

Health Connection

THE MAGAZINE OF HILL REGIONAL HOSPITAL

When it comes to babies,
we deliver!

A kinder, gentler surgery
for tonsils

Better health is just
a click away!

Good day, sunshine!
Greet the day with an SPF

10 play-safe tips for your kids



Hill Regional Hospital

Hillsboro, Texas

Good day, sunshine!

Greet the day with an SPF

You don't have to be a sun worshipper to take sun protection seriously—even limited exposure can cause damage. Skin cancer is the most common kind of cancer in the United States, affecting nearly half of all Americans who live to age 65. Although most cancers don't appear until after age 50, skin cancer results from years of accumulated sun damage. However, you can avoid sun damage and enjoy your favorite outdoor activities by taking sensible precautions and using a sunscreen that protects your skin from damaging ultraviolet rays.

THE ABCS OF SPFS

Sunscreen products are rated according to their sun protection factor (SPF)—the length of time a product will protect you from sunburn caused by ultraviolet B (UVB) rays. But sunscreens don't provide complete protection. You still need to be cautious about timing and limiting your sun exposure.

Your best bet when shopping for a sunscreen is to choose a product with an SPF of at least 15, according to the American Cancer Society. Check the label to make sure it provides “broad-spectrum” protection, which protects against UVB rays and ultraviolet A (UVA) rays. UVB rays cause sunburns that can lead to superficial skin cancers known as basal cell carcinomas and squamous cell carcinomas. They can also lead to the more deadly skin cancer, melanoma. UVA rays penetrate even more deeply into the skin, damaging connective tissue.

SAVE-YOUR-SKIN TIPS

If you'll be outside, slather on sunscreen and find a shady spot, but keep in mind that sunlight reflects off surfaces such as water, sand and pavement. Avoid the sun between 10 a.m. and 4 p.m., when rays are strongest. To block sunlight,



wear sunglasses, a broad-brimmed hat and clothing made from tightly woven fabric, preferably long-sleeved shirts and pants. For your sunscreen to be most effective:

- Apply about 30 minutes before going outdoors.
- Use liberally. Apply 1 ounce of sunscreen to cover all exposed areas of your body, including your neck, ears and scalp.
- Reapply every 90 minutes—more often if you sweat heavily or go swimming.
- Use even on cloudy days—UV rays can still reach you.

Harmful UV rays can pass through car windows, too, so apply sunscreen to exposed skin if you'll be driving during peak sun hours.

Make applying sunscreen a habit—like brushing your teeth—but don't rely on sunscreen for full protection against skin cancer. Be sure to examine your skin each month for unusual changes and see your dermatologist if you spot any irregularities.

“When outside, apply sunscreen liberally every 90 minutes.”



Bouncing back from joint pain

With all the wear and tear we place on our joints, it's no wonder that almost 639,000 people underwent hip or knee replacement surgery in 2003, according to the Centers for Disease Control and Prevention. Knees and hips, in particular, are prone to problems—largely because they play a part in almost everything we do—but shoulder, finger, ankle and elbow joints can need replacement as well.

WHY ARE JOINT REPLACEMENTS NEEDED?

Joint replacement surgery, also known as arthroplasty, becomes necessary when conditions such as arthritis destroy the cartilage that cushions and separates bones. Over time, the friction of bone against bone wears away the joint, causing it to become stiff and painful.

Additionally, sports-related injuries and falls can create the need for surgery. Generally, arthroplasty becomes an option when joint pain disrupts your daily routine.

GETTING NEW PARTS

Surgeons can create a new joint, relieving your pain and providing greater freedom of movement. During the procedure, destroyed bone and tissue are removed and replaced with prosthetics, or artificial parts. The parts are made from durable metal, plastic or ceramic and can last up to 20 years.

Newer minimally invasive techniques are being performed more often, using smaller incisions—just 3 to 5 inches, compared with 6 to 12 inches in standard procedures—and reducing recovery time. Your hospital stay may be reduced to one or two days from four or three, and some patients go home the same day as surgery. However, minimally invasive surgery is not for everyone; patients who are overweight, elderly or frail or who have bone abnormalities do not make good candidates.

With hip or knee replacement surgery, expect to use a walker, crutches or a cane initially after the procedure. As you recuperate, a physical therapist will help you perform exercises to strengthen the joint, guiding your movements so you don't accidentally dislocate the replacement. Barring the unforeseen, you should be walking unassisted two to six weeks later. And though grueling workouts like 10-mile runs may still be too tough for artificial hips or knees, make plans to resume long-lost activities like dancing or strolling on the beach within six months.



Do you need joint replacement surgery?

Your overall health and age and the condition of your joints will help you and your healthcare provider decide whether you're suitable for joint replacement. If you can answer yes to any of the following questions, you may want to consider surgery.

- Are you still in pain even after losing excess weight?
- Does your pain keep you awake nights?
- Does your pain interfere with your ability to earn a living?
- Has your quality of life suffered because of your pain—your ability to travel, perform household chores or visit with friends or family?
- Have you exhausted all other options, including anti-inflammatory drugs to relieve joint pain, walking with a cane, power-walking or swimming instead of jogging?

Better health is just a click away!

As chief executive officer of Hill Regional Hospital (HRH), I invite you to visit our website at www.hillregionalthospital.com. The site has information about our hospital and up-to-date health articles that will be helpful to you and your family.

We're also extremely delighted to partner with Discovery Hospital, which is affiliated with TV's



Discovery Channel, on our website. This site is designed to assist you in managing your health.

Discovery Hospital has a wealth of health information designed for easy access and understanding. For example, the site provides information about drug concerns and interactions, surgical procedures, lab tests, how the body works, plus much, much more. There are also articles to help you with

weight loss, stress management and smoking cessation, just to name a few.

I encourage you to visit our website—it's our way of being there for you.

JAN MCCLURE
Chief Executive Officer
Hill Regional Hospital



THE RIGHT DOCTORS FOR YOU

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



JASON BAUERSCHLAG, M.D.
Family Practice/Obstetrics

Family Diagnostic Medical Center
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Jason Bauerschlag, M.D., is on the medical staff at Hill Regional Hospital. He's also affiliated with the Family Diagnostic Medical Center and is a board-certified

family medicine physician. He enjoys providing pediatric, adolescent, obstetrics and geriatric medical care.

Dr. Bauerschlag earned his bachelor of science and medical degrees from Texas A&M University, where he graduated with honors. In medical school, he was student body president and was elected to the Alpha Omega Alpha Honor Medical Society. Dr. Bauerschlag also was named chief resident at the Waco Family Practice Center. His professional affiliations include the American Academy of Family Physicians, the American Medical Association and the Texas Medical Association.

He and his wife, Janua, are involved in many activities with their two children, 4-year-old Seth and 1-year-old Olivia. They're active members at Hillsboro's First United Methodist Church.



COLIN BAILEY, M.D.
Family Practice/Obstetrics

Family Diagnostic Medical Center
1323 E. Franklin, Suite 105, Hillsboro
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Colin Bailey, M.D., joined Family Diagnostic Medical Center and the medical staff of Hill Regional Hospital in July 1999. His specialty is family practice with

obstetrics. "My practice is very rewarding, I especially enjoy the range of patients—infants to senior citizens—my practice gives me, but the most personally satisfying part is delivering babies," says Dr. Bailey.

He earned his bachelor's degree at Texas A&M University and his doctor of medicine at the University of Texas Medical School. He completed his residency at the Waco Family Practice Center, and then taught at the Family Practice Department of the University of Arkansas Medical School in Little Rock.

Dr. Bailey and his wife, June, have five children, ranging from age 2 to 9. He enjoys tennis, woodworking, boating and reading. He's also active in church and credits his faith as his primary motivation for becoming a physician.

TONSILS AND ADENOIDS— a faster, gentler surgery

New technology for tonsillectomies at Hill Regional

Surgery to remove tonsils is the second most common childhood surgery. In addition, two-thirds of tonsillectomy surgeries aren't performed because of tonsillitis or recurrent sore throats but because of snoring. At Hill Regional Hospital, new technology called coblation-assisted tonsillectomy makes this procedure faster and easier for both children and adults.

WHAT ARE TONSILS?

Tonsils are areas of soft tissue that lie on both sides of the throat. Tonsils, as well as adenoids, which are located behind the nose, help the body fight infection by filtering out germs that enter the body through the mouth and nose.

The tonsils and adenoids may become infected when fighting off germs. If the infection constantly recurs, causing tissue to enlarge, it can result in an inflammation called tonsillitis. Tonsillectomy surgery helps reduce the number of throat infections.

Your family doctor can determine whether you need a tonsillectomy and evaluate the frequency of your infections, snoring and breathing and swallowing difficulties. If your family doctor recommends a tonsillectomy, you'll be referred to an ear, nose and throat (ENT) physician or a general surgeon who will explain surgical options like coblation-assisted tonsillectomy.

NEW TECHNOLOGY ... LESS PAIN

Coblation-assisted tonsillectomy removes tonsils and adenoids using radiofrequency energy and natural saline, not heat, to gently dissolve tonsil tissue and remove infected tonsils.

"This new technology allows us to also remove the tonsils and to cauterize the blood vessels coming into them at the same time, but what is



most impressive is with coblation you have minimal pain and rapid recovery for patients," says Michael Charles, M.D., a general surgeon at Hill Regional Hospital.

"Coblation-assisted tonsillectomy is a quick outpatient procedure that takes less than 30 minutes and is performed in an operating room with general anesthesia. Most patients stay in the hospital for only a few hours, allowing them to go home for a quick recovery," says Ted Benke, M.D., an ENT surgeon at Hill Regional Hospital.



Ted Benke, M.D.
Ear, Nose and Throat
Surgeon



Michael Charles, M.D.
General Surgeon

HEALTHWISE QUIZ

How much do you know about ADHD?

Take this quiz to find out how much you know about attention deficit hyperactivity disorder (ADHD).

- 1 Which of the following is *not* a symptom of attention deficit hyperactivity disorder?
 - a. hyperactivity
 - b. obsession
 - c. impulsivity
 - d. inattention
- 2 ADHD is thought to be caused by:
 - a. poor parenting
 - b. a genetic disorder
 - c. rheumatic fever
 - d. all of the above
- 3 Other disorders may accompany ADHD in as many as one in three cases. These include:
 - a. Tourette's syndrome
 - b. learning disabilities
 - c. bipolar disorder
 - d. all of the above
- 4 Most children who have ADHD begin to show signs and symptoms of the disorder between ages:
 - a. 1 and 2 years
 - b. 4 and 6 years
 - c. 9 and 12 years
 - d. 13 and 15 years
- 5 Adults can also suffer from ADHD. To be diagnosed with the disorder, a person must:
 - a. have shown symptoms of ADHD in childhood
 - b. have suffered from a serious illness as a child
 - c. have trouble holding down a job
 - d. be a reckless driver

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



STROKE SMARTS

How to spot a stroke

A stroke is similar to a lightning strike—it can happen suddenly and without warning. However, there are sometimes warning signs that lightning is imminent, such as storm clouds, rain and thunder.

Warning signs can signal a stroke, too. If you spot them and act quickly, you may prevent severe disability or death. If you or someone around you show any of these symptoms, seek emergency medical treatment immediately:

- sudden numbness or weakness in the face, arm or leg, especially on one side of the body
- sudden confusion, trouble speaking or understanding
- sudden trouble seeing in one or both eyes
- sudden trouble walking, dizziness, loss of balance or coordination
- sudden, severe headache with no known cause

These signs point to a stroke in progress. Blood and oxygen are not getting to a part of the brain as a result of a burst blood vessel or a blood clot, and that portion of the brain begins to die. Speedy medical care may minimize brain damage.

RISK FACTORS

Lifestyle factors and other health conditions that weaken blood vessels or contribute to blood clots increase your risk for stroke. You can control or treat some of them, such as high blood pressure, smoking, diabetes, carotid or other artery disease, abnormal heart rhythm, transient ischemic attacks (mini-strokes), certain blood disorders, sickle cell disease, high blood cholesterol, high triglycerides, physical inactivity, obesity and substance abuse.

Factors you can't change include increasing age, gender (more men suffer strokes), family history, race (African-Americans face greater risk) and having had a prior stroke or heart attack. Talk to your doctor about ways to reduce your risk for stroke and be prepared to act quickly if warning signs appear.

Outward bound

10 play-safe tips for your kids

What's one of the best things to say to your child? Go outside and play! Close supervision, proper protective gear and these simple precautions will help your kids safely enjoy the great outdoors:

- 1 Apply a sunscreen with an SPF of at least 15 every day—even on cloudy days—and reapply every 90 minutes, especially after swimming or sweating.
- 2 Outfit kids with brimmed hats and don't forget the sunglasses.
- 3 Keep babies under age 6 months out of direct sunlight and in the shade.
- 4 Avoid using swimming aids such as "floaties." They don't substitute for a life vest and can give kids a false sense of security.
- 5 When kids are swimming, keep a portable phone and rescue equipment like a shepherd's hook and life preserver nearby.
- 6 Supervise kids at all times near water and stay within arm's length of babies and toddlers. If you have to step



away even for a moment, get everyone out of the pool area and take little ones with you.

- 7 Insist kids wear proper protective equipment, especially a helmet, wrist guards and knee and elbow pads when bicycle riding, skateboarding and in-line skating.
- 8 Teach kids to bike skillfully. Enroll your children in a class to practice basic skills, such as balance and braking, on a smooth surface away from traffic.
- 9 Visit playgrounds that have soft surfaces like wood mulch or chips, shredded rubber tires or sand to lessen the impact of falls. Avoid play equipment on asphalt, concrete, packed dirt and grass.
- 10 Don't let kids wear helmets, necklaces, backpacks, scarves or clothing with drawstrings while on playgrounds.



Fire up the grill!

But read these food-safety tips first

For many people, summertime fare means fresh, fast, no-fuss meals cooked outdoors. However, warm temperatures can set the stage for a nasty bout of food poisoning. Take these

precautions to make sure your meals are safe:

- **Defrost thoroughly.** Place frozen foods in the refrigerator for safe thawing. If meats are out too long, bacteria can produce illness-causing toxins that remain active even during cooking.
- **Marinate right.** Keep foods refrigerated while marinating.
- **Transport safely.** When traveling, use an insulated cooler with enough ice or cold packs to maintain a temperature of at least 40° F. Wait until you're ready to leave to

pack refrigerated foods in the cooler. Then place it in the coolest part of the car—not the trunk. When you arrive at your destination, move the cooler into the shade, avoid opening it frequently and replenish ice as needed.

- **Bring extra plates and tools.** Use one

platter and spatula, tongs and sauce brush for raw foods and a different platter and utensils for cooked foods.

Don't use a fork to turn meats since puncturing can introduce surface bacteria into the meat.

- **Keep clean.** Bring paper towels and disposable wipes or a sanitizing gel for convenient hand washing and surface cleanup.

- **Prepare the grill.** Light the coals and allow the cooking surface to heat up to kill microorganisms before putting on the food.

Is it done?

Use an instant-read meat thermometer to test meat's doneness. Grill precooked meats such as hot dogs to 165° F until steaming hot. Refer to the chart at right to determine when cooked meat is safe to eat.

Meat product	Safe temperature
poultry	180° F
pork	160° F
beef, ground	160° F
beef, steaks or roasts	145° F
veal	145° F
lamb	145° F

Your baby's birth: a life-changing event

There are several events that will shape your life forever, but none of them will surpass the birth of your child. Here at Hill Regional Hospital, our certified and dedicated nursing staff helps you complete your birth plan.

The birth plan begins at the physician's office, continues through labor and ends with your child's birth. Throughout the birth process, communication with your physician is important.

A SPECIAL BOND

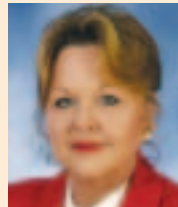
An important part of the birth process is for a new mother to bond with her newborn. Immediately after birth, we give a new mother the opportunity to keep her baby with her. She can observe the first precious hours of her baby's life in one of our newly remodeled rooms. Also, we don't forget big brothers and/or big sisters, who are treated to a free book in the gift shop.

After the baby is born, the hospital plays Brahm's Lullaby on the paging system to let everyone know we



just had a baby. You also can show off your new baby on our new Tiny Toes Internet Nursery webpage on our website, and if you choose, a birth announcement is placed in the newspaper.

Whether you're a new or experienced mom, we encourage you to ask questions regarding your newborn's needs. We provide a large video library, department tours by appointment, helpful staff, a pediatrician and a certified lactation specialist to help with breastfeeding. For your comfort, we also offer 24-hour anesthesia care.



Kay Tucker, R.N.
Director of Maternal Child

Learn more!

Let us help you prepare for your new baby. For more information, call (254) 580-8500.



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