

Health Connection

THE MAGAZINE OF HILL REGIONAL HOSPITAL

Breast cancer:
Early detection
is key

**The right doctors
for you—**
look inside!

On your feet again
Quality rehab care, right here

**What to do when
seconds count**



Hill Regional Hospital
Hillsboro, Texas

WHEN IT'S AN EMERGENCY

Take action when every second counts

When medical emergencies arise, it's not always easy to think clearly. But, when someone is hurt or in danger and needs immediate help, calling for emergency medical assistance is the best way to get that help—for you or someone else.

A crisis demands that you act quickly rather than waste time deciding whether to call for assistance. Sometimes people have difficulty assessing the level of urgency in an emergency situation. It's better to err on the side of caution and make that phone call. Always consider a situation more serious rather than less serious, especially if you aren't sure of the medical implications.

The best time to prepare for an emergency is before it happens. Make sure you keep all emergency numbers posted near your phone where family members can see them. When you call for immediate medical assistance, be prepared to tell the dispatcher about the emergency.

SPECIFIC QUESTIONS THE DISPATCHER MAY ASK

- **Where is the emergency?** Give your exact whereabouts such as street address, building number, apartment number, floor, nearest intersection and town.
- **What is the emergency?** Tell the dispatcher exactly what's wrong.
- **What is your name?**
- **What is the phone number** you are calling from?
- **Who needs help?** Be sure to give the approximate age of the injured and the number of people who need emergency care.
- **What is the condition of the victim(s)?** For example, is the person(s) conscious or unconscious, breathing normally, able to talk and so on.

ADDITIONAL INFORMATION TO ASSIST WITH THE CALL

- Listen to the specific instructions the dispatcher gives you on how to care for the injured until an ambulance arrives. Your ability to communicate the facts clearly and take instruction carefully could mean the difference between life and death.
- Don't hang up! Stay on the line and remain calm until the dispatcher tells you it's OK to hang up.

Sometimes people are confused about when to call for emergency assistance. Remember, when in doubt, call for help!



Be prepared



1. Know basic choking rescue techniques, such as the Heimlich maneuver.
2. Take a CPR class.
3. Cover burns with cool (not cold) wet cloths. Never apply home remedies (butter, ice, petroleum jelly). Never break blisters or remove burned skin.
4. Never move a person who has a back or neck injury.
5. Know how to stop a wound from bleeding. (A first-aid class can help.)
6. Keep individual medical history information handy.



When there's no lump

What you need to know about inflammatory breast cancer

While a breast lump is one of the classic signs of breast cancer, not every form of the disease bears this warning sign. Inflammatory breast cancer (IBC) is a rare but deadly form of cancer that often remains silent until it has spread.

IBC appears in women at an earlier average age than other forms of breast cancer—about age 52 versus 62—and accounts for up to 5 percent of all breast cancer cases in the United States. Although its prognosis has improved over the years, its five-year survival rate is still only about half that of non-IBC cases, or about 40 percent. While its cause is not entirely known, some studies have suggested family history may play a role in a woman's risk of developing the aggressive disease.

Despite its name, IBC isn't a product of inflammation. Rather, the disease occurs when cancerous cells block the lymphatic vessels in the breast's skin. Instead of a lump, you may notice that certain areas of the skin feel warm, appear red or bruised or look thicker. Your breast may also feel heavy. Other symptoms that develop in an affected breast include:

- tenderness or swelling
- itching
- pain
- skin texture like an orange peel
- enlarged lymph nodes under the arm, above or below the collarbone

- flattened or inverted nipple
- swollen or crusty nipple skin
- discoloration of skin around the nipple (areola)

IBC symptoms can easily be confused with a breast infection. However, it doesn't cause a fever and doesn't respond to antibiotics like an infection does. If you're experiencing any of the symptoms listed, contact your healthcare provider immediately. Because the disease spreads rapidly—changes in your breast can become noticeable in a matter of days—many women are already in advanced stages of IBC by the time they're diagnosed. If your healthcare provider suspects cancer, he or she will perform a biopsy to analyze a sample of your skin and tissue.

TREATMENT

Chemotherapy, surgery and radiation therapy are often combined to treat cases of IBC. Removal of the affected breast is often recommended following a treatment such as chemotherapy.

The chances of recurrence for this type of cancer are high. Further chemotherapy or hormone therapy, such as tamoxifen or anastrozole, may be necessary to help prevent the cancer from returning.

IBC is a scary diagnosis, but you can empower yourself against the disease by becoming educated. Talk to your healthcare provider about what to expect before and after treatment.

Quality healthcare, close to home

I'm excited to present to you the fall issue of *Health Connection*. At Hill Regional Hospital (HRH), we realize that in order to succeed in our community, we have to be innovative and improve healthcare services for our customers. Our major focus is providing quality healthcare so we can earn and keep your trust in us. Here are some examples of our efforts to bring quality healthcare to you:

- We're accredited by the Joint Commission, the leading hospital accreditation organization in the United States.
- All of our physicians are either board eligible or board certified in their specialty, meaning they meet national standards for patient care excellence.
- Our most recent emergency department survey showed that 98 percent of our patients were either very satisfied or satisfied with their care during their stay.
- We keep track of clinical excellence core measures.
- Our employees receive training in the Spirit of Excellence customer service program.
- We participate in disaster-response planning with the city and county.

I welcome your comments about how we can better meet your needs. If I can be of service to you in any way, please let me know.

Sincerely,

JAN MCCLURE
Chief Executive Officer
Hill Regional Hospital



Breast cancer: Early detection is key

Nearly 180,000 women in the United States will be diagnosed with breast cancer this year. The good news is breast cancer is often curable, especially when screenings detect it early.

GET SCREENED

General recommendations for when to have breast cancer screenings are:

- all ages: breast self-exam (BSE) every month
- between ages 20 and 39: clinical breast exam every three years
- after age 40: clinical breast exam every year
- before age 50: mammogram as often as your doctor advises
- after age 50: mammogram every year

Most breast lumps are found by women during BSEs. Although most lumps aren't cancerous, it's important to see a doctor promptly, especially if you notice new lumps or anything unusual such as liquid coming from either nipple or scaly or dimpling skin.

In the war against breast cancer, early detection means a better chance of a cure.

Make an appointment today!

To make an appointment for a mammogram, call our radiology department at (254) 580-8815.

THE RIGHT DOCTORS FOR YOU

The experienced, dedicated physicians of Hill Regional Hospital can help your family stay healthy. We'd like to introduce you to two of them.



ROBERT W. BROWN, M.D.
Family Practice

Hill Regional Medical Group
117 Jane Lane
Hillsboro
(254) 582-8006

Family practitioner Robert W. Brown, M.D., recently joined the Hill Regional Hospital medical staff. Dr. Brown earned his medical degree at the University of Texas Health Science Center at San Antonio and completed his internship and residency at The Washington Hospital in Washington, Pa.

"I want the very best for my patients and to make their healthcare experience as pleasant as possible," says Dr. Brown. "I'm always willing to explore opportunities to best suit their needs and meet challenges head on, which will hopefully make a difference in their lives."

Dr. Brown has served as a medical missionary in Nairobi, Kenya and Durban, South Africa. Dr. Brown also served in the U.S. Army as a Military Policy Officer at various locations worldwide. Today, his interests are family oriented, which includes his wife, Traci, and their two children, Zachary, 5, and Audrey, 2.



WESLEY MARSHALL, M.D., MBA
Family Practice and Obstetrics

Family Diagnostic Medical Center
1323 E. Franklin, Suite 105
Hillsboro
(254) 582-7481, ext. 329

Family practitioner Wesley Marshall, M.D., joins the medical staff of Hill Regional Hospital bringing a wealth of expertise and skills. "Offering the best healthcare possible is my goal for this community," he says. "Hill Regional Hospital is blessed with a quality medical team of physicians and specialists and I'm honored to be part of their team."

Dr. Marshall is a graduate of Texas A&M University, where he was associated with the Texas Aggie Corps of Cadets earning honors such as Distinguished Military Student, Commandant's Leadership Award and Commandant's Honor Roll. He also served eight years as Second Lieutenant in the Medical Branch of the U.S. Army Reserve.

Dr. Marshall received his master of business administration and medical degree from Texas Tech University. At Texas Tech University Health Science Center (TTUHSC), he received the honor of Most Outstanding Student in Health Organization Management, the TTUHSC Family Practice Award and the McDaniel-Robertson Medical Scholarship Award.

He joins the community with his wife, Dayna, and their two children, Will, 3, and Sydney, 1.

HEALTHWISE QUIZ

How much do you know about the flu?

Take this quiz to find out.

1

Flu season runs from:

- a. November to April
- b. October to February
- c. January to December
- d. December to March

2

About how many Americans die each year from complications of the flu?

- a. 900
- b. 5,600
- c. 15,600
- d. 36,000

3

The best thing you can do to avoid getting the flu is:

- a. take a daily multivitamin
- b. get vaccinated
- c. exercise at least five days a week
- d. avoid intimate contact with people

4

Flu is most often spread by:

- a. mosquitoes
- b. doctors and other healthcare providers
- c. people who cough or sneeze virus-infected droplets into the air
- d. the flu vaccine

5

Which of the following statements about the flu is not true?

- a. It's useless getting vaccinated after the season begins.
- b. Getting the flu can lead to pneumonia and other life-threatening complications.
- c. People who are allergic to eggs should not get a flu shot.
- d. You can spread the flu to others before your symptoms show.

The weakest link: Understanding abdominal aortic aneurysm

As the body's largest blood vessel, the aorta has the important job of carrying blood from your heart throughout the rest of your body. When the aortic wall in your abdomen weakens or becomes damaged by plaque buildup, it enlarges, causing an aneurysm, or bulge. Aneurysms that grow too large can burst, causing potentially fatal internal bleeding.

Three out of four people with an abdominal aortic aneurysm (AAA) have no symptoms, although some patients may feel back pain; intense, intermittent abdominal pain; or a pulsating sensation in the abdomen.

WHO'S AT RISK?

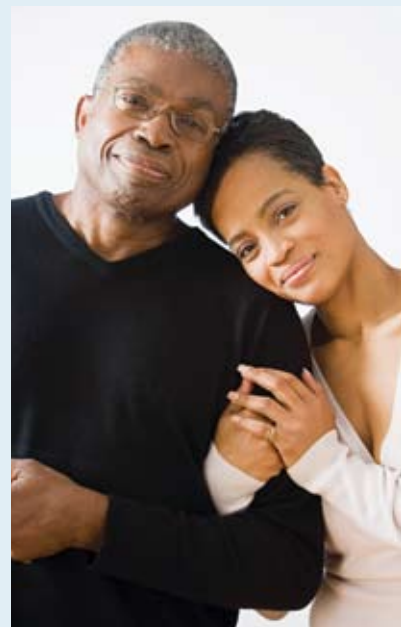
AAAs occur most often in men older than 65. Most aneurysms are caused by atherosclerosis—hardening of the arteries, which can result from a fatty, high-cholesterol diet. Other conditions that increase risk are smoking, high blood pressure, diabetes, congenital defects and a family history of aneurysms.

Decrease your chances of developing an aneurysm by not smoking; eating a low-fat, low-cholesterol diet; exercising regularly; and controlling blood pressure.

HOW IS AAA TREATED?

Treatment depends on the aneurysm's size and whether it's life-threatening. Most aneurysms are less than 2 inches in diameter and seldom rupture. If you're diagnosed with this type of AAA, your doctor will likely monitor it and prescribe blood pressure-lowering medicine. But if you have an aneurysm that leaks, is small but grows quickly, expands to greater than 2 inches or seems about to burst, your doctor can surgically repair the damaged part of your aorta.

When an aneurysm ruptures, the results can be fatal, so immediate medical attention is needed. Symptoms of a ruptured aneurysm include sudden, severe pain with rapid pulse, sweatiness or clamminess, anxiety, nausea and vomiting, low blood pressure, dizziness, fainting, dry mouth and paleness.



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



Take steps now to prevent diabetes in your child

About 15 percent of children and teens are overweight—double from 20 years ago. This has led to a surge in the number of children with type 2 diabetes, the form more commonly found in overweight adults over age 40. According to

experts, one in three American children born in 2000 will develop diabetes if we don't take steps now to address their fatty diets and poor fitness habits.

Talk to your family doctor about diabetes testing if your child seems to be gaining too much weight or is already overweight and has any of these risk factors:

- a family history of type 2 diabetes, particularly among first- or second-degree relatives
- being of African-American, Hispanic/Latino, Native

American or Asian/Pacific Islander descent

- signs of insulin resistance or conditions associated with insulin resistance such as high blood pressure, poor cholesterol and triglyceride levels and *acanthosis nigricans*, a condition where the skin around the neck or in the armpits appears dark, thick and velvety

WHAT YOU CAN DO

- **Eat at home.** Avoid super-sized fast-food meals on the run. Make the time to cook and eat healthy family fare.
- **Limit screen time.** The sedentary nature of modern play-time—TV, video games and using the computer—has contributed to overweight kids.
- **Exercise together.** Make physical activity a group event. Go on a family hike or bike ride. Join a gym together or enter family fun walks.
- **Don't use food, sweets or candy as rewards or gifts.** Try activity-minded presents such as jump ropes, kites, pogo sticks or scooters.

Give your fridge a health makeover

When it comes to wellness, we are what we eat. To benefit your heart, food choices must be low in saturated fat, the number-one dietary contributor to cardiovascular disease. Culprit foods include those from animals—primarily meats and whole-milk products—and from certain plant-based oils—coconut, palm and cocoa butter. Evict those and other artery-clogging foods from your icebox and replace them with the foods on this heart-smart guide from the American Heart Association:

- **Fruits.** Buy fresh, frozen or canned—but select fresh if you have a choice. Check labels on canned fruits, especially those packed in syrup, for calories.
- **Veggies.** Again, fresh is best. Frozen or canned are good choices, too, but watch salt content. Avoid sauces and other gimmicks, like flavor pouches.
- **Meat, poultry and fish.** Buy skinless poultry and lean beef, veal, lamb and pork with all fat trimmed away. Canned tuna and salmon packed in water are excellent low-fat choices.
- **Meat substitutes.** Try dried beans, lentils and soybean items like tofu and tempeh.



- **Drinks.** Store orange, grapefruit, prune, apricot or grape juices or low-salt tomato or vegetable juices. Stash a pitcher of cold water in your refrigerator, too.
- **Dairy.** Stock up on low-fat favorites like low-sodium cottage cheese, mozzarella, ricotta and Neufchâtel, along with yogurt and either skim or 1 percent milk.
- **Fats and oils.** Go with unsaturated oils—canola, olive, corn, cottonseed, peanut, safflower, soybean and sunflower. Buy unsalted, low-fat margarine and low-fat, low-sodium mayonnaise and salad dressing.
- **Sweets.** Enjoy (in moderation) gelatin, cocoa, frozen juice bars, sorbet, sherbet, jelly, jam, preserves, apple butter, maple or cane syrup, honey, molasses or fig bars.

On your feet again

Quality rehab care, right here



Hill Regional Hospital's rehabilitation therapy team is here to help.

continue to provide skilled services to all of our patients.

TREATMENT OPTIONS

Once patients receive orders from their physicians to begin treatment, their treatment plans are individualized to meet their needs. The therapist's goal is for each patient to achieve the best functional status with regard to his or her diagnosis and prognosis. Treatment options include skilled exercises, pain management and mobility improvement, wound care, ortho-

pedic and neurological treatment and extensive patient education. Every visit is individualized, and treatment plans are adjusted as patients progress toward their goals.

Therapy services are available for inpatients and outpatients. In most cases, upon completion of their therapy, patients will need to continue a follow-up program at home provided by a therapist.

Hill Regional Hospital's (HRH) therapy services are a good choice for your physical rehabilitation needs. Our experienced staff provides quality care and has a proven track record of helping patients achieve their personal goals.

Under the direction of Jeff Tabor, MSPT, the staff is highly qualified and treats patients in a structured professional environment. Skilled rehabilitative care is available for patients of all ages, for conditions ranging from sports injuries and arthritis to strokes. We offer physical, occupational and speech therapy.

With a financial cap for physical therapy services set by Medicare, it's important to consider your options. At HRH, we're exempt from this cap because we're a hospital-based clinic. The exemption allows us to

Learn more

Hill Regional Hospital can help you with your rehabilitation needs. For information about physical, occupational or speech therapy services, call (254) 580-8995.

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