

Health Connection

FROM YOUR FRIENDS AT PAYSON REGIONAL MEDICAL CENTER



Mark your calendar!

Health happenings
at PRMC

**A better kind of
mammogram**

**For all your
health needs**

Your primary care
physician's role

Are you healthwise?

Take our quiz!



**Payson Regional
Medical Center**

www.paysonhospital.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.

A MESSAGE FROM OUR CEO

A focus on women's health



R. Chris Wolf
Chief Executive Officer

Women who undergo routine mammograms at Payson Regional Medical Center's (PRMC) Imaging Center now have an advanced diagnostic technology available to them—digital mammography.

THE DIGITAL DIFFERENCE

PRMC's Imaging Center is very excited to offer this new technology for breast cancer detec-

tion. Digital mammography is different from conventional mammography in how the image of the breast is acquired and, more important, viewed. The radiologist can magnify the images, increase or decrease contrast and invert the black and white values while reading the images. These features allow the radiologist to evaluate microcalcifications and focus on areas of concern.

By offering women the digital option, PRMC's Imaging Center hopes to increase the number of area women who follow recommendations for regular screenings.

At PRMC, we'll continue to offer advanced medical technology and a team that makes caring and compassion our top priorities.

Regards,

R. CHRIS WOLF
Chief Executive Officer
Payson Regional Medical Center

PHYSICIAN SPOTLIGHT

The experienced, dedicated physicians of Payson Regional Medical Center can help your family stay healthy. We'd like to introduce one of our newest members to you.



KHALID NAQI, M.D.
Cardiology

Payson Healthcare Specialists
126 E. Main St., Suite D
Payson
(928) 472-3478

Board certified in interventional cardiology, cardiovascular diseases and nuclear cardiology, Khalid Naqi, M.D., completed fellowships in interventional cardiology at Good Samaritan Regional Medical Center in Phoenix, cardiovascular diseases at the University of Pittsburgh Medical Center (UPMC) in Pittsburgh, Pa., and internal medicine procedural skills at East Carolina University in Greenville, N.C. He also completed his internal medicine residency at UPMC. Dr. Naqi is accepting new patients.

Lose weight, feel great!

If you're overweight or obese, you're more likely to develop conditions like heart disease, diabetes and liver disease.

To assess your risks and get help with lifestyle changes, visit www.paysonhospital.com.





Community Events & Programs 2009

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.

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

Cost: \$15

Tiny Toes Maternity Program



The Tiny Toes Maternity Program helps make sure you and your baby's relationship starts off right, from the first trimester until his or her first birthday. The best part? It's free. To join, just ask your physician or call the Tiny Toes hotline today.

Call: (928) 472-1226 to register

First Aid and Heartsaver CPR Class

This 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.–noon

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

Cost: \$50 (includes all materials)

Arthritis Self-Help Group

Participants discuss ways to manage their arthritis.

When: Second Thursday of each month, 12:30–2:30 p.m.

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

Call: (928) 472-9290 to register

Diabetes Support

Participants discuss how to manage diabetes, share recipes and provide current information. Guest speakers often enhance this support group.

When: Last Monday of each month, 1–2 p.m.

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

Call: (928) 472-9290 to register



'Good Morning for Good Health' Health Talk

Enjoy a continental breakfast with PRMC health providers who present health-related

educational classes and information.

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

Call: (928) 472-9290

'Lunch and Learn'

PRMC's healthcare providers present free 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

Senior Circle



Senior Circle has celebrated 10 years in the Payson community! Are you no longer a member or have yet to join our circle of friends? Join today and start benefiting. Membership will help you get more out of life through free health screenings, in-hospital benefits, local business bargains, national discounts and more valuable member-only discounts and privileges. We know you'll enjoy the many ways Senior Circle will help you live healthy, save money and have fun.

Call: (928) 472-9290



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.



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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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Digital mammography comes to PRMC

Women who need routine mammograms at Payson Regional's Outpatient Imaging Center have enhanced diagnostic technology available: digital mammography.

In 2009, Payson Regional Medical Center (PRMC) became the first healthcare provider in the area to feature digital mammography to aid breast cancer detection. "We're excited to be able to offer this technology," says R. Chris Wolf, chief executive officer at PRMC. "It allows us to offer our patients advanced mammograms with the least possible hassle and disruption to their lives.

BENEFITS OF GOING DIGITAL

While digital imaging feels almost identical to conventional screening, digital mammography has several benefits, including shorter exam times.

With digital mammography, the radiologist reviews electronic images of the breast and can adjust the brightness, change contrast and zoom in for close-ups of specific areas. Digital mammography images can be transmitted quickly across a computer network.

Another advantage of digital mammography is the MammoPad breast cushion for patients, providing a softer, warmer mammogram. For most women, MammoPad helps reduce discomfort associated with mammograms. This breast cushion is invisible in the X-ray and doesn't interfere with the image quality of the mammogram.

Make your commitment to early detection today by asking your physician to schedule your mammogram and encouraging your friends to do the same.

PRMC is dedicated to providing the right care for your mammography needs, right here.



! Commit to breast health!

Remember, the earlier cancer is found, the easier it is to treat and cure. To learn more, call the Payson Regional Healthy Woman program at (928) 472-9290 today!