

Health Connection

THE MAGAZINE OF HILL REGIONAL HOSPITAL

A better kind of surgery
Laparoscopy
speeds recovery

**You've found a
breast lump: Now what?**

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close to home**

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Hill Regional Hospital
Hillsboro, Texas

You've found a breast lump: Now what?

If the thought of finding a lump in your breast scares you, you're not alone. After all, many of us know someone who has had breast cancer. But some of us are so frightened that we avoid getting mammograms—the very habit that could save our lives if breast cancer develops. If you're in that group, you'll be glad to hear that four in five breast lumps turn out to be noncancerous. Here's a description of some common breast conditions:

Fibroadenoma: a smooth, solid, round painless lump that moves easily and can feel like a marble. Occurs most often in African-American women and women under age 30.

Fibrocystic breast changes: solid or fluid-filled lumps that

increase in size and tenderness five to seven days before each menstrual period.

Cyst: a smooth, fluid-filled lump often sensitive to the touch before the menstrual period. Typically appears in women between ages 35 and 50.

Lipoma: a soft and slow-growing painless lump that moves freely.

Intraductal papilloma: a small, wartlike growth near the nipple that may cause bleeding from the nipple. Occurs most often in women in their 40s.

Mammary duct ectasia: a thick, sticky, gray to green discharge from the nipple.

Mastitis: a warm, tender, lumpy area on the breast that appears red. Most often affects breast-feeding women.

Traumatic fat necrosis: painless, round, firm lumps that can result from a bruise or a blow to the breast. Occurs in older women and women with large breasts.

WHAT HAPPENS IF YOU FIND A LUMP?

If you find a lump, see your healthcare provider. He or she will do a clinical breast exam and may recommend one or more of the following tests and procedures:

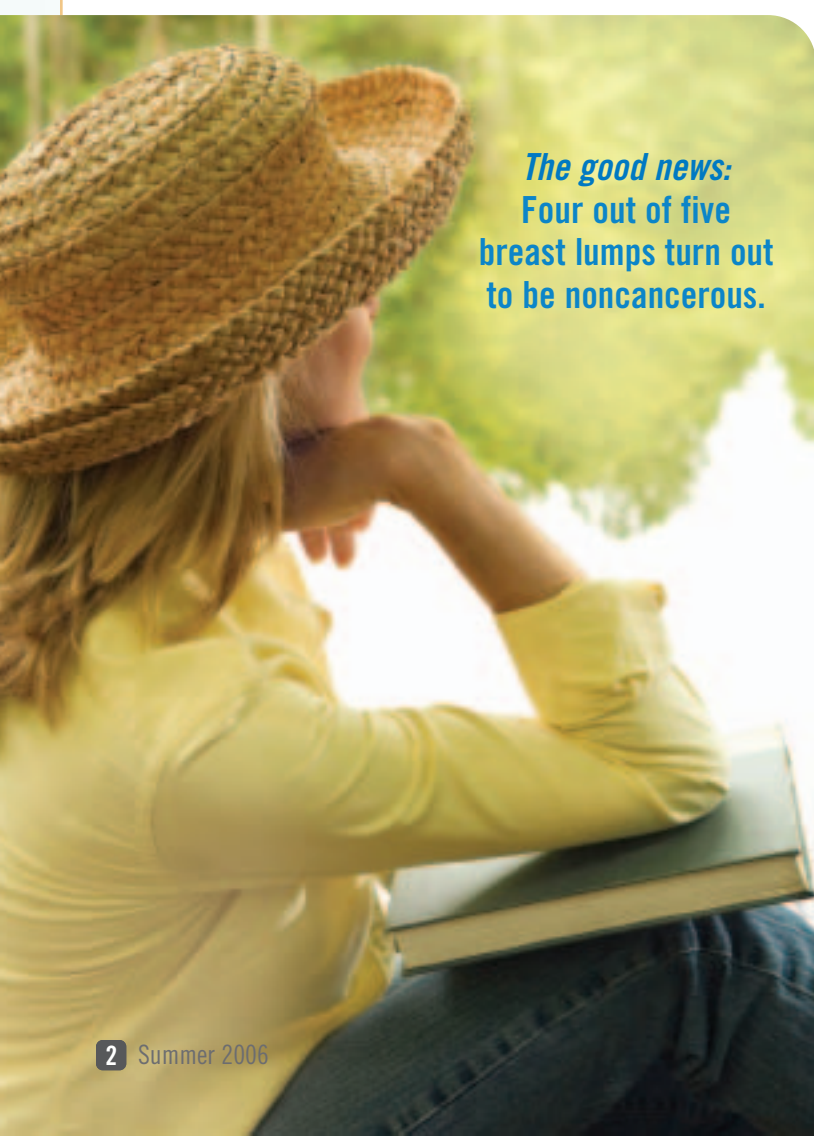
Mammography, or breast X-ray, may be recommended to determine the lump's size and location.

Ultrasound examination can determine whether the lump is a fluid-filled cyst or a solid mass.

Fine-needle aspiration is an in-office procedure. Fluid is drawn out of the lump with a thin needle. If the fluid is clear and the cyst disappears, you won't need a biopsy. If the fluid is bloody or the mass is solid, your doctor probably will recommend biopsy.

Stereotactic biopsy removes a small tissue sample with a thin needle for analysis. Computerized imaging guides the needle with pinpoint accuracy to the exact location to be sampled.

Surgical biopsy usually is performed on an outpatient basis. Normally, the surgeon removes the whole lump, but in certain cases he or she will remove only part of it. The tissue is sent to a lab where a pathologist will examine it for cancerous cells.



The good news:
Four out of five
breast lumps turn out
to be noncancerous.



IF PREVENTION DOESN'T WORK

Both a cold and the flu typically involve a runny nose, sneezing, sore throat, cough and fatigue, but only flu characteristically features headache, high fever and that all-over-achy feeling.

Some people are at higher risk for complications from the flu than others and should get prompt medical care instead of trying to self-treat. These include:

- people over age 65
- children and adults with a chronic health condition, such as asthma or diabetes, or a weakened immune system
- pregnant women
- infants and young children
- anyone who lives with children or others at high risk
- healthcare workers and caregivers who are in contact with children or others at high risk

Prescription antiviral medications such as oseltamivir (brand name: Tamiflu) can help shorten the duration of the flu and prevent you from getting sicker if taken within the first 48 hours of symptoms.

If symptoms suddenly worsen, linger more than a week and are accompanied by a dry, hacking cough, the flu might have developed into viral pneumonia. Thick, rust-colored mucus along with a cough may signal bacterial pneumonia. Both types of pneumonia require medical attention.

Easing the sneezing

Surviving cold and flu season

Autumn is almost upon us. Soon it will be time to rake the leaves, pull out the sweaters and pray the kids don't catch something at school that knocks the whole family out of commission for a week.

But with a few simple precautions, parents and children can keep colds and flu away—or at least from spreading. Here are some basic tips to avoid getting sick, whether you're 2 years old or 90:

- Wash your hands several times a day with soap and water—and even more frequently if you're around anyone with a cold.
- Keep your hands away from your eyes, nose and mouth.
- Cover your mouth and nose with a disposable tissue when you sneeze or cough. Then wash your hands.
- Protect and strengthen your immune system by getting enough rest, exercising regularly and eating a healthy diet that includes lots of fruits and vegetables.
- Don't share eating utensils or drinking glasses.
- Avoid crowds of people where germs may spread.
- Most important: Keep annual flu vaccinations up to date.

Call your pediatrician or primary care provider if ...

Your sick child has any of these symptoms:

- labored breathing, often signaled by the abdomen rising and falling dramatically
- a fever of approximately 102° F that acetaminophen (brand name: Tylenol) can't control or that's present for more than three days
- inconsolable crying or irritability
- blood in vomit or stool
- recurring vomiting or loose stools
- greatly diminished food or fluid intake
- pulling or tugging at the ears, which may indicate an ear infection



Quality care, close to home

At Hill Regional Hospital, we understand our role and mission is to make the patient the heart of our care. We're very conscious of this fact, because our patients are often our friends, neighbors and even family members.

We may be a small community hospital, but we're extremely proud of how we measure up in the services and care we provide. Not only do we have a highly skilled staff, we are continually striving to improve our services and update our equipment. For example, we recently updated our magnetic resonance imaging (MRI). This equipment will make it possible for us to perform a wider range of diagnostic tests and get the results more quickly. This MRI provides not only higher quality results, but also a shorter

testing time, which means greater convenience for patients.

Visit us online at www.hillregionalhospital.com and view our various measures of quality. When you do, you'll take pride in your community hospital as I do.

JAN MCCLURE
Chief Executive Officer
Hill Regional Hospital



THE FIRST 60 MINUTES:

The critical period in heart attack treatment

How do you know you're having a heart attack? For many people, it doesn't happen as it does in the movies, with a quick grab to the chest and a slump to the floor. Symptoms of heart attack can be more subtle—and therefore confusing. But it's crucial to call 911 if you even suspect you're having a heart attack, because every second counts. Clot-busting drugs and other treatments, which can stop a heart attack and save your life, must be given within an hour of the onset of symptoms to be most effective.

Unfortunately, too many people mistake heart attack warning signs for something else and delay calling for help. Others are embarrassed about "causing a scene" or aren't willing to admit they may be having a serious medical problem. If you experience any of these symptoms, don't wait—call for help immediately:

- **chest discomfort**, including pressure, fullness or pain in the center of the chest
- **shortness of breath** that occurs before or with chest discomfort
- **upper-body discomfort**, including pain or discomfort in one or both arms, the back, neck, jaw or stomach
- **nausea, sweating or light-headedness**, which may or may not accompany other symptoms

Remember, it's better to be safe than sorry. Knowing what to do in an emergency might just save your life or the life of someone you love.

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.



TIMOTHY J. SHAW, M.D.
**General, Vascular and
Thoracic Surgery**

**1323 E. Franklin, Suite 102
Hillsboro
(254) 582-9600**

Hill Regional Hospital welcomes Timothy J. Shaw, M.D., to the medical staff. He's a general surgeon with specialty experience in thoracic, vascular and laparoscopic surgery and other scope procedures.

"As a member of the Hill Regional Hospital medical staff and as a surgeon, I look forward to providing outstanding comprehensive surgical care to my patients," says Dr. Shaw.

Dr. Shaw earned his medical degree at the University of Missouri School of Medicine. He completed his surgical residency at the University of Hawaii in Honolulu and then completed his

training at the V.A. Medical Center in Des Moines, Iowa.

"My main focus has been surgery from the beginning of my medical career," Dr. Shaw says. "It's rewarding to see the outcomes surgery offers to patients."

Dr. Shaw is board certified by the American Board of Surgery, a member of the American Society for Gastrointestinal Endoscopy and a Fellow of the American College of Surgeons.

His interests include running, biking, hunting, fishing, water sports and playing the guitar. He's the proud father of three sons who are in college.

Jan McClure, Hill Regional Hospital's CEO, says, "We're very excited to have Dr. Shaw here in our community and fortunate he has chosen our facility to continue his practice. He brings years of medical expertise to the fine people of Hillsboro and the surrounding communities. The hospital staff says he's a delight to work with and his skills are impeccable."



CAROL B. BEYER, M.D.
Pediatrics

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As a mom who has experienced all facets of raising a family, including having two kids with chronic ear infections, Carol Beyer, M.D., is well versed in family and medical care. Her professional expertise and personal understanding enable her to give your child compassionate, quality healthcare, the kind of special care she has given her own

children. She strives to develop a trusting and friendly relationship with your family that will last throughout your son's or daughter's childhood and adolescence. Dr. Beyer enjoys newborn care and adolescent care.

Following her undergraduate career at Marietta College in Ohio, Dr. Beyer received her medical degree from the University of Texas Medical Branch at Galveston, and then completed a pediatric residency in Houston. She is a Fellow of the American Academy of Pediatrics.

Dr. Beyer and her husband, David, raised their two sons, Andrew and Ben, in Hillsboro. Her interests include working in the medical mission field, traveling, swimming and reading.

HEALTHWISE QUIZ

How much do you know about Alzheimer's disease?

Take this quiz to find out.

1 Which example of memory loss may be a sign of Alzheimer's disease?

- a. forgetting where your keys are
- b. forgetting what month and year it is
- c. forgetting the name of a person you just met
- d. forgetting to return a phone call

2 British researchers have recently learned that drinking this beverage can inhibit enzymes associated with the development of Alzheimer's:

- a. orange juice
- b. coffee
- c. tea
- d. white wine

3 All the following may be early warning signs of Alzheimer's *except*:

- a. speaking in jumbled sentences
- b. getting lost in familiar areas
- c. having rapid mood swings for no apparent reason
- d. losing sense of balance or experiencing vertigo

4 Which health condition is suspected of increasing the risk of Alzheimer's?

- a. yo-yo dieting
- b. high blood pressure
- c. asthma
- d. low bone density

5 Which is the most misdiagnosed mental disorder in older adults?

- a. Alzheimer's disease
- b. depression
- c. anxiety attacks
- d. insomnia

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

NUMBER CRUNCHING

Managing high cholesterol



The bad news: High cholesterol plays a key role in whether you develop heart disease or suffer a heart attack or stroke. Excess cholesterol, a waxy, fatlike substance in your blood, builds up on artery walls, reducing blood flow. The good news: You can do something about it.

Many factors contribute to high cholesterol. While you can't change your genes, age or gender—which all affect cholesterol—you can take the following steps to improve your cholesterol levels and your health.

To lower your LDL, or bad, cholesterol and raise your HDL, or good, cholesterol:

- **Eat smart.** Saturated fat and trans fats raise LDL cholesterol levels. Instead, use polyunsaturated or mono-unsaturated fats like olive, safflower, sesame, soybean, canola and peanut oils. Eat no more than six ounces of lean meat, fish or skinless poultry a day. Choose plenty of fruits, vegetables and whole-grain foods. Switch to fat-free or low-fat dairy products and increase soluble fiber found in foods like oats, beans and citrus fruits.
- **Get regular exercise**—at least 30 to 60 minutes of physical activity a day.
- **If you smoke, quit.** Smoking lowers HDL cholesterol and increases the blood's tendency to clot.
- **Consider medication.** If lifestyle changes aren't enough, your healthcare provider may prescribe cholesterol-lowering drugs.

Leveling off your numbers

Aim for these desired cholesterol levels. If you already have heart disease or other risk factors, your doctor may set different goals for you.

Total cholesterol less than 200 mg/dL

HDL cholesterol greater than 50 mg/dL

LDL cholesterol less than 100 mg/dL

Triglycerides less than 150 mg/dL

Bad breaks

First aid for broken bones

If your child were to take a spill from a bike or your best friend turned an ankle while stepping off the curb and you suspected a bone is broken, would you know what to do? Try taking these actions:

- **Determine whether you need emergency help.** All fractures will need medical attention, but call for emergency help if the injury involves the head, neck, back, pelvis or upper leg; there's heavy bleeding; bone has pierced the skin; or a toe or finger on the injured arm or leg is numb or blue at the tip. Also, call for help if you can't transport the injured person by car because he or she can't sit upright or use safety or seat belts.
- **Remove clothing from the injured part.** Use scissors to cut clothing away; don't try to pull the limb out of clothes.
- **Stop any bleeding.** Use a sterile bandage or clean cloth



and apply constant pressure to the wound. Have the person lie down and don't wash the wound or poke the bone back into the skin.

- **Make a splint.** Keep the limb in the position you find it. Place soft padding around the injury with something firm (like a board or rolled-up newspaper) next to it, using first-aid tape. Make sure the splint extends past the joints above and below the injury.
- **Apply cold packs.** Wrap ice in a towel and place it on the injured area to control swelling and pain until help arrives.

In case of emergency ... We're here for you

There's no telling when an accident or a sudden illness will occur. But when it does happen, turn to us, the clear choice for emergency assistance. Our emergency department provides patients with fast, dedicated and compassionate care. What's more, our ER is backed and supported by an entire hospital dedicated to helping you get well.

In an emergency, every second counts. Call us for emergency help anytime you suspect someone needs urgent care.



The whole-grain truth

Think outside the breadbox to include more healthy foods in your diet

Grains like wheat, rice, oats and corn are a staple in the American diet and for much of the world. Whole grains

and foods made from whole grains are an important source of fiber, vitamins, minerals and other nutrients. When refined grains like white flour and white rice are processed, much of the fiber and nutrients are lost.

Eating more whole grains can help you lower cholesterol and control your weight, reducing risk of heart disease, stroke, diabetes, gastrointestinal problems and cancer. Aim to eat at least three servings of whole grains each day. The earthy, nutty flavors and chewy textures are a great way to add a new dimension to your menu. Whole-grain breads, cereals, tortillas and crackers are just the beginning. Explore a variety of whole grains like barley, groats, wheat berries, buckwheat, triticale, bulgur, millet and quinoa.

HOP ABOARD THE GRAIN TRAIN

Upping your intake of whole grains is easier than you think. Try making some of these simple diet switches:

- Start your day with a bowl of bran flakes, shredded wheat or oatmeal.
- Buy whole-grain breads, bagels, rolls, tortillas, muffins, waffles and pancakes.
- Substitute rolled oats or crushed bran flakes for bread crumbs in recipes.
- Switch to whole-wheat pasta.
- Bypass the potatoes and try bulgur, barley, quinoa or brown or wild rice.
- Snack on un buttered popcorn or whole-wheat crackers or pretzels.
- Substitute barley or brown or wild rice for pasta or noodles in soups, stews, casseroles and salads.
- Use whole-wheat pastry flour in place of much of the all-purpose flour in recipes.



A better kind of surgery

Laparoscopy speeds recovery

In the past, surgery was considered a major procedure that involved large incisions, a great deal of discomfort and a long recovery period. Now, with technological advances in modern healthcare, a multitude of benefits for surgical patients have been achieved.

One of these advances is laparoscopic, or minimally invasive, surgery. During laparoscopy, the surgeon makes dime-size incisions and places plastic tubes called ports through these incisions. A miniature video camera with a fiber optic lens is positioned inside the patient's body through the incisions and transmits an image of

the organs onto a television monitor. The video camera becomes the surgeon's eyes as he or she uses several thin instruments to perform the required procedure.

WHICH SURGERIES CAN BE PERFORMED LAPAROSCOPICALLY?

Today, almost all open surgeries can be performed laparoscopically. The most common, however, are cholecystectomy (removal of the gall bladder), appendectomy (removal of the appendix), tubal ligation, diagnostic laparoscopy and hernia repair. These are just a few examples—there are many available laparoscopic procedures used in female and general surgery.

WHAT ARE THE BENEFITS OF LAPAROSCOPY?

In conventional surgery, a long incision is made to gain entry into the body. As a result, there is increased post-operative pain, higher possibility of wound infection and an incisional hernia, longer hospital stays, delayed recovery, unsightly scarring, respiratory problems and delayed feeding. Laparoscopic surgery dramatically reduces these risks and is considered safe and effective.



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Learn more!

If you would like more information about laparoscopic surgery, please feel free to contact one of our surgeons—they'll be happy to answer your questions.

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