

Complete neonatal care close to home

Willow Creek Women's Hospital features a Level III NICU



Bo Lin, M.D.
Board-Certified
Neonatologist



Sameer Wagle, M.D.
Board-Certified
Neonatologist

Giving birth can be intense enough without complications. But if issues do occur—if your baby is born prematurely, needs special monitoring or requires extra care after birth—you have easy access to the largest neonatal facility in the region. Northwest Arkansas' only Level III Neonatal Intensive Care Unit (NICU) is conveniently located at Willow Creek Women's Hospital.

This means your infant can get advanced care without being separated by distance from you and your family. Willow Creek Women's Hospital, Arkansas' only full-service women's health provider, features comprehensive obstetrics and gynecology services all under one roof.

A STAFF OF EXPERTS

Willow Creek Women's Hospital collaborates with a professional medical staff of obstetricians, gynecologists and experienced registered nurses. Our NICU team diagnoses, treats and coordinates all aspects of care from admission through discharge. Board-certified neonatologists Bo Lin, M.D., and Sameer Wagle, M.D., are on call 24/7 to address the special needs of premature babies and newborns who require specialized medical attention.

A team of neonatal advanced nurse practitioners supports the neonatologists. Every labor and delivery nurse is certified in fetal monitoring by the Association of Women's



Programs for moms-to-be

For a small fee, moms-to-be, their coaches and their families can attend our classes featuring topics such as:

- childbirth
- infant CPR
- breastfeeding
- preparing siblings for a new baby

For topics, times and dates, call (479) 553-1298 (Northwest Medical Center—Bentonville) or (479) 757-3382 (Willow Creek Women's Hospital). You can also join our free Healthy Woman program and Tiny Toes OB Club, designed especially for expectant moms like you. For more information, call (479) 553-4104 (Northwest Medical Center—Bentonville) or (479) 757-4635 (Willow Creek Women's Hospital).

Health, Obstetrics and Neonatal Nurses and receives ongoing training in neonatal resuscitation.

What's more, our NICU patients are supported by ancillary personnel specially trained in respiratory, physical, occupational and speech therapies and in imaging services.



The vein truth

How to keep your blood flowing

Normally, you don't think about them much. Your veins are just there, transporting blood to your heart from other organs and tissues on a daily basis. But when veins become visible, painful or begin affecting your health, you can't ignore them any longer.

WHEN GOOD VEINS GO BAD

Two conditions that you may encounter are:

- **Varicose veins.** When one-way valves in the veins fail to keep blood moving forward, the blood pools, causing swelling. That leaves you with bulging, twisting veins located just under the surface of the skin. While they rarely cause symptoms, varicose veins can lead to pain, blood clots and skin ulcers. You have a greater chance of developing varicose veins if you have a family history of varicose veins or are older, a woman, pregnant, overweight or obese or inactive. Varicose veins can be treated by procedures or surgery, including laser surgery, where laser light energy fades veins.
- **Deep vein thrombosis (DVT).** DVT is a blood clot that forms in a vein deep within the body, usually in the lower legs or thighs. It can cause a serious problem called pulmonary embolism, which occurs when the clot breaks free and travels to the lungs. Sitting for a long time can increase your risk of getting a blood clot, as can having

surgery and taking hormone therapy or other medications. Symptoms of DVT include pain, swelling, skin redness and warmth and tenderness over the vein. Your physician may prescribe anti-clotting medications to treat DVT.

PREVENTING PROBLEMS

You can take steps to help reduce your risk of vein problems, or help you manage if you already have them. To keep veins in their place:

- **Get moving.** Exercise can help blood move through veins.
- **Avoid sitting or standing for too long.** Don't cross your legs, and if you can, raise your legs above the level of your heart when sitting or resting. If you've had surgery, get moving as soon as possible afterward.
- **Lose weight.** This will help blood flow and take some of the pressure off your veins.
- **Toss your tight clothes.** Don't wear anything that's tight around your waist, groin or legs, as it can cut off blood flow.
- **Skip the stilettos, ladies.** Low heels can help tone calf muscles, which can get blood moving through your veins.
- **Ask your physician about compression stockings.** They can help keep blood from pooling and reduce leg swelling.
- **Get up and walk around while traveling.** If traveling by car, try to stop every hour for a walking break.

New Vein Care Center at Northwest



Marc Rogers, M.D.
General Surgeon

There's renewed hope for those suffering painful, unsightly varicose veins with the opening of the Vein Care Center at Northwest under the direction of general surgeon Marc Rogers, M.D. Dr. Rogers offers patients an advanced procedure called endo-venous therapy for treating varicose veins without the need for a hospital stay, general anesthesia or even stitches.

ABOUT ENDOVENOUS THERAPY

Endovenous therapy is a small injection made into the varicose vein, which has been numbed with a local anesthetic. A very thin fiber is then inserted into the vein and directed to the desired treatment location. When the fiber is activated, thermal energy is delivered, causing the vein to close. The fiber is gradually withdrawn until the entire diseased vessel is treated. The whole procedure lasts less than one hour. Immediately after treatment, patients can walk and return to normal activities.

"Endovenous therapy is of great benefit to patients," Dr. Rogers says. "We're pleased to offer this medical advancement for the community." He emphasizes the convenience of a treatment in which all procedures, from initial workup to the actual therapy, are conducted by the Vein Care Center at Northwest. "Many insurance companies now cover endovenous therapy because it's become well-established as an effective treatment for varicose veins," Dr. Rogers continues. "More astounding than the out-patient nature of endovenous therapy is that patients can literally walk out the door afterward."

To counteract the forces of gravity, veins have valves that prevent blood from flowing backwards as it's pumped back toward the heart. Over time, these valves can weaken, allowing the blood to pool inside the vein. This can cause the vein to distend, resulting in the rope-like appearance commonly associated with varicose veins. This condition can lead to a range of serious circulatory problems, including blood clots, leg ulcers and poor circulation.



HELP IS HERE

"Women are more prone to suffer from varicose veins because of pregnancy, and heredity has been shown to be a contributory factor as well," Dr. Rogers says. "We're pleased to offer this treatment that helps men and women improve their condition and overall health."

For more information and helpful tips about how to prevent vein problems, see page 2.



Get help for painful veins

To find out more about vein problems or to learn if this procedure is right for you, call (479) 271-8565 for more information or visit www.northwesthealth.com/veincare.

The Vein Care Center at Northwest is at 2900 Medical Center Parkway, Suite 140, in Bentonville.

Medicine cabinet makeover

Taking stock can keep your family healthy

Is your medicine cabinet a disaster area, a catchall for old medications, unlabeled bottles and other hazards? If you answered yes, a good cleaning at least once a year is recommended.

So where do you start? First, move all your medicine out of the medicine cabinet, since it's not recommended that you store medicine in the bathroom. Bathrooms are humid places, and that humidity can make your medicines less effective, or, in extreme cases, toxic. Instead, find a cool, dry place to keep your medicines.

Next, get rid of any medication that's expired. However, don't throw it down the toilet, which poses an environmental risk. Instead, throw old drugs in the trash, taking care to mix them with kitty litter or coffee grounds to make them less attractive to children and pets.

Also, make sure to keep medication in its original container, which contains important information like when the drug expires, how much to take, possible drug interactions and who it was prescribed for. Don't leave that cotton plug in any bottles either, as it can draw moisture into the bottle.

Here are some things you may have in your cabinet that deserve a closer look:



Clean out your medicine cabinet at least once a year to keep your family healthy and safe.

SYRUP OF IPECAC. It used to be recommended to make a child throw up if he or she had swallowed poison. However, there's no evidence it works and it may actually cause other treatments to fail. Throw it out! Instead, call poison control in an emergency.

COUGH AND COLD MEDICINE. It's not recommended for kids younger than age 4. And never give a child an adult-strength medication, as it could cause a serious reaction.

ASPIRIN. It's safe for most adults, but if you have kids, be extra careful. Aspirin's been linked to a rare

condition called Reye's syndrome, which can cause brain damage and liver function problems in children and teens, especially those taking the drug to treat chickenpox or the flu. Instead, keep other pain relievers and fever reducers, like acetaminophen and ibuprofen, on hand.

UNUSED ANTIBIOTICS. Don't save them for later or give them to another person. Get rid of them.

THERMOMETERS. If they break, old mercury thermometers can expose you to toxic mercury. Use an oral thermometer for older kids; choose an axillary (under the armpit) or rectal one for younger children.

HEALTHWISE QUIZ

How much do you know about **diabetes**?

Take this quiz to find out.



CURB YOUR CHOLESTEROL

Every year, more than a million Americans have heart attacks, and about 500,000 die from heart disease. One of the major risk factors for such heart trouble is high cholesterol. This fatlike substance builds up in your arteries and slows or blocks blood flow to the heart.

Some experts recommend that you start cholesterol testing by age 20; others say to start at age 35. Using a simple blood test called a lipoprotein profile, your physician can determine if your cholesterol levels are too high. Here's what's considered healthy:

>**Total cholesterol:** less than 200 mg/dL

>**LDL (bad) cholesterol:** less than 100 mg/dL is optimal; 100 to 129 mg/dL is near optimal/above optimal

>**HDL (good) cholesterol:** 60 mg/dL or higher may protect the heart; less than 40 mg/dL for men (less than 50 for women) puts you at a greater risk for heart problems

>**Triglycerides (another type of blood fat):** less than 150 mg/dL

WORK ON IT

Are your levels higher than they should be? You can often make a big impact on your cholesterol by making a few small changes:

- **Cut back on saturated fat and cholesterol.** The American Heart Association recommends that you keep your saturated fat consumption to less than 7 percent of your total daily calories. So if you consume about 2,000 calories a day, no more than 140 of them should come from saturated fat, or about 16 grams a day. Avoid trans fats and stock up on fruits, vegetables, whole grains and foods rich in omega-3 fatty acids (salmon, walnuts, almonds).

- **Get active.** Engage in physical activity for at least 30 minutes daily.

- **Lose weight.** Being active and revamping your diet can help. Dropping even 5 to 10 pounds can lower cholesterol.

- **Quit smoking.**

- **Follow your physician's advice.** That includes taking medication, if needed.

1 Which of the following is not a symptom of type 2 diabetes?

- a. fatigue
- b. increased hunger
- c. difficulty urinating
- d. slow wound healing

2 Having diabetes can increase your chances of developing:

- a. glaucoma
- b. digestive problems
- c. gingivitis
- d. all of the above

3 Your physician may diagnose you with diabetes by performing a:

- a. thyroid test
- b. glucose test
- c. complete blood count
- d. none of the above

4 According to the National Institutes of Health, what percentage of people with type 2 diabetes are overweight?

- a. 60
- b. 70
- c. 80
- d. 90

5 Which of these statements about diabetes is true?

- a. You don't have to avoid sweets and chocolate.
- b. You'll eventually develop it if you're overweight.
- c. It makes you more likely to get colds or other illnesses.
- d. Eating too much sugar can cause it.

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

Moving forward in the fight against breast cancer

A kinder, gentler approach to breast care technology

At Northwest Health System, we're committed to providing you with the best resources to help detect breast cancer at its earliest stages. Some of the advances we've made recently to better help fight breast cancer include:

- a new Women's Breast Care Center with digital mammography
- a digital mammography van
- the addition to our staff of Fellowship-trained mammography radiologist Christie Bridges Phelan, M.D.
- digital mammography and Soft Touch MammoPads in all system facilities

Our Women's Breast Care Center features:

- a convenient location near Willow Creek Women's Hospital at **5501 Willow Creek Drive**
- a relaxing, spa-like environment
- spacious and private dressing rooms, exam rooms and bathroom
- on-site digital mammography and advanced ultrasound
- an on-site radiologist to read reports, consult and order diagnostics
- on-site needle biopsy procedures, which can be scheduled on the same day when possible



Our mammography van is the only digital mobile unit in the state. Last year, we conducted 7,500 mammograms for employers and at community events and 1,500 of those were done in the digital mobile unit.

OCTOBER IS BREAST CANCER AWARENESS MONTH

Remember to schedule your mammogram. The American Cancer Society recommends that all women have a baseline screening mammogram between ages 35 and 40 and an annual screening mammogram beginning at age 40.

! Get screened today!

To make an appointment for your digital mammogram at the new Women's Breast Care Center, call **(479) 750-6660**.



HEALTHY WOMAN
has moved ONLINE

Connect now to communicate with friends, neighbors and other women like you – in a whole new way!

Visit Healthy Woman Online!

Healthy Woman Online is a free resource to empower women ages 25–65 to make informed health and well-being decisions. Join today to:

- be the first to learn about and sign up for events
- connect with other Healthy Woman members
- receive information about your health, relationships and life issues

To confirm that you want to remain or to become a member of the Healthy Woman program, you must sign up at www.northwesthealth.com

FOR QUESTIONS, E-MAIL US AT AVANMATRE@NW-HEALTH.COM

A message to our community

» The Heart Hospital Network reaches major milestones

DEAR NEIGHBORS,

Since The Heart Hospital Network's (HHN) launch in July 2009, we've taken heart and vascular care to the next level in Northwest Arkansas (NWA). Integrating all our cardiovascular-related services has resulted in the seamless, rapid delivery of heart attack care—especially when seconds count.

We continue to set the pace for heart and vascular care in NWA. Just as in 1986, when Northwest Health System performed the region's first open-heart surgery, our staff takes pride in providing comprehensive cardiac care for patients. In the past year, The HHN has made significant capital investment in new equipment, software and facility renovations that will help us maintain our lead in advancing heart care in the region.

A YEAR OF CONTINUED SUCCESS

In the past year, we realized the following HHN achievements:

- Northwest Medical Center (NMC)—Springdale became the first and only accredited Chest Pain Center with percutaneous coronary intervention (PCI) in NWA. This prestigious designation by the Society of Chest Pain Centers certifies that we follow the highest standards for managing cardiovascular patients.
- NMC—Bentonville's HHN team anticipates achieving the same accreditation by the end of 2010.
- Opened a third cardiac catheterization lab at the Springdale campus, with flat-screen detector technology to provide top-quality cardiac imaging and safer intervention.
- New hemodynamic systems, intravascular ultrasound, patient monitoring and telemetry postoperative care at both HHN facilities.
- Increased the number of inpatient beds dedicated to cardiac care by 50 percent



and renovated existing private rooms on the coronary care unit at the Springdale campus.

- The HHN was one of the first in the area to have a 12-lead EKG system with Bluetooth technology installed system-wide. The system allows EKGs to be sent from the field (ambulance) directly to the ER and to cardiologists' computers and personal digital assistants (PDAs) for rapid diagnosis.
- For the first quarter 2010, the door-to-balloon times (the time it takes from a patient's arrival at the hospital to a balloon angioplasty) averaged 63 minutes for NMC—Bentonville and 31 minutes for NMC—Springdale.

The HHN resources—experienced medical staff cardiologists and cardiovascular surgeons, three cardiovascular operating rooms and five cath labs—offer the most comprehensive heart care program in NWA.

Sincerely,

DAN MCKAY
Chief Executive Officer
Northwest Health System



Dan McKay
Chief Executive Officer

Your heart-health resource



Choose The HHN for advanced cardiac services with compassionate care. Learn more about our dedicated, experienced cardiologists. Call our cardiac information line today: **1-877-40-HEART (404-3278)**.

Charting the course from heart attack to recovery

At Northwest Health System, we know how important it is to get fast medical treatment during a heart attack—it can save your life! And getting the right aftercare is just as important. But *you* also need to take an active role by learning to recognize heart attack symptoms

and calling for help at the first signs of a heart attack.

Although we hope you never have to take the journey described below, we've outlined the steps involved from recognizing heart attack symptoms to achieving a full recovery.

KNOW THE SYMPTOMS

Call 9-1-1 immediately if you have any of these symptoms.

You may be having a heart attack:

- severe pressure, fullness, squeezing, pain or discomfort in the center of the chest that lasts for more than a few minutes
- pain or discomfort that spreads to the shoulders, neck, arms or jaw
- chest pain increasing in intensity
- chest pain not relieved by rest or by taking nitroglycerin
- sweating, paleness or clammy skin
- shortness of breath
- nausea or vomiting
- dizziness or fainting
- unexplained weakness or fatigue
- rapid or irregular pulse

Women may also experience:

- unusual chest or stomach pain
- nausea or dizziness
- shortness of breath and difficulty breathing
- unexplained anxiety, weakness or fatigue
- heart palpitations



ARRIVAL AT THE HOSPITAL

Walk-ins

If you drove yourself or were driven or flown to the hospital, immediately tell the registration staff that you have chest pain or think you may be having a heart attack.

EMS transport

If you called 9-1-1, the dispatch operator will stay on the phone line until emergency medical services arrive to help you. When the EMS crew arrives they:

- monitor your vital signs
- start an I.V. line into a vein
- administer medication as needed
- transmit your EKG from the ambulance to the hospital while en route

The ED staff will have received an EMS call letting them know you are en route. Before you arrive, they:

- evaluate your transmitted EKG
- call a CODE STEMI (heart attack), which alerts the interventional cardiologist on call and the cath lab team

The cardiologist:

- reviews your EKG from the field via computer or cell phone
- diagnoses your cardiac issues
- determines the areas of your heart that are affected

OUR WIRELESS EMS PARTNERS

These emergency service providers have the ability to transmit a patient's 12-lead EKG from the field to the waiting hospital's emergency department (ED) and cardiologists.

- Bella Vista EMS
- Bentonville Fire Department
- Central EMS
- Madison County EMS
- Springdale Fire Department



Cardiac rehabilitation can help you recover from a heart attack and live a healthy, active life!



ARRIVAL AT THE CATH LAB

Once you arrive at the cath lab, the team is normally ready and waiting for you. The team is made up of:

- an interventional cardiologist
- registered cardiovascular invasive specialists
- a nurse
- a radiology technician

The team performs a cardiac catheterization, or cath, which involves:

- inserting a tiny catheter (a flexible, hollow tube) in an artery in your groin through the aorta and into your heart, with the aid of imaging technology
- using the catheter to measure pressure within your heart's chambers
- advancing the catheter into the coronary arteries and injecting a dye into the arteries
- determining the blockage's location in the coronary arteries with the use of a fluoroscopy (a special type of X-ray) as the dye moves through your arteries
- placing a balloon or stent (a tiny expandable coil) inside the artery to clear the blockage
- recording the time of "door to balloon" once blood flow and oxygen are restored to later analyze the team's ability to safely and efficiently save heart muscle



CARDIAC REHABILITATION

The purpose of cardiac rehabilitation is to rebuild your heart health. It involves two phases followed by a wellness program.

Phase I starts during hospitalization and includes:

- education about heart disease, lifestyle modification and home instructions
- low-level exercise such as walking
- encouragement to participate in outpatient cardiac rehab after discharge

Phase II usually begins one to three weeks after hospitalization. It includes:

- attending classes three times a week for up to 12 weeks
- working with a multidisciplinary team to achieve your optimal level of health and fitness
- being monitored and medically supervised
- learning how to live heart-healthy



During the wellness program, you:

- move closer to independence with exercise and lifestyle management
- remain under medical supervision
- receive periodic blood pressure checks

Anyone with a cardiac diagnosis can benefit from cardiac rehabilitation.

Your healthy heart starts here!



To learn heart-health tips, visit www.northwesthealth.com/hearthospital.

Our dedicated cardiologists are just a phone call away

Choose Northwest Health System for advanced cardiac services, compassionate care and the area's only accredited Chest Pain Center.* To learn more or to make an appointment with one of our dedicated, experienced cardiologists, call our cardiac information line today at **1-877-40-HEART (404-3278)**.

Get the care you need!



For more information about our dedicated cardiologists, call our cardiac information line at **1-877-40-HEART (404-3278)**.

*Accredited Chest Pain Center at Northwest Medical Center—Springdale
Some of the medical staff represented are independent physicians who are neither employees nor agents of Northwest Health System.



WILLIAM MICHAEL ALLEN, M.D., FACC
Interventional Cardiology
W.D. M.D. Internal Medicine & Heart Clinic
Bentonville



MICHAEL GREEN, M.D., FACC
Interventional Cardiology
Northwest Cardiology
Springdale



JOSE G. LOYO, M.D., FACC, FSCAI
Interventional Cardiology
Northwest Cardiology
Bentonville

Kick the smoking habit!

Quitting smoking is both a mental and a physical undertaking. You must overcome two obstacles: a physical addiction to nicotine and a habit.

Here are seven tips to help ease the way to a smoke-free life:

- » Think about why you want to quit.
- » Pick a stress-free time to quit.
- » Ask for support and encouragement from family, friends and colleagues.
- » Exercise each day to relieve stress and improve your health.
- » Get plenty of rest.
- » Eat a balanced diet.
- » Join a smoking-cessation program or other support group.

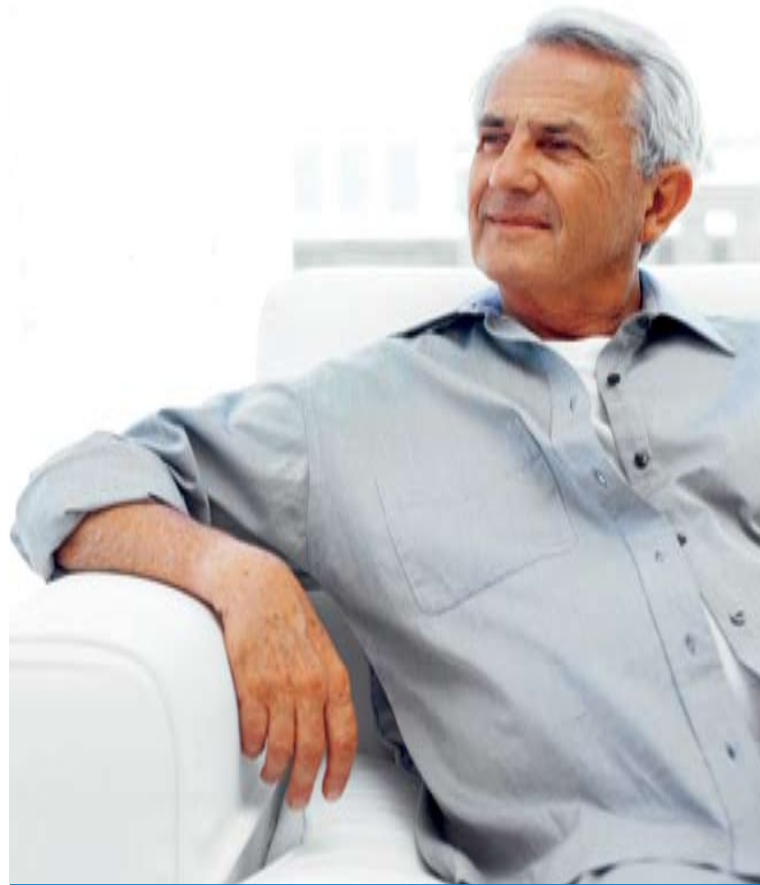
Stop smoking today

Many people try to quit smoking several times before they quit for good. Preparing to quit will make it easier.

Visit www.northwesthealth.com/quitsmoking to:

- Prepare for all three stages of smoking cessation: before, during and after.
- Take interactive quizzes for quitting smoking and nicotine-replacement therapy.
- Learn helpful strategies to help you take the first steps to better heart health.





Prostate cancer: The best defense is early detection

September is Prostate Cancer Awareness Month

No one can know for sure if a man will ever face prostate cancer. But certain factors put some men at higher risk than others. All men—and the women who love them—should be aware of these risks so they can talk with their physicians about the pros and cons of a prostate cancer screening.

According to the American Cancer Society (ACS), you may be at higher risk depending on your:

- **Ethnicity.** African-Americans are diagnosed most frequently.
- **Family history.** Having a first-degree relative (father, brother or son) with prostate cancer may raise risk.
- **Age.** More than 90 percent of diagnoses are made in men ages 55 and older.
- **Diet.** Men who eat a lot of red meat or high-fat dairy products appear to have a slightly higher chance of getting prostate cancer. Eating fewer fruits and vegetables also may raise risk.

Some men don't have prostate cancer symptoms such as urination problems until the disease is advanced. To protect your health, you should get regular physical exams that include blood, urine and other lab tests. The National Cancer Institute and ACS advise men to consult with their primary care physicians about their risk factors

! Take charge of your health!

To find a primary care physician or urologist, call 1-800-734-2024 or visit www.northwesthealth.com.

The physicians are in!

The following is a list of urologists on active medical staff at Northwest Health System:

Orlanda Aguilar-Guzman, M.D.

Chad Brekelbaum, M.D.

Paul Bumpers, M.D.

Mark Hewett, M.D.

Nirmal Kilambi, M.D.

Michael Wilson, M.D.

Anthony Woodruff, M.D.

Robert Zimmerman, M.D.

and whether they should be screened. If you're older than age 50, ask your physician about an annual screening. If you're in a high-risk group, ask about being tested at an even younger age.

TREATING PROSTATE CANCER

Northwest Health System offers the only da Vinci robotic surgery technology in Northwest Arkansas for the treatment of prostate cancer. With da Vinci's advanced technology, there's much less cutting involved. The da Vinci system allows surgeons to operate with smaller incisions than ever before possible. da Vinci prostate procedures are so precise and advanced, our patients enjoy shorter hospital stays, less scarring, less pain and discomfort and quicker recovery times. It's technology with a truly human touch, and it's available right here, close to home.

Flu, flu, go away!

It's fall again, and with the changing of the seasons often comes the dreaded flu. Recently, the seasonal flu has been upstaged somewhat by H1N1. Both strains are serious, may lead to complications such as pneumonia and bronchitis and can result in hospitalization and even death.

You can't always keep flu out of your home, but you can certainly reduce the risk of getting infected. Try these tips from the Centers for Disease Control and Prevention:

- **Get vaccinated.** This year, the seasonal flu vaccine comprises three strains of flu including H1N1. It's especially important for pregnant women; young children; people older than 65; people who have chronic health conditions such as asthma, diabetes, heart disease or lung disease; and others at high risk for complications.
- **Play defense.** Cover your nose and mouth with a tissue when you cough or sneeze, then throw the tissue out; wash

your hands often (use an alcohol-based hand sanitizer if soap and water aren't available); keep your hands away from your eyes, nose and mouth; avoid close contact with sick people; and stay away from crowds during a flu outbreak. Stay home for at least 24 hours after your fever is gone.

- **Take your medicine.** If you get sick, your physician may recommend an antiviral drug to make the symptoms milder, shorten the time you're sick and prevent complications.



5 must-eat foods

Despite what you might read on the Internet, there's no magic food to prevent disease or cure you of all your ills. However, certain foods are high in antioxidants, vitamins and minerals and, when combined with an overall healthy diet, may help you maintain good health. Consider adding these good, and good-for-you, foods to your diet:

1 Blueberries. Blueberries have plenty of fiber and vitamins A and C, and they may improve short-term memory. Add them to cereal or yogurt for a tart kick.



2 Sardines. Those little fish canned in oil pack a powerful nutrient punch, supplying plenty of protein, calcium and heart-healthy omega-3 fatty acids and vitamins B12 and D. Try them in sandwiches, salads or sauces.

3 Almonds. Thanks to good fats, vitamin E and fiber, almonds are exceptionally good for your heart. Grab a small handful daily or sprinkle them on a salad.



4 Red beans. They're high in potassium, iron and magnesium (not to mention low in fat and an excellent source of protein), and may play a role in preventing heart disease and some forms of cancer. Try adding them to stews instead of meat.

5 Sweet potatoes. That orange color is due to loads of beta carotene, which may help slow the aging process. Sweet potatoes also provide vitamins B6, C and E; folate; and potassium. Try them baked or sliced into wedges for another take on french fries.

Living life after cancer

3 steps to stay healthy

You've heard the words every cancer patient wants to hear: You're in remission. Now it's up to you to take care of yourself. Here are three tips to help:

→ **Put the right food into your body.** While a healthy diet doesn't guarantee your cancer won't return, it can help you regain strength so you feel better. Ask your physician what kind of diet you should follow and if you have any dietary restrictions. He or she may connect you with a dietitian experienced in creating balanced meal plans for people who have had cancer. In general, aim for five to seven servings of fruits and vegetables a day and plenty of whole grains. Cut the amount of fat you eat by baking and broiling foods and opting for skim milk and other non- or low-fat dairy products. Lower your sodium intake by limiting salt-cured, smoked or pickled foods. If you're still experiencing the side effects of cancer treatment, such as poor appetite, dry mouth, change in taste or smell, trouble swallowing or weight loss, ask your physician how you can combat them.

→ **Learn to manage fatigue.** To get a handle on fatigue, a common complaint of cancer survivors, take short naps, but remember that sleeping too much can actually sap energy. Exercise regularly, and pace your daily activities so you don't get too tired too quickly. Ask for help from friends and family and consult your physician if your fatigue seems to get worse. And take heart: Your energy will return!

→ **Go to each and every follow-up appointment with your physician.** This is your chance to tell him or her about any symptoms you've been having. He or she will address your concerns and may order lab tests or imaging tests to check for cancer recurrence or treatment side effects. How often you see your physician depends on your individual case, but if you had breast cancer, for example, you'll probably go every four to six months, with appointments becoming more infrequent the longer you're cancer free. After five years, you may only have one appointment a year.

How often you see your physician depends on your case, but your visits will become more infrequent the longer you're cancer free.



Relief for back pain

An innovative procedure for compression fractures

Life for 78-year-old Hazel was filled with morning walks, working in the garden and spending time with her grandchildren. She lived an active life until she suffered a painful vertebral compression fracture, causing her to stop her daily activities—and agonizing back pain. “I was in terrible pain. I was able to walk but felt most pain when sitting down, and it was difficult for me to stand up,” she recalls.

Hazel’s primary care physician referred her to Douglas Elliott, M.D., at Northwest Medical Center–Springdale. Dr. Elliott and David Phelan, M.D., are interventional radiologists who are saving lives and restoring quality of life for patients at the hospital. There are only 1,500 interventional radiologists nationwide.

The physicians use imaging technology to insert small instruments, such as catheters or wires, through tiny incisions to perform both diagnostic and minimally invasive surgical procedures. These techniques can sometimes be performed as outpatient surgery instead of traditional surgery, eliminating the need for hospitalization. More important, they can reduce a patient’s risk, pain and recovery time.

A NEW PROCEDURE BRINGS RELIEF

Dr. Elliott diagnosed Hazel with a vertebral compression fracture. About 75 percent of patients diagnosed with a vertebral compression fracture suffer from chronic pain as a result of the fracture and the deformity it causes. But not Hazel.

That’s because Dr. Elliott recommended a new minimally invasive treatment called RF Kyphoplasty with the StabiliT®

! Have back pain?

If your back pain lasts longer than two to three weeks, this procedure may help. Contact your primary care physician or call 1-800-734-2024 to find a physician.



“Beyond eliminating pain, patients also experience an increase in quality of life and most importantly regain mobility, allowing them a quick return to their daily activities.”

—Douglas Elliott, M.D.

Vertebral Augmentation System. “My patients have benefited significantly from RF Kyphoplasty,” Dr. Elliott says. “Beyond eliminating pain, patients also experience an increase in quality of life and most importantly regain mobility, allowing them a quick return to their daily activities.”

During the procedure, the surgeon creates a cavity within the fractured vertebra. He fills the cavity with ultra-high viscosity bone cement to stabilize the fracture. This gives the patient relief from pain and improved mobility. The procedure can be performed at a hospital or ambulatory surgical center under local or general anesthesia.

“Dr. Elliott walked me through the whole procedure so I knew what to expect on surgery day,” Hazel says. “Immediately after the treatment, I was pain free and returned home the next day. I have returned to my daily activities and remain pain free today. The procedure was truly a miracle.”

Results may vary. To see whether you’re a candidate for this procedure, check with your physician.

New baby, new health woes?

How to handle common post-pregnancy symptoms

After what felt like an eternity of pregnancy, you've finally welcomed your little one into the world and are ready to kiss the swollen feet, the constant bathroom breaks and the heartburn goodbye. Trouble is, while these symptoms disappear, a whole new set of post-pregnancy ones may occur:

PROBLEM: Hair loss

Thick hair is one of the benefits produced by pregnancy hormones. However, now that your baby's here, you may find all that extra hair falling out.

SOLUTION: You can't stop it, so use it as an excuse to try a new hairstyle that covers the thinned-out areas. You can expect your hair to return to normal in about six months. In the meantime, limit the use of any hair tools or products that can cause damage, such as a hair dryer or flat iron.

PROBLEM: Incontinence

Thanks to pregnancy and the birthing process, your bladder muscles are probably stretched out. A trickle of urine when you laugh or cough isn't uncommon.

SOLUTION: While urinary incontinence typically gets better within three months, Kegel exercises, which strengthen your pelvic floor muscles, can help. Ask your physician how to do them, and what other options are available.

PROBLEM: Sweating

Waking up in the middle of the night sweating like you just ran a marathon? Sweating is one way your body gets rid of the excess fluid from pregnancy. Hormones can also cause it. You may soak the sheets for weeks or for the whole time you breastfeed.

SOLUTION: Stay hydrated with water, wear light cotton clothing and turn on a fan.



Postpartum depression

About one in every eight women experiences postpartum depression within three months of delivery. You may have a loss of interest in activities, fatigue, sleep problems, appetite changes and suicidal thoughts. If you have any of these symptoms, talk with your physician immediately.

PROBLEM: "New mom's syndrome" (de Quervain's tenosynovitis)

Awkward hand and wrist positioning when holding your child can lead to pain and swelling of tendons in the wrist, making it uncomfortable for you to grasp objects or make a fist.

SOLUTION: Use a splint or brace to keep your thumb and wrist straight, and ease discomfort with heat or ice. Medications such as ibuprofen, naproxen and corticosteroids can also help. If you have a particularly bad case, you may need physical therapy or surgery.

Health Matters is published as a community service of Northwest Health System. There is no fee to subscribe.

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FALL 2010



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CONNECTIONS CLOSE TO HOME

This issue of *Health Matters* covers a wide variety of health topics. If you read an article and wonder where to find the medical care you need, refer to this helpful list of Northwest Health System resources. We're committed to making Northwest Arkansas healthier.

THE VEIN TRUTH, PAGE 2

Vein Care Center at Northwest
2900 Medical Center Parkway,
Suite 140 • Bentonville
(479) 271-8565

MEDICINE CABINET MAKEOVER, PAGE 4

CURB YOUR CHOLESTEROL, PAGE 5
LIVING LIFE AFTER CANCER, PAGE 9
Visit the "Health Resources" section of www.northwesthealth.com to look up medications and take risk assessment quizzes. Learn more about healthy living and disease.

HEALTHWISE QUIZ: DIABETES, PAGE 5

5 MUST-EAT FOODS, PAGE 8
Search www.northwesthealth.com for *Health e-Cooking* options for heart-healthy and diabetes-friendly recipes.

NEW BABY, NEW HEALTH WOES?, PAGE 11

Find an Ob/Gyn: Call **1-800-734-2024** or visit "Find a Physician" at www.northwesthealth.com. To address incontinence concerns, call Northwest Medical Center—Springdale Physical Therapy at (479) 757-4700.

FLU, FLU, GO AWAY! PAGE 8

Find a physician: **1-800-734-2024** or www.northwesthealth.com. Visit a nearby CareExpress location for low-cost flu shots.

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Changing practices



ALL PHYSICIANS LISTED ARE ACCEPTING NEW PATIENTS.