

# HealthMatters

A PUBLICATION OF NORTHWEST HEALTH SYSTEM

## Make it your mission to fight heart disease in women

➤ Heart disease is still the No. 1 killer of women, causing 1 in 3 deaths each year. This means that one woman just like you—a mother, sister, friend—is dying each minute because she doesn't know what you know: heart disease kills.

Go Red For Women asks you to make it your mission to fight heart disease. Here are 5 ways to help stop heart disease in your lifetime.

➤ **Heart to heart.** Share your stories at [GoRedForWomen.org](http://GoRedForWomen.org). Your voice, wisdom and experience can make a big difference in the lives of other women.

➤ **Heart on your sleeve.** Inspire your community and others to Go Red on National Wear Red Day® by sporting red attire.

➤ **Food for heart.** Take the free, 12-week online makeover to make heart-healthy choices to become a BetterU. It can change your life! Register today at [www.GoRedForWomen.org/BetterU](http://www.GoRedForWomen.org/BetterU).

➤ **Heart warrior.** Become an advocate for Go Red For Women by lobbying state and national officials for public policies that advance the fight against heart disease and stroke. Learn more at [www.YoureTheCure.org](http://www.YoureTheCure.org).

➤ **Heart event.** Eighty percent of cardiac events in women could be prevented if women made the right choices for their hearts involving diet, exercise and abstinence from smoking. The American Heart Association uses Go Red For Women funds to offer educational programs, advancing women's understanding about their risk for heart disease and providing tools and motivation to help women reduce their risk to protect their health.

Attend the Northwest Arkansas Go Red For Women Event at the John O. Hammons Center in Rogers on Tuesday, February 14, 2012. Attend health and fashion workshops, get a free health screening, shop vendors and attend an educational luncheon. Tickets are \$75. Call Christina Hinds at (479) 442-6540 or visit [www.Heart.org/NWAGoRedLuncheon](http://www.Heart.org/NWAGoRedLuncheon) to register. Or, register today at [www.HealthyWomanOnline.com](http://www.HealthyWomanOnline.com) and receive a promotional code for a \$10 ticket discount. ●



### Let's fight heart disease together

Join us and make it your mission to fight heart disease in women. By sharing this commitment, together we can help save lives. Register for Healthy Woman and the Heart Event at [www.HealthyWomanOnline.com](http://www.HealthyWomanOnline.com).





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## From OUR CEO



### DEAR NEIGHBORS,

At Northwest Health System, we take your health and our role in caring for you and your family

seriously. We also know that having fun and maintaining balance in your life is important, so we want to invite you to join us for these upcoming celebrations!

**DAN MCKAY**  
Chief Executive  
Officer

### Go Red!

This year's American Heart Association Go Red for Women annual luncheon will be held on Tuesday, Feb. 14, at the John Q. Hammons Center. Sponsored by the Northwest Health System's Healthy Woman program, the Go Red/Think Pink theme celebrates women and supports fighting heart disease in women.

### Senior Prom

Save the date for the third annual Senior Prom sponsored by the Northwest Health System's Senior Circle program. Members are already marking their calendars and planning to attend this year's Senior Prom from 4 to 7 p.m. on March 22 at the Holiday Inn & Convention Center at 1500 S. 48th St. in Springdale. The cost is \$15 per person or \$27 per couple. Call **1-800-734-2024**.

I look forward to seeing you there, and as always, thank you for making Northwest Health System your health care provider of choice.

Sincerely,

## Dan McKay

Chief Executive Officer  
Northwest Health System



# A dangerous trio

## Sorting out stroke, heart attack and cardiac arrest

➤ What do stroke, heart attack and cardiac arrest have in common? They're all possible complications of heart and blood vessel diseases that affect millions of Americans.

Read on to learn more about each of these conditions and their unique causes and symptoms.

### Heart attack

When fatty deposits called plaque build up in the arteries, it can narrow them or cause a blood clot to form. When this occurs, blood flow to the heart is blocked, damaging heart muscle.

➤ **Symptoms:** Signs of a heart attack vary, but may include: tightness, a feeling of heaviness, pressure or a squeezing sensation in the chest; indigestion; anxiety; fainting; dizziness; nausea or vomiting; irregular heartbeats; shortness of breath; and sweating. Women may also experience less common symptoms, such as fatigue. Silent heart attacks, where no symptoms are present, can also occur.

### Stroke

A stroke occurs when a blood vessel leading to the brain becomes blocked (usually by a clot) or ruptures. This deprives the brain of oxygenated blood, causing parts of the brain to die.

➤ **Symptoms:** Stroke symptoms come on suddenly and include: numbness or weakness in the



face, arm or leg (particularly on one side of the body); confusion; speech and comprehension problems; vision difficulties; problems walking; and severe headache with no known cause.

### Cardiac arrest

Sudden cardiac arrest is a condition in which the heart abruptly stops beating without warning, depriving the body of oxygenated blood. If not treated immediately (with CPR and a defibrillator), a person in cardiac arrest usually dies within minutes. Heart attacks can sometimes trigger cardiac arrest.

➤ **Symptoms:** Cardiac arrest symptoms include sudden collapse, lack of pulse, no breathing and loss of consciousness.

If you or a loved one experiences symptoms of any of the conditions listed, call 911 or seek immediate medical help. ●

## HealthWise QUIZ

How much do you know about dementia?

➤ TAKE THIS QUIZ TO FIND OUT.

- 1 The most common type of dementia is:**
  - a. Alzheimer's disease
  - b. Lewy body disease
  - c. vascular dementia
  - d. none of the above
- 2 Which of the following conditions can cause or mimic the symptoms of dementia?:**
  - a. Lyme disease
  - b. thyroid problems
  - c. low blood sugar
  - d. all of the above
- 3 According to the Alzheimer's Association, the risk of developing Alzheimer's after age 85 is about:**
  - a. 10 percent
  - b. 25 percent
  - c. 50 percent
  - d. 75 percent
- 4 One known risk factor for dementia is:**
  - a. getting too much vitamin D
  - b. having diabetes
  - c. regularly using a cell phone
  - d. exposure to everyday sources of aluminum
- 5 While there's no surefire way to prevent dementia, experts recommend which of the following measures to possibly lower your risk of developing it?:**
  - a. taking high doses of vitamin C
  - b. lowering your blood pressure
  - c. keeping up to date on vaccinations
  - d. both (b) and (c)

Answers: 1. (a) 2. (d) 3. (c) 4. (b) 5. (d)

# NICU Graduate Care Clinic

## When your baby needs special care



### Are you having a baby?

To learn more about the advanced obstetrical care available at Northwest Health System, visit [www.NorthwestHealth.com](http://www.NorthwestHealth.com).

➤ Babies born prematurely (before the 37th week of pregnancy), with certain health challenges or after a difficult delivery need specialized treatment and extra time in the hospital after birth. Babies with these special needs may be transferred to a newborn intensive care unit (NICU) in the hospital where he or she was born, or in a nearby hospital.

In the Level III NICU of Willow Creek Women's Hospital, babies receive around-the-clock care from a team of experts specializing in the treatment of newborn illnesses and developmental issues. This group includes neonatologists Sameer Wagle, M.D., and Bo Lin, M.D.,

and neonatal nurse practitioners who specialize in newborn intensive care; a respiratory therapist who administers treatments that aid breathing; a nutritionist; a lactation specialist; and various other specialists.

### Special care for special babies

The NICU has specialized equipment to support the needs of premature or sick babies: phototherapy lights (also known as "bili-lights"), used for babies with jaundice; blood pressure and cardiopulmonary monitors to track babies' heart and breathing rates; IV therapy equipment to deliver nutrition; ventilators and oxygen hoods to help babies breathe better; and incubators to help keep babies warm and protect them from germs and noise.

The length of time a baby spends in the NICU depends on the diagnosis. If your baby has to spend time in the NICU, it's important to be as involved as possible in your baby's care. The neonatologists and neonatal nurse practitioners at Willow Creek Women's Hospital also cover the obstetrics unit at Northwest Medical Center—Bentonville, making these hospitals the only two in Northwest Arkansas with this level of clinical coverage. It also allows many families with fragile babies to stay close to home while their babies get the specialized care they need.

Many NICUs advocate the benefits of skin-to-skin contact in which the mother cradles the baby against her chest. But just being present in the NICU during your baby's care—whether for a feeding, a procedure or diaper change—is still important. Talk with your baby's care team about what's appropriate, given your baby's diagnosis and health status. Over time, you will learn about how to care for your baby as you get ready for the transition home. ●



# My journey and discovery through **cervical cancer**

BY GAIL CABOT, PATIENT

In May 2011, my annual visit to my Ob/Gyn seemed routine, but the test results later told a different story. After a second biopsy, my doctor, Paige Partridge, M.D., called to tell me the cancer was invasive and needed to be removed, and that a hysterectomy was necessary.

Dr. Partridge recommended gynecologic oncologist, Joseph Ivy, M.D., who specializes in treating gynecological cancer, and said she believed he was the best in his field. My husband and I met with Dr. Ivy the next day and discussed my options. Dr. Ivy explained to us the robotic-assisted surgery he would perform to remove the cancer and complete the radical hysterectomy. My surgery was scheduled at Northwest Medical Center–Springdale at the Northwest Robotic Surgery Institute.

This type of surgery was something I had never heard of, and after our visit I went home and followed up with a friend in the medical field in Florida. I also gathered as much information as I could find on this unique technology. To my surprise, my friend said that I was very lucky to have this technology and a doctor to perform this surgery in my community. Many people come from all over the tri-state area to have access to this quality of service and level of technology. Not all hospitals have a robotics program or doctors skilled in using this system.

On July 11, Dr. Ivy successfully performed my surgery. I was released the very next day and within 10 days, the lab results came back that the cancer was



gone and I was cancer free. I didn't need to seek additional therapy because the cancer cells hadn't affected my lymph nodes.

I will be monitored closely for the next few years, but I do believe that Northwest Medical Center–Springdale's advanced technology and Dr. Ivy's expertise in robot-assisted surgery made my recovery and overall health what it is today. Thanks to this breakthrough technology, I'm proud to be a survivor once again.

If I can help just one woman with gynecologic cancer find her way to Dr. Ivy and this amazing technology that we have right here in our own community, I'll have paid it forward. I'm grateful to Dr. Partridge for sending me to Dr. Ivy. ●



## Protect your health

To learn more about robotic-assisted surgery at Northwest Health System, visit [www.NorthwestHealth.com](http://www.NorthwestHealth.com) and click on "Services" and then "Robotic Surgery."

# Breaking cabin fever

## Five ways to beat the indoor blues



Rainy days, snowy days, bitterly cold days—whatever's going on outside can test the patience of adults and kids alike who are trapped inside.

While it's tempting to flip on the TV or let your children play video games, neither of these keeps them physically active or their brains engaged. Try these healthier boredom busters instead:

- 1 Create family time.** Bond with your children over a board game or plan a family outing to places you may not visit in nicer weather, such as a museum.
- 2 Let your children's imagination run wild.** Check your closets and discount stores to put together a trunk

of clothes for dress-up; build a fort using sheets and furniture; or create a craft box by adding items such as paper, crayons, glue, glitter, string, beads and buttons.

- 3 Keep your children active.** Make an obstacle course in your living room with couch cushions and laundry baskets. Or, try classic childhood games such as Duck, Duck, Goose. Old-time favorites like Simon Says and the hokeypokey are great ways to teach toddlers about following commands and different parts of the body.
- 4 Get in touch with nature.** Have a set of binoculars? Help your children spot the many different types of birds or other wildlife in your backyard.
- 5 Get them involved.** Planning a big vacation? Lay out travel materials and let your children help plan the itinerary. ●

# Reclaim your colon

## The right food can keep things running smoothly

Do you have a happy colon? If you're regularly battling constipation or diarrhea, chances are the answer is no. But there are foods that can help get you back on "tract."

### Yogurt

Yogurt contains "good bacteria" called probiotics, which some research suggests may curb diarrhea and tackle the symptoms of irritable bowel syndrome (IBS).

It's also a good source of calcium, which, along with vitamin D, may protect against colon polyps and colon cancer.



### Veggies, whole grains and legumes

These are all sources of insoluble fiber, which can ease or prevent constipation by bulking up and softening your stool. On the flip side, fiber can add substance to loose stool, relieving diarrhea, and may ease IBS symptoms. Fiber may reduce the risk of diverticular disease, a condition that causes small pouches in the colon.

Don't forget that legumes, potatoes, brown rice and whole grains are also good sources of vitamin B-6, which some research has shown may help prevent colon cancer in women.



### Low-fat foods

Eating a lot of fat—especially saturated fats from red meat and foods such as hot dogs—can increase your colon cancer risk.

Increasing low-fat or nonfat dairy and vegetable intake are great additions to your diet. Reduce the fat by making other substitutions: lean poultry, pork or fish instead of red meat; frozen fruit instead of ice cream; or tub margarine instead of stick margarine or butter. Since not all margarines are created equal (some can be worse than butter), it's important to check the nutrition label for the amount of saturated and trans fats. ●



# Your heart disease prevention kit

What you need to keep your ticker in top shape

➤ You've heard the cold, hard truth: Heart disease is the No. 1 killer of both men and women. But with most cases of heart disease considered preventable, you don't have to take it lying down.

Instead, stock your own heart disease prevention "kit," which contains the necessities for evaluating your heart's health. Here's what you need:

## Numbers

Knowing your cholesterol levels and blood pressure helps determine which areas need attention. Cholesterol screenings, which should be performed at least every five years, require a simple fasting blood test, while blood pressure is a quick measurement and is usually taken every time you go into your doctor's office.

➤ **Cholesterol and triglycerides:** Aim for total cholesterol lower than 200 mg/dL. Recommended LDL (bad) levels depend on your heart disease risk factors, but less than 100 mg/dL is ideal. For HDL (good), aim high: 60 mg/dL or above. Normal triglyceride levels are below 150 mg/dL.

➤ **Blood pressure:** Less than 120/80 mm Hg is considered normal. If your measurements don't fall within the recommended guidelines, your doctor can offer suggestions on how to get them there. If you have diabetes or are at risk for diabetes, your doctor may also monitor your blood sugar, as high levels can damage blood vessels.

## Exercise regimen

Get at least 30 minutes of moderate activity, such as a brisk walk, daily or on most days of the week. The best exercise regimens include cardiovascular exercise and strength training (such as lifting

weights). If you've never exercised before, get your doctor's approval first.

## Healthy meal plan

A diet that focuses on fruits, vegetables, lean meats, low-fat dairy and omega-3-rich foods (such as salmon), and limits saturated fats (less than 7 percent of daily calories), trans fats (less than 1 percent of daily calories), cholesterol (less than 300 mg daily for healthy adults) and sodium (2,300 mg or less for healthy adults) is best. Getting plenty of fiber from whole grains, fruits and vegetables (depending on age and gender, a minimum of 21 grams a day) can help lower cholesterol and the risk for heart disease.

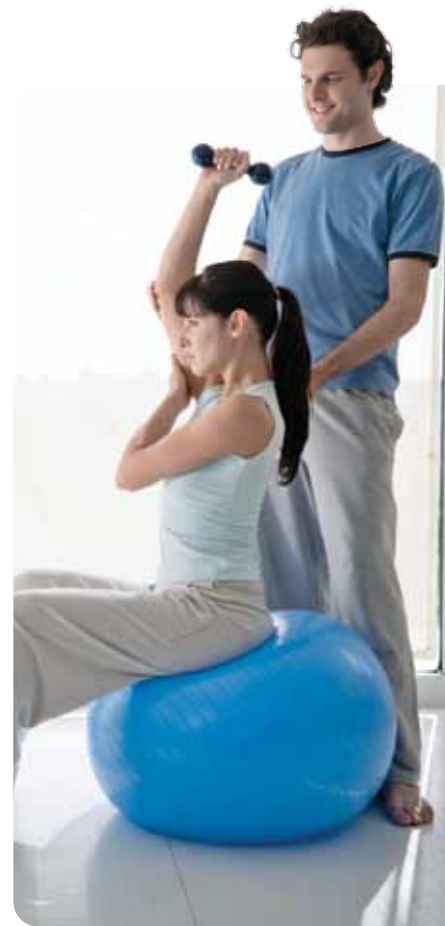
Keep portion sizes realistic, as well. Overwhelmed? Ask your doctor for a referral to a dietitian.

## Smoking-cessation aids

Can't seem to kick the habit? Ask your doctor to recommend smoking cessation assistance. This may include nicotine gum or lozenges, nasal sprays, inhalers and patches. You should also consider methods for kicking the mental aspect of addiction, such as a support group.

## Weight-loss goals

Know your body mass index (BMI) and waist circumference to figure out where you stand in terms of weight. BMI is calculated from your height and weight, and 18.5 to 24.9 is considered normal. Calculate yours here: [www.nhlbisupport.com/bmi/bmicalc.htm](http://www.nhlbisupport.com/bmi/bmicalc.htm). Women should have a waist circumference of less than 35 inches, and men, less than 40 inches. Taking off just 5 percent to 10 percent of your body weight can greatly reduce your disease risk. ●



## Know

your numbers. Aim for total cholesterol lower than 200 mg/dL and blood pressure less than 120/80 mm Hg.



# Heart Surgery at Northwest Health System

“Our team can now perform leading-edge, lifesaving cardiovascular procedures in a matter of minutes,” Dr. Green says. “Impella 2.5 is a breakthrough technology that offers us a minimally invasive approach in cardiac treatment and will help change the industry standard of care in the cath lab with its seamless and immediate circulatory support for critical patients.”

As the world’s smallest heart pump, Impella 2.5 works by temporarily relieving the heart’s pumping function and providing the time needed to initiate life-saving interventions.

This new procedure offers enhanced support for continued heart function during surgery. “Using the cardiac assist device, surgeons can promote better blood flow to the heart during surgery, reducing the risk of surgically induced heart failure—a very real risk for patients with severe heart disease,” says Dr. Senter. The cardiac assist device also reduces stress on the heart, and allows blocked arteries to be treated without bypass surgery.

Northwest Medical Centers—Springdale and Bentonville are accredited Chest Pain Centers and part of the statewide Arkansas SAVES program to reduce the number of stroke-related deaths in the state. ●

➤ Heart patients facing open heart surgery or angioplasty now have a minimally invasive treatment option for restoring proper blood flow and better heart function.

The Impella 2.5 cardiac assist device—approved by the FDA in June 2008—offers the benefits of angioplasty or open heart surgery with decreased risk for patients whose heart structure and function are significantly weakened. These patients are usually classified as high-risk or unsuitable candidates for traditional open heart or bypass surgery. Michael Green, M.D., FACC, and Shaun Senter, M.D., FACC, interventional cardiologists with Northwest Health System, were the first two doctors to perform this procedure in Northwest Arkansas.



## Your heart matters!

For more information or to speak with a cardiologist on the medical staff, call **(479) 750-2203** in Springdale or **(479) 553-2200** in Bentonville.



## Visit our online issue!

Like what you see in this issue? There’s even more at [www.NorthwestHealth.com](http://www.NorthwestHealth.com), where you can read full articles, connect to health websites and search for a doctor.

By signing up on our website, you’ll automatically receive an e-mail notifying you when the next issue is available to read online.

# Oh, those aching feet

## What's behind your foot pain?

➤ The average person takes 10,000 steps a day—or about 3 million steps a year—so it's no wonder the foot is a common site for problems.

Because our feet endure all that they do, certain changes to the feet are normal: Your feet become wider and longer, the arch a little flatter and the fat pad on the bottom of the heel thinner with age. Other changes are not so normal and may be the result of other factors. Here are some common problems your feet may face:

- **Plantar fasciitis**, the most common cause of heel pain, occurs when the thick band of tissue that connects the heel to the toes and creates your foot's arch becomes irritated from overuse or overstretching. The pain is usually worse in the morning, when climbing stairs, when standing or sitting for long periods and after vigorous activity. Culprits include: foot arch problems, long-distance running, obesity, and shoes with poor arch support.
- **Morton's neuroma** is the enlargement of the nerve between the third and fourth toes because of compression or irritation. You may feel tingling, burning or numbness and pain. Culprits include: foot deformities, high heels, narrow-toed shoes, running and trauma.
- **Hammertoe** is the bending of a toe into a clawlike position. You may also experience pain in the problem toe, corns and calluses over the toe, redness or a burning

feeling and sores. Culprits include: family history of hammertoe, structural problems in the foot, tight shoes and trauma.

- **Bunions** are misaligned big toe joints that cause the big toe to point to the second toe and can cause pain, swelling, tenderness and a bony bump at the site. Culprits include: abnormal bone structure, family history of bunions, high heels and narrow-toed shoes.
  - **Flat feet**, or fallen arches, is the loss of the foot's natural arch. Your feet may feel tired easily or be painful after periods of standing, or you may have difficulty standing on your toes or moving your heel around. Culprits include: congenital abnormalities and damage to the foot's tendons due to illness or injury.
  - **Achilles tendinitis** occurs when the Achilles tendon, which connects the calf muscles to the heel bone, becomes swollen and inflamed. This can cause difficulty moving the tendon, pain in the heel and tendon area, stiffness, swelling and warmth. Culprits include: arthritis and overuse.
- If you're experiencing pain, see your doctor. And if you have diabetes, be sure to have your doctor check your feet regularly to avoid disease-related complications. ●



## Buy

new shoes later in the day when feet are at their largest to make sure they fit properly.

## Other foot ailments

Your feet can be the site of other, less serious problems (many of which can be traced back to ill-fitting footwear).

- blisters, from skin friction
- corns and calluses, your body's response to repeated rubbing and pressure
- ingrown nails, which dig into the skin of the toe and often result in infection
- plantar warts, caused by viruses that enter the skin through cuts or scrapes

Call your doctor for treatment if these ailments become problematic.



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# A solution for **spinal fractures**

## Revolutionary treatment brings hope to sufferers of osteoporosis-related spinal fractures

Osteoporosis is characterized by low bone mass and structural deterioration of the bone, resulting in an increased susceptibility to fractures. According to the National Osteoporosis Foundation, osteoporosis affects 10 million Americans and is responsible for 700,000 vertebral fractures each year. Multiple vertebral fractures can result in chronic pain and disability, loss of independence, stooped posture and compression of the lungs and stomach. Nearly all vertebral fractures in otherwise healthy people are due to osteoporosis, and can occur from a minor impact, such as a bump or a fall, in those who suffer from this bone-weakening disease. People who have a spinal fracture often don't realize that they may have osteoporosis, because the disease is symptomless until a fracture occurs.

Risk factors for osteoporosis leading to compression fractures may include: being thin or having a small frame, advanced age, being past menopause, a family history of osteoporosis, having had anorexia or bulimia, eating a diet low in calcium, long-term use of medications such as corticosteroids or anticonvulsants, lack

of exercise, smoking and excessive use of alcohol.

Vertebral augmentation (also known as balloon kyphoplasty) is a minimally invasive procedure proven to significantly relieve pain, increase mobility and improve quality of life without open surgery. The procedure is performed by specialists such as interventional radiologists, neuroradiologists, surgeons and pain management doctors. During the procedure, a small incision is made in the back and a cavity is created in the collapsed vertebra into which bone cement is injected. The hardened cement creates an internal cast that stabilizes the fracture, thereby alleviating pain in approximately 90 percent of patients.

Vertebral augmentation can be done on an outpatient basis and usually requires only a local anesthetic and mild sedation, eliminating the possible complications that may result from open surgery. In some instances, general anesthesia is advised with a minimal hospital stay. ●



### Find relief!

This procedure is performed at Northwest Medical Center, Springdale by doctors Douglas E. Elliott, M.D., interventional radiologist; David A. Phelan, M.D., interventional radiologist; and Barry Katz, M.D., neurosurgeon. For a physician referral, call **1-800-734-2024**.

