

SPRING 2006

# Health Connection

FROM YOUR FRIENDS AT HAYWOOD PARK COMMUNITY HOSPITAL

**Good day,  
sunshine!**

Greet the day  
with an SPF

**Bouncing back  
from joint pain**

**Going the  
extra mile**

for you and  
your family

OUTWARD BOUND:  
**10 play-safe tips  
for your kids**

**HP HAYWOOD PARK**  
COMMUNITY HOSPITAL

# Good day, sunshine!

## Greet the day with an SPF

**Y**ou 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

**W**ith 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?

**Y**our 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?

## PHYSICIAN PROFILE

The experienced, dedicated physicians of Haywood Park Community Hospital can help you and your family stay healthy. We'd like to introduce you to one of them.



**CHARLES HERTZ, M.D.**  
Gastroenterology and  
Hepatology

For 25 years, Dr. Hertz has specialized in treating patients with digestive and liver problems, from stomach ulcers and gastroesophageal reflux disease to hepatitis and colon cancer. He's board certified in gastroenterology and hepatology and sees patients at the Medical Specialty Clinic in Jackson and at a satellite clinic in Brownsville.

A graduate of the University of Pennsylvania School of Medicine, Dr. Hertz completed a residency in internal medicine at the University of Virginia and a fellowship in gastroenterology at the Medical College of Virginia. "I chose my specialty because I saw that gastroenterology was just beginning to enter a rapid period of expansion," says Dr. Hertz. "The first real anti-ulcer drug was released during my internship and colonoscopy was just starting to enter the mainstream. I realized these technologies could tremendously benefit patients."

Since his arrival in Jackson in 1983, Dr. Hertz has been very active in the community. He is a past president of West Tennessee Alliance for Healthcare and West Tennessee Physicians' Alliance, as well as the former chief of staff at Jackson-Madison County General Hospital. He has served on the board of the Jackson Area Chamber of Commerce and on many committees within the medical community.

This involvement allows Dr. Hertz to see the quality and breadth of healthcare in the West Tennessee area. "We have an amazingly sophisticated healthcare system and a talented group of physicians," he says.

Dr. Hertz has many interests outside of medicine. He enjoys running and ran his first marathon in 1997 in Washington, D.C. In 2001, he finished the Boston Marathon in 3 hours and 47 minutes. His latest big run was a half-marathon in Allentown, Pa., in April. An avid climber, Dr. Hertz climbed to the peak of Mt. Kilimanjaro in Tanzania last year and hopes to hike in the Himalayas sometime, perhaps to Everest Base Camp.

Dr. Hertz and his wife, Marilyn, an artist, live on 720 wooded acres in east Madison County.

## Make an appointment today!

**A**t Medical Specialty Clinic in Jackson, Dr. Hertz practices with gastroenterologists Robert Hollis, M.D., Michael Ibach, M.D., and Dan Kayal, M.D.; cardiologists Matthew Smolin, M.D., and Ron Weiner, M.D.; dermatologists Mac Jones, M.D., and Patrick Teer, M.D.; oncologist Clyde Smith, M.D.; and pulmonologist George Vraney, M.D. On Friday mornings, Dr. Hertz sees patients at Brownsville Specialty Clinic in Brownsville. For an appointment, call toll free 1 (800) 221-9603.

## Dear neighbors,

With the greening of yards and return of spring comes a reminder of growth, change and renewal. At Haywood Park Community Hospital, our renewed commitment of service to the people of Haywood County includes exciting new programs, new physicians and an enduring pledge to personalized care.

As you may know, the hospital recently upgraded its inpatient capabilities to include a Progressive Care Unit (PCU) to take care of more acutely ill patients—patients who previously may have sought care outside of the community or would have been transferred to hospitals in Jackson or Memphis. Our new PCU, staffed by highly trained nurses and outfitted with the latest in high-tech monitoring systems, enables residents in our community to receive care that was once only available outside of Brownsville.

We're also experiencing a renewal of our surgical services. Under the capable direction of Hisman Percival, M.D., we're providing full-service general and vascular surgery services. GYN surgical capabilities are represented through the services of Kristi Wilburn-Wren, M.D. Dr. Percival's office telephone number is (731) 772-0008; Dr. Wilburn-Wren's office telephone number is (731) 779-0788. We're pleased to welcome both of them to our community.

We anticipate the addition of two internists to the First Care Group later this summer: the husband and wife team of Drs. Jaime and Elizabeth Montoya. They'll be profiled in the next edition of this newsletter.

Overall, the new programs and additions to our medical community represent a growing sense of expanded clinical capabilities at Haywood Park Community Hospital matched to our enduring pledge—to be here for you and your family when you need us.

Regards,

THOMAS M. SCHMITT  
Chief Executive Officer  
Haywood Park Community Hospital



Thomas M. Schmitt  
Chief Executive Officer

## 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



**W**hat'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

**F**or 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

# Going the extra mile

Our staff makes great patient care a top priority



New employees take part in discussions on the importance of good customer service, relating both good and bad customer service experiences they've had. Employees are trained in the 12 Service Excellence Standards of Performance and sign commitment cards agreeing to uphold these standards. Each employee also undergoes a yearly review of his or her customer service skills.

In order to track customer satisfaction, patients in the Emergency Department and in the Medical/Surgical unit are requested to complete surveys about their stay. The results say a lot about the level of

service they receive from our staff. HPCH's Emergency Department, for instance, has had the highest overall patient satisfaction scores in its national health system for the previous five quarters. The Medical/Surgical unit has had the highest scores in the system for three of the last five quarters.

HPCH may not be the biggest hospital in West Tennessee, but it has the biggest heart, thanks to the compassionate, caring attitudes of our employees.

**W**hen you enter the doors of Haywood Park Community Hospital (HPCH), the old adage "good things come in small packages" often comes to mind. At our hospital, you can expect to be treated not like a number but like a treasured family member.

The staff of HPCH is committed to providing excellent customer service. In fact, a large component of each new employee's orientation is devoted to customer service.

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**HP HAYWOOD PARK**  
COMMUNITY HOSPITAL

[www.haywoodparkcommunity.com](http://www.haywoodparkcommunity.com)

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# Health Connection

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