

TEXAS | health

Expressway to Your Heart

Texas Health's Rapid
Response to Heart Attacks

**Compassionate
Care**
for Every
Surgical Need

Your Guide to
**GI and
Podiatry
Services**

| SUMMER 09



Texas Health
Presbyterian Hospital
WINNSBORO

Healing Hands. Caring Hearts.SM

» Play It Safe

“Tearing it up” over the weekend should not be taken literally. Maintaining a fitness program throughout the week can help make your weekend injury-proof.

“One of the best ways to guard against overdoing it on the weekend is to establish a regular exercise program during the week,” says Steven Morgan, M.D., orthopedic surgeon on the medical staff at Texas Health Presbyterian Hospital Allen. “This can include exercises for strength and flexibility and aerobic activities, such as walking, biking or swimming.”

According to the National Institutes of Health, you should warm up for weekend activities with 15 minutes of low-impact aerobics and stretching to ensure your muscles and joints are ready. Not warming up and stretching prior to exercise can make you more susceptible

to injuries, including:

- ankle and knee sprains
- back pain
- golf and tennis elbow
- shin splints
- shoulder strains

NO TIME FOR THE PAIN

For minor injuries, limited pain and swelling can last up to three to five days, according to Dr. Morgan. However, if adequate hydration, rest, ice, compression, elevation and over-the-counter pain medication has not improved your condition, he suggests consulting your physician.

If the injured area is swollen, numb or causes severe pain; you cannot put weight on the area; or if there is increased swelling and a dull ache at the site of an old injury, you should consult an orthopedist or urgent care physician immediately, says Dr. Morgan.

Your physician's evaluation can determine the severity of your injury, and he or she may recommend treatment, which may include a short course of medication or a referral to physical therapy.

According to the American Physical Therapy Association, physical therapy can assist patients with inflammation, help decrease pain and work to restore the normal range of motion through exercise and activity modification.

“I believe exercise is a crucial aspect of overall health,” says Dr. Morgan. “It’s important for each of us to carve out time on a daily basis to achieve our personal fitness goals, reaping the benefits of good health while avoiding injuries.”

For more information about orthopedic services at a Texas Health hospital, please visit TexasHealth.org/orthopedics or call 1-877-THR-WELL (1-877-847-9355).

Wii-kend Warriors

Nintendo®'s popular Wii™ video game system allows participants to play sports – including bowling, boxing or tennis – in a virtual world. However, the realistic simulation of sports movements has increased the potential for orthopedic injuries in front of the television.

According to the Institute for Integrative Healthcare Studies, excessive Wii playing can cause repetitive motion injuries in shoulders, elbows and wrists due to a number of factors, including:

- **Limited movements** required to play each game simulate real-world sports but eliminate the more vigorous parts of each activity.
- **No warm-up** for Wii players increases the likelihood of pulling or straining a muscle.
- **Unlimited accessibility** to Wii games – regardless of weather, time of day or availability of others to play against – increases the game's potential for overuse.

Wii can help you get motivated to exercise again, but be aware of your body and stop if you are experiencing pain.



Reality Check

You can't look at someone and tell. Cleanliness is not a defense. Using protection doesn't guarantee prevention. Most people think sexually transmitted infections (STIs) won't happen to them, but the reality is...they can.

many people find the topic of STIs embarrassing. However, we can no longer afford to tiptoe around the subject. STIs are a major public health problem. The Centers for Disease Control and Prevention estimates that approximately 19 million new cases of STIs occur each year.

THE SILENT TRUTH

"There are more consequences to sexual behavior than just pregnancy," says Sheila Chhutani, M.D., OB/GYN on the medical staff at Texas Health Presbyterian Hospital Dallas. "Anyone who is sexually active, especially someone who has had more than one partner, is at risk of contracting an STI, and the repercussions can last a lifetime."

According to the National Library of Medicine, most STIs affect both men and women, but in many cases, such as with gonorrhea and chlamydia, the health problems they cause are often more severe in women. In addition, you may not always experience symptoms or warning signs of STIs until it is too late.

"The best method of treatment is prevention. Because many STIs can go unnoticed, I strongly recommend an annual exam to be tested, especially for women ages 25 and younger," says Dr. Chhutani. "If you experience pain or lesions in the genital area, you should get checked out immediately. Don't let the condition get worse because you're afraid to hear a diagnosis or embarrassed to see

a doctor. If caught early, many STIs are treatable and manageable."

TREATMENT OPTIONS

A variety of STIs can be treated with topical ointments or antibiotics. However, there are some instances when surgery may be the appropriate method of treatment.

"In severe cases of pelvic inflammatory disease, which can develop from chlamydia or gonorrhea, surgery may be needed if symptoms worsen or do not respond to antibiotics," says Dr. Chhutani. In rare instances, genital warts may require surgical treatment if they are numerous or unresponsive to more conservative treatments."



What If I'm Pregnant?

According to the Centers for Disease Control and Prevention, sexually transmitted infections (STIs) can be passed from a pregnant woman to her baby before, during or after birth. In addition, STIs such as chlamydia and gonorrhea can develop into pelvic inflammatory disease if untreated and can cause scarring of the uterus, possibly leading to infertility.

"Chlamydia, gonorrhea, syphilis and trichomoniasis can be treated and cured with antibiotics during pregnancy," says Sheila Chhutani, M.D., OB/GYN on the medical staff at Texas Health Presbyterian Hospital Dallas. "In addition, it is possible for women with genital herpes or HIV who take antiviral medication to have a child and not transfer the virus. Although not always required, a cesarean section can be performed to reduce transmission."



Specialty Treatment

From Head to Toe



Whether you're experiencing digestive problems or foot pain, Texas Health Presbyterian Hospital Winnsboro offers a wide range of specialty services to meet your needs.

“Without specialty services, some patients may not be able to access appropriate care for certain conditions, and the delay in treatment could cause further complications and result in a more serious condition,” says Lisa Tarkington, chief nursing executive at Texas Health Winnsboro. “Fortunately, we offer quality specialty services for a number of conditions in an environment that’s close to home.”

GASTROINTESTINAL SERVICES

Every Thursday, Texas Health Winnsboro offers an outpatient gastrointestinal (GI) clinic featuring gastroenterologists who are able to treat a wide variety of conditions, including:

- **gastroesophageal reflux disease (GERD)**—The symptoms of this painful condition include frequent heartburn, chest pain and difficulty swallowing. According to the National Institutes of Health (NIH), complications of untreated GERD can include esophageal ulcers and – in severe cases – cancer.
- **irritable bowel syndrome (IBS)**—This condition can cause a wide range of

symptoms that may include abdominal cramps, diarrhea and constipation, according to the National Institute of Diabetes and Digestive and Kidney Diseases.

- **diverticulitis**—Impacting more than half of American adults ages 60 and greater as reported by the NIH, this common condition can cause abdominal pain and tenderness as well as bleeding. Other symptoms may include fever, nausea and stomach cramps.
- **colorectal cancer**—Although the American Cancer Society reports that colorectal cancer is the third leading cause of death in American men and women, it is actually quite treatable when detected early. Symptoms may include a marked change in bowel habits, bleeding, persistent cramps and unexplained weight loss.

GETTING BACK ON YOUR FEET

If you're like most people, you probably take your feet for granted until a problem arises. However, when you do experience foot pain, podiatrists at Texas Health Winnsboro can help.

“If your feet hurt, don't ignore the pain,” Tarkington says. “Seeking proper evaluation and treatment to avoid further injury is the best way to overcome your condition.”

Texas Health Winnsboro offers a full spectrum of podiatry services, including arthroplasty, bunion removal, treatment of hammertoes and injured Achilles tendons, toe implants and much more. In addition, Lanhuong Thi Pham, DPM, podiatrist on the medical staff at Texas Health Winnsboro, also provides a number of surgical services for podiatry patients when needed.

“Patients deserve quality care for diseases and disorders that require specialty services,” Tarkington says. “We are excited to offer these services and are committed to offering quality care that the people in our community need.”

For more information on the wide spectrum of specialty services offered at Texas Health Winnsboro, visit TexasHealth.org.

Quality Services for Surgical Care

No one wants to hear that they need surgery, but the medical staff physicians at Texas Health Presbyterian Hospital Winnsboro are here to help put your mind at ease.

there is more to having surgery than the procedure itself. Understanding the diagnosis, the recovery and everything in between is an important part of the healing process. That is why the surgery staff at Texas Health Winnsboro makes it a priority to educate each patient.

"Our surgical staff is committed to educating patients before, during and after surgery," says R. Van Blair, M.D., general surgeon on the medical staff at Texas Health Winnsboro. "We help patients and their loved ones know what to expect every step of the way."

SERVICES WITH YOU IN MIND

The following are some of the procedures offered at Texas Health Winnsboro:

- corrective surgery for hammertoes and bunions
- hemorrhoid surgery that offers less pain and recovery time

- minimally invasive knee and shoulder arthroscopic surgery
- minimally invasive gallbladder surgery
- wound care, such as grafting
- thyroid surgery
- minimally invasive varicose vein surgery
- laser lithotripsy for prostate and bladder tumors and urinary incontinence
- ear tubes and nasal surgery, including tonsil procedures

"Texas Health Winnsboro is committed to improving the health of the community it serves," Dr. Blair says. "Surgeons on the medical staff are ready to care for you and your loved ones when it comes to your surgical procedure."

For more information about surgical procedures offered at Texas Health Winnsboro, visit TexasHealth.org/Winnsboro or call 903-342-3985.



+ Staying on Track

Walking doesn't require a prescription and is one of the easiest ways to improve your health. That's why Texas Health Presbyterian Hospital Winnsboro is pleased to announce the opening of the new community track.



the City National Bank walking path broke ground on campus on February 16, 2009, and the new track officially opened to the public one week later.

"The track offers a pleasant environment to come stroll with a friend or get a good workout for the avid walker or runner," says Renae Thomas, chief financial officer at Texas Health Winnsboro. "The track not only benefits the entire community, but also provides an area where our employees can exercise to improve their overall health and relieve stress."

Benefits of walking aren't limited to managing weight. Patients who walk regularly can decrease their risks of

heart attack and stroke and help control blood pressure. A recent report by Duke University Medical Center also found that walking around a track for 30 minutes three times a week can greatly help reduce depression in the elderly.

"Regular physical activity helps keep our bodies healthy and happy," Thomas says. "We wanted to make the track easily accessible for everyone in the community so they can incorporate exercise into their daily routines. This new track does just that."

For more information about how you can improve your health, visit TexasHealth.org.

When Seconds Count

You break out in a cold sweat as intense pain courses through your chest and shoulders. Fortunately, a friend thinks quickly and calls 911. When you're experiencing a heart attack, the most critical factor for saving your heart is time. As a result, a specific process is in place at several Texas Health hospitals to help patients experiencing a heart attack receive treatment as quickly as possible.

during an ST-segment elevation myocardial infarction (STEMI) heart attack, a blood clot blocks the flow of blood to the heart and the cardiac muscle affected by the heart attack begins to die. The amount of damage to the heart increases the longer blood flow to the heart is limited. For STEMI patients, quickly restoring blood flow is crucial.

"When a patient is experiencing a heart attack, it's critical for him or her to be transferred to the Cardiac Catheterization Laboratory immediately and have blood flow restored," says Trent Pettijohn, M.D., F.A.C.C., interventional cardiologist on the medical staff at Texas Health Presbyterian Hospital Plano. "The patient's outcome from a heart attack is largely determined by how quickly he or she is evaluated and treated following the onset of symptoms."

OPENING THE DOOR FOR YOUR HEART

In recent years, increased importance has been placed on reducing "door-to-balloon" times, which refers to the time from when a STEMI patient arrives at the hospital until blood flow is restored to the heart muscle through treatment. The American College of Cardiology and the American Heart Association recommend that the blocked blood vessel be opened within 90 minutes of the first medical contact with the patient.

"We have protocols in place that help to reduce the amount of time it takes to move patients through the cardiac care process," says Dr. Pettijohn. "When a heart attack patient arrives at the hospital, the STEMI process is immediately activated. This helps us maintain low door-to-balloon times. The goal of the STEMI transfer protocol is to ensure that treatment to return blood flow to

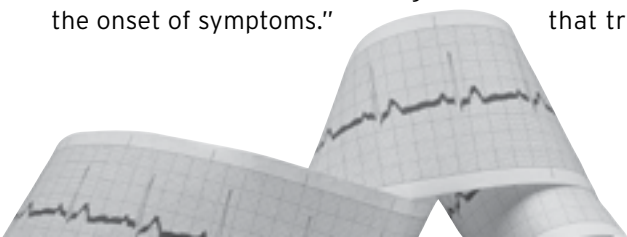
a patient's heart is completed within the first 90 minutes."

A STREAMLINED PROCESS

For STEMI patients, treatment begins shortly after you or a loved one calls 911. When paramedics arrive, an emergency medical technician performs an electrocardiogram (ECG), a painless procedure used to evaluate the electrical activity of the heart, which may indicate the presence of a heart attack. The patient is then taken to the nearest hospital.

"Patients experiencing a STEMI are transported to the nearest participating Cardiac Cath Lab with a STEMI transfer protocol," says Dr. Pettijohn. "When the STEMI protocol is activated, the Cardiac Cath Lab staff and the on-call cardiologist on the medical staff are all notified so they have time to prepare for the patient."

Once the patient arrives, the Cardiac Cath Lab staff and cardiologist begin

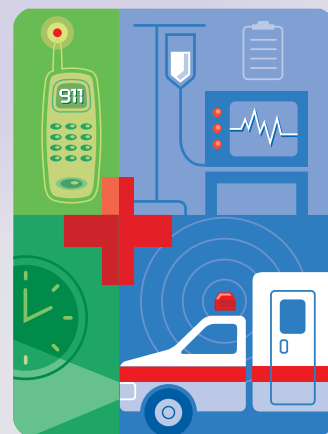


the procedure to identify the blocked blood vessel responsible for the patient's heart attack, and using an angioplasty balloon or a stent, open the blockage to reestablish blood flow to the heart tissue.

"This streamlined process is imperative to enhancing the patient's survival in the event of a heart attack," says Dr. Pettijohn. "By working together we can minimize the heart

damage that occurs in patients having a heart attack. We continue to review our processes to improve door-to-balloon times, giving patients quality cardiac care when they need it most."

For more information, request a Healthy Heart Kit on the enclosed reply card.



Unconventional Warning Signs of a Heart Attack

Unlike the highly dramatic heart attacks seen on popular medical television shows, heart attacks in the real world can begin very slowly.

In some cases, the signs of a heart attack can be subtle and many consist of mild pain or discomfort. As a result, many people experiencing a heart attack are unsure of what's wrong and wait too long before seeking help.

According to the American Heart Association, if you are experiencing one of these symptoms of a heart attack, seek medical attention immediately:

- chest pain or pressure
- cold sweat
- discomfort in the shoulders, jaw, back or stomach
- nausea
- shortness of breath

The most common heart attack symptom among men and women is chest pain or discomfort. However, women are somewhat more likely than men to experience other symptoms, particularly shortness of breath, nausea and back or jaw pain. Patients with diabetes also commonly experience less dramatic heart attack symptoms than patients without diabetes.

"While the symptoms of a heart attack are different in every case, knowing the warning signs can help save your life," says Mark Peterman, M.D., cardiologist on the medical staff at Texas Health Presbyterian Hospital Plano. "If you believe you are experiencing a heart attack, seek emergency help immediately."

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WHAT GOOD IS MEDICINE WITHOUT FAITH?



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We believe that faith and hope go hand in hand with faith in medicine. We believe when a hospital creates an environment to care for each person in body, mind and spirit, then faith and medicine become incredible partners in the healing process. Texas Health Harris Methodist, Texas Health Arlington Memorial and Texas Health Presbyterian have come together to change the way hospitals care for you. We're making health care human again.