (928) 472-9290 to register

September is Healthy Aging® Month

An annual observance month, September focuses national attention on the positive aspects of growing older. Much of what we need to do to age healthfully is common sense. The goal is to give you the most accurate, easy to understand and positive information about aging.

When: Call for days

Call: (928) 472-9290 to attend an upcoming class

Legs For Life

Are you at risk for peripheral arterial disease (PAD)? Also known as peripheral vascular disease (PVD), PAD is a common, serious condition affecting 12 percent to 20 percent of Americans ages 65 and older. PAD commonly develops as a result of atherosclerosis, or hardening of the arteries, which occurs when cholesterol and scar tissue build up, forming a substance called plaque that narrows and clogs the arteries.

When: Wednesday, September 20, 7 a.m.–7 p.m., by appointment

Call: (928) 472-9290

First Aid and Heartsaver CPR Class

The heartsaver CPR class is a modular course that teaches lay rescuers how to recognize and treat life-threatening emergencies. Students also learn to recognize warning signs of breathing difficulties in children and heart attack and stroke in adults.

When: Last Saturday of each month, 8 a.m.–4 p.m.

Call: Lynn Sommars, director of PRMC risk/education management, (928) 472-1256

Cost: \$50 (includes all materials)



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