

Health Connection

FROM YOUR FRIENDS AT PAYSON REGIONAL
MEDICAL CENTER

**A faster,
gentler surgery**

**Boost your
bone health**

**Mark your
calendars!**
Health programs
come to Payson

**Reclaim
your energy**



**Payson Regional
Medical Center**

www.paysonhospital.com

Minimally invasive surgery

Less pain, faster recovery

Minimally invasive surgery (MIS) is the buzzword in healthcare right now. And with good reason.

With advancing technology and surgical techniques, patients now have the benefit of undergoing procedures that require just a few small incisions. In years past, those same procedures would have required large cuts and left equally large scars.

HOW IT WORKS

MIS—sometimes referred to as laparoscopic surgery—mirrors the techniques of traditional surgery but decreases the patient’s surgical trauma. Because surgeons using MIS lose some visibility with smaller incisions, they have to create a larger workspace. They do this by making a small cut in the skin, then gently expanding the body cavity with a gas (such as carbon dioxide). A small camera (laparoscope) is then inserted through the incision and into the newly expanded space to help surgeons see where to operate.

While MIS isn’t suited for all types of surgery, it has been used for such procedures as appendectomies, hernia repair, gallbladder surgery, hysterectomies, brain tumors, herniated spinal discs, knee and hip replacements, sinus surgery and certain types of heart procedures.

MINIMAL TRAUMA, MAXIMUM BENEFITS

The goal of MIS is to treat patients with the least amount of trauma. In addition to minimized scarring, this type of surgery also:

- **Minimizes bleeding.** Decreased blood loss means a decreased chance of blood transfusion.



- **Lessens pain.** Small incisions reduce trauma to the skin and underlying muscles, meaning less postoperative pain.
- **Reduces infections.** Unlike a traditional operation, where the body is wide open, tissue isn’t exposed to the air for extended periods during MIS.
- **Shortens hospital stays.** Reducing bleeding, pain and the chance for infection means you’ll get to walk out of the hospital sooner.
- **Hastens recovery.** MIS can dramatically reduce recuperation time—in some cases, by half.

Other minimally invasive procedures

Endoscopic surgery is similar to laparoscopic surgery because it also requires a small camera. However, the equipment (endoscope) passes through an existing opening such as the mouth, anus or urethra.

Robotic laparoscopic surgery uses techniques identical to laparoscopic surgery but allows surgeons to use robotic arms to perform the procedure.

Ablation targets and destroys diseases, such as kidney and prostate cancer, with high-frequency energy, leaving normal tissue nearby intact. It’s also been used to correct benign heart arrhythmias.

WAITING TO INHALE

Breathing problems you shouldn't ignore

Take a deep breath." The command sounds easy, but for some people it's not so simple.

Being unable to breathe deeply or feeling short of breath may be a sign of a serious condition.

If you have any of the following symptoms, get them checked out by a physician:

- inability to take a deep breath
- shortness of breath without exertion
- shortness of breath after mild exertion, such as climbing a short flight of stairs
- wheezing
- tightness in the chest
- pain or discomfort when inhaling and exhaling
- a chronic cough or clearing of the throat
- difficulty breathing when you lie down
- a lack of energy
- coughing up blood or mucus

Difficulty breathing shouldn't be taken lightly. Lung disease is the number three killer in the United States. It takes on many forms, including:

- **Asthma**, a chronic disease in which the passages that

carry air in and out of your lungs become sore and swollen. Asthma is characterized by wheezing, coughing, chest tightness and trouble speaking.

- **Chronic obstructive pulmonary disease (COPD)**, which includes emphysema and chronic bronchitis. In COPD, your airways and air sacs lose their shape and become floppy, like a stretched-out rubber band. Coughing up mucus is often a first sign of this disease. COPD is typically caused by cigarette smoking.
- **Pneumonia**, an inflammation of the lungs, usually caused by an infection. It's normally accompanied by shortness of breath and a cough or a fever.
- **Lung cancer**, which can take years to develop. If it's diagnosed early, before it spreads, the survival rate is almost 50 percent.

Breathing difficulties can also be a sign of heart disease or a heart disorder, such as congestive heart failure, heart arrhythmia or pulmonary hypertension.

In these or any other case of breathing distress, your physician can help you find the source of the problem with a thorough physical exam.



If you're having trouble catching your breath, it's time to see your doctor.

When cough drops don't do the trick

A chronic cough—one that lasts more than three weeks—may be your body's way of telling you a problem exists. Your cough could be the result of:

- allergies, particularly postnasal drip, which often triggers coughing
- asthma
- heartburn, where acid from your stomach backs up into your throat
- medicines, including beta-blockers for high blood pressure, migraines and glaucoma and ACE inhibitors

Put your trust in PRMC

Payson Regional Medical Center (PRMC) had a great 2007, and it was only possible because you place your trust and confidence in our staff and providers. This trust is something each and every employee takes seriously. We wouldn't be successful without the strong support from all those involved in providing even the simplest things. Our nearly 100 volunteers, aides, dietary support staff, housekeeping team, engineers and other staff members are proud to make a difference. Pride, as we define it, stands for **Personal Responsibility In Daily Excellence**. This means a complete patient/customer focus toward positive experiences. Our staff love what they do because they're making a difference.

HIGHLIGHTS OF 2007

In 2007, PRMC:

- was one of Thomson's Benchmarks for Success 100 Top Hospitals in the country. Learn more by visiting www.100tophospitals.com.
- was one of Thompson's 100 Top Hospitals in the country for Performance Improvement Leaders Award
- was selected by Payson Regional Economic Development Corporation as Business Man of the Year
- had patient-satisfaction scores consistently above the 90th percentile
- purchased nearly \$2.5 million in advanced technologies
- successfully recruited many new physicians, nurses and permanent staff

Although the above achievements are humbling, what's most important to us is making a positive impact on the community's health.

As we look toward 2008, PRMC will continue to focus its efforts on consistent healthcare improvements worthy of your loyalty and trust.

Thank you for allowing us to serve you, and we wish you all the best in 2008.

Regards,

R. CHRIS WOLF
Chief Executive Officer
Payson Regional Medical Center



The smoking gun

Cigarettes increase stroke and heart attack risk

Smoking harms nearly every organ of the body and takes a hard toll on the heart and the brain, causing coronary heart disease and stroke, the first and third leading causes of death in the United States.

When you smoke, the toxic ingredients in cigarettes mutate genes, weaken blood vessels, alter blood consistency and diminish cell function. Smoking also deteriorates artery linings and promotes fat and plaque deposits. As a result, smoking causes:

- decreased blood flow
- diminished oxygen to the heart
- higher blood pressure
- faster heart rate
- increased blood clotting
- decreased HDL (good) cholesterol

THE HEART TRUTH

Smoking is a major risk factor for heart disease, and also causes atherosclerosis (hardening of the arteries), congestive heart failure and peripheral vascular disease. Smoking also increases your diabetes risk and diminishes your exercise tolerance. Smokers are twice as likely as nonsmokers to suffer a stroke and two to four times more likely to develop coronary heart disease. Women who smoke and use certain types of hormone therapy increase their risk even more. Nonsmokers regularly exposed to secondhand smoke nearly double their risk for heart attack.

! Breathe easy!

It's never too late to stop smoking. Talk to your healthcare provider today about finding a smoking-cessation program for you.



Community Events & Programs 2008

PAYSON REGIONAL MEDICAL CENTER

Events are held at Payson Regional Medical Center (PRMC), unless otherwise noted.



Prenatal Classes

Classes include labor, delivery and newborn care. Nutritious snacks are provided. Wear comfortable clothes and bring

your coach. Scholarships are available upon request.

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

Cost: \$30

First Aid and Heartsaver CPR Class

This modular course teaches lay rescuers how to recognize and treat life-threatening emergencies. Students also learn to recognize the warning signs of heart attack and stroke in adults and breathing difficulties in children.

When: Call for dates, 8 a.m.–4 p.m.

Call: Payson Regional Health and Outreach at (928) 472-9290 to preregister

Cost: \$45 (includes all materials)

Diabetes Support Group

PRMC offers quarterly support meetings for adults with type 2 diabetes.

Call: (928) 472-9290 for information

Fibromyalgia Support Group

Participants and their families discuss ways to manage fibromyalgia.

When: Third Wednesday of each month, 11 a.m.–12:30 p.m.

Where: Payson Regional Health Outreach Facility, 215 N. Beeline Highway

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 in the legs.

When: Third Saturday of every other month

Where: Payson Regional Health Outreach Facility, 215 N. Beeline Highway

Call: Beverly Davis at (928) 468-6626

American Cancer Society's Look Good, Feel Better Program

FREE quality wigs, scarves, hats and turbans are provided by the American Cancer Society.

Where: Payson Regional Health Outreach Facility, 215 N. Beeline Highway

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



"Dessert with the Director"

Enjoy dessert with PRMC department directors who will present health-related educational classes.

When: First Wednesday of each month, 12:30–1:30 p.m.

Where: Payson Regional Health Outreach Facility, 215 N. Beeline Highway

Call: (928) 472-9290

KMOG 1420 Radio Morning Show

Tune in to "Doc Talk," sponsored by PRMC.

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

Call: (928) 472-9290

"Lunch and Learn"

PRMC's healthcare providers will provide a series of educational and informational health talks.

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

Where: Payson Regional Health Outreach Facility, 215 N. Beeline Highway

Call: (928) 472-9290 to register



Women's Wellness Forum

Presented by the 2008 Women's Wellness Forum Committee, PRMC and sponsors

Enjoy a morning stretch and breathing program, a continental breakfast and a keynote address at 8 a.m. You may choose three out of nine health-related breakout sessions. A luncheon will be served and door prizes will be available. Local businesses will hand out information about health, wellness and women-related topics and services. The Mogollon Health Alliance will award scholarships for mammograms. Qualified participants can apply for a free mammogram when they register. Attendance is limited to the first 300 preregistered women.

When: Saturday, March 15, 7 a.m.–2 p.m.

Where: Payson High School's old gym

Call: Mogollon Health Alliance at (928) 472-2588 to preregister or for information

Cost: \$10, but scholarships are available



HEALTHWISE QUIZ

How much do you know about **sleep disorders**?

Take this quiz to find out.

1

Lack of sleep may put you at a higher risk for:

- a. type 2 diabetes
- b. low blood pressure
- c. asthma
- d. gastric ulcers

2

Which of the following changes in your sleep routine may be a result of an underlying heart problem?

- a. waking up during the night to urinate
- b. waking up during the night due to shortness of breath
- c. not being able to fall asleep
- d. both a and b

3

Restoring your body with sleep has been shown to:

- a. improve skin tone
- b. improve red blood-cell count
- c. reduce eye strain
- d. improve reaction time and attention span

4

Women diagnosed with obstructive sleep apnea often experience these symptoms:

- a. snoring loudly with periods of gasping or snorting
- b. waking up with a sore throat
- c. waking up with a headache
- d. all of the above

5

The most common treatment for sleep apnea is:

- a. antihistamine medication
- b. surgery
- c. a continuous positive airway pressure (CPAP) mask worn at night
- d. analgesic medication

ANSWERS: 1. A; 2. D; 3. D; 4. D; 5. C

WOMEN: Is a heart attack in your future?

A heart attack may seem to come out of the blue. Yet your personal risk factors and lifestyle habits may hold clues to your heart's health and what your odds are of suffering from a heart attack.

LOOK FOR THE SIGNS

High blood pressure (140/90 mm Hg and above) and high blood cholesterol (240 mg/dL and above) are significant clues that you may be developing heart blockages in the form of plaque. Being postmenopausal and having diabetes or rheumatoid arthritis can also increase heart attack risk.

Talk with your healthcare provider about what risk factors are significant for you. He or she can help you control your blood pressure and cholesterol levels and may also recommend testing for metabolic syndrome. Recent research shows this condition may be useful for detecting signs of heart disease in women who might appear healthy. The signs of metabolic syndrome include a waist size greater than 35 inches, higher-than-normal levels of triglycerides and glucose, and insufficient levels of HDL, or good cholesterol.

Also, be aware of what a heart attack might feel like for a woman, as some symptoms can differ from those of men. Chest pain or pressure; nausea; vomiting; indigestion; cold sweat; shortness of breath; light-headedness; fatigue; or discomfort in the arms, back, neck, jaw or stomach are all possible signs.

GO HEART SMART

- Aim for a normal weight.
- Exercise for 30 minutes every day.
- Quit smoking and avoid secondhand smoke.
- Avoid foods high in saturated or trans fat and curb refined carbohydrates—cookies, white bread, sweet drinks—sometimes referred to as “high-glycemic-index” foods.

Bone-afide steps to a strong family framework

Bones are vital to protecting our organs, anchoring our muscles and supporting our bodies. The best ways to build strong bones in ourselves and our children—while reducing the risk of brittle bones later in life—is through adequate calcium consumption and regular physical activity.

Getting adequate amounts of calcium and vitamin D (necessary for calcium absorption) is essential throughout life, particularly during the peak bone-building years from ages 9 to 18. The amount of calcium* you need is largely determined by age:

- Birth to 6 months: 210 milligrams (mg)
- 6 months to 1 year: 270 mg
- 1 to 3 years: 500 mg
- 4 to 8 years: 800 mg
- 9 to 18 years: 1,300 mg
- 19 to 50 years: 1,000 mg
- 50+ years: 1,200 mg
- Pregnant or lactating women: 1,000–1,300 mg

Good sources of calcium for the entire family include

dairy products (low-fat or non-fat milk, cheese and yogurt), dark green leafy vegetables (broccoli and bok choy), nuts (almonds) and calcium-fortified foods (orange juice, cereal, bread, soy beverages and tofu products). If you can't get enough calcium from your diet, consider taking a calcium supplement.

Physical activity is a must for all ages to build and maintain sturdy bones. The best exercises for bones are weight bearing: jumping rope, walking, jogging, climbing stairs, aerobic dancing, skateboarding and playing soccer. How much exercise do you need for maximum bone strength? Kids should get at least 60 minutes of moderate physical activity daily, and adults at least 30 minutes.

**Source: National Academy of Sciences*



Eat smart for energy

The busy lifestyles many of us lead would slow to a crawl without a dependable source of energy. We get much of that energy from the foods and beverages we consume. That's why it's more important than ever to eat healthy foods that not only keep our bodies charged but our weight and cholesterol down.

What are the healthiest, fuel-packed foods? Good

energy foods include those rich in:

- **complex carbohydrates**, such as whole-grain breads, pasta and rice; potatoes; and legumes
- **iron**, including beef, raisins, kidney beans, pumpkin seeds and spinach

- **B vitamins**, such as fortified cereal, fish, whole grains, legumes, leafy green vegetables and milk

Active people also need constant fluids to avoid dehydration, which can cause fatigue. Drink plenty of water (you can jazz it up with lemon or lime), low-fat or fat-free milk, or vegetable or tomato juice. Steer clear of caffeine and alcohol, which can dehydrate the body, and sugary drinks.

Be careful not to overeat. It can cause fatigue, especially if you eat foods high in sugar and fat. And skipping breakfast will leave you worn out by 10 or 11 a.m. Instead, start with a low-fat, high-fiber breakfast and then refuel every three to four hours.

Without the proper foods and fluids, your body won't have the fuel it needs for energy.



Exceeding the expectations of expectant moms.

Payson Regional Medical Center has many ways to make your pregnancy and childbirth as special as possible. Our free Tiny Toes™ program includes a tour of our OB unit, a copy of *What to Expect When You're Expecting*, online pregnancy and childbirth resources along with a

lullaby CD. Our Saturday classes begin on February 9 and include lessons on labor, delivery and newborn care, plus nutritious snacks. Call 928-472-1226 for Tiny Toes membership information and class preregistration.



www.paysonhospital.com / 928-472-1226 / 807 S. Ponderosa St.



Tiny Toes™ is offered exclusively at Payson Regional Medical Center. It's helpful, fun, and membership is free! Call us to learn more.

www.paysonhospital.com

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