

# Health Matters

**NORTHWEST HEALTH SYSTEM**

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

A PUBLICATION OF NORTHWEST HEALTH SYSTEM

## A message to our community



Dan McKay  
Chief Executive Officer

Dear neighbors,

**N**orthwest Health System (NHS) experienced a year of change and growth in 2010 as we continued to add new medical services and facilities. Achievements included enhancement of The Heart Hospital Network with the Chest Pain Center (CPC) Accreditation of Northwest Medical

Center (NMC)–Bentonville, which joined our Springdale hospital as an accredited CPC. We also added new cardiologists to the medical staff with varied and impressive degrees of experience and expertise.

The following is a brief summary of additional changes:

- NMC–Bentonville opened its new Vein Care Center.
- NMC–Bentonville partnered with the Arkansas SAVES program for the effective and timely treatment of stroke.
- NMC–Bentonville expanded its Family Birth Place, where more than 100 babies are born each month.
- NMC–Springdale completed the purchase of land around the hospital for our \$8 million emergency expansion project.
- Our new Northwest Breast Imaging Center opened on the campus of Willow Creek Women's Hospital, providing a unique environment and modern technology for our patients.
- To keep pace with the demand for physicians and our growing community needs, we recruited 18 physicians to the area in 2010, including three cardiologists, one internal medicine specialist, eight family medicine practitioners, a general surgeon, one orthopedic surgeon, two hospitalists, an infectious disease specialist and a physical



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medicine and rehabilitation specialist.

- We expanded our network of primary, specialty and urgent care clinics in Washington, Benton and surrounding counties from 29 to 35.

I feel privileged to be part of our dedicated team of 2,000 NHS professionals, and thank you for your continued confidence in us. We hope 2011 marks the best year ever for you, your family and friends.

Warmest regards,

*Dan McKay*

Chief Executive Officer  
Northwest Health System

# Keep your PROSTATE HEALTHY

**S**ens. Bob Dole and John Kerry, baseball team manager Joe Torre—what do all these men have in common? They're all prostate cancer survivors.

Cancer of the prostate—a walnut-shaped gland located below the bladder—is one of the most common cancers found in men. It may be slow growing and require little or no treatment, or it may be aggressive and spread quickly to other parts of the body.

## THE PREVENTIVE APPROACH

While prostate cancer isn't completely avoidable, certain measures may help reduce your risk:

- **Stay active.** Daily exercise improves your overall health and helps keep your weight in check. Some research has shown that men who exercise regularly have a lower incidence of prostate cancer compared to men who don't.
- **Watch your weight.** A sobering fact: Men who are obese when diagnosed with prostate cancer are more likely to have advanced cases, which are more difficult to treat. But eating right and exercising can help you keep off excess pounds.
- **Talk with your physician.** Discuss any risk factors you have—being older than age 65, African-American or

obese, or having a family history of prostate cancer. Also, learn about the pros and cons of screening tests. A digital rectal exam and the prostate-specific antigen (PSA) test are two ways to identify cancer cases, but they can't tell a physician about the aggressiveness of the cancer. And prostate cancer treatments can have unpleasant side effects such as impotence and incontinence.

The American Cancer Society (ACS) recently revised its prostate cancer screening guidelines, encouraging more patient involvement in decisions about screenings:

- The ACS recommends that men at high risk of prostate cancer, including men with a family history of the disease, talk with their physicians sooner—as early as age 40.
- Men who do not have prostate cancer symptoms (trouble urinating, problems with urine stream, blood in urine or semen, leg swelling, pelvic discomfort, bone pain) and who are in relatively good health and are expected to live at least 10 more years should have the screening conversation with their physicians beginning at age 50.
- Men without symptoms who aren't expected to live 10 more years because of age or poor health shouldn't be offered the screening because the risks likely outweigh the benefits.

“  
**Daily exercise improves your overall health and helps keep your weight in check.**  
”



## What to ask your physician about prostate health

**B**e prepared to ask some key questions at your next appointment:

- What is my risk of developing prostate cancer?
- Do you recommend I be tested?
- What is my PSA level (if you've had the test)?
- Will I need more tests? If so, which ones will I need?
- What do the test results mean?
- If I have cancer, what are my treatment options, and what are the pros and cons of each?



Hyperbaric oxygen therapy increases the amount of oxygen in the patient's blood, allowing wounds to heal from the inside out.

# Time doesn't heal all wounds

**M**ost of us take our body's ability to heal for granted and, in fact, most wounds heal fairly quickly. But for some people, wound healing becomes a complex medical problem. Chronic wounds are often painful and upsetting, and when associated with diabetes or poor circulation, they can be difficult to heal.

## HEALING BEGINS HERE

Northwest Medical Center–Springdale's Wound and Hyperbaric Center approaches wound care aggressively and holistically. Our approach can provide full healing when other treatments fail, helping patients get back to their lives. The team provides comprehensive wound assessments, treatment and education that result in wound healing that could not be achieved with conventional treatment.

## TYPES OF WOUNDS

*Acute wounds* are either traumatic or surgical, heal within four to 14 days and require limited care. *Chronic wounds* result from a complication that interferes with normal healing and take more than 21 days to heal. Common chronic wounds may include:

- **Pressure ulcers**, which are the most preventable and occur when circulation to an area is restricted, causing tissue injury and cell death. Common sites for pressure ulcers include the lower back, heels and hips.
- **Arterial ulcers**, which are caused by poor arterial blood circulation to the legs. Common locations are the toes, feet and outer ankles. They're usually small, deep, painful and dry.

- **Diabetic ulcers**, which usually develop due to decreased foot and leg sensations from neuropathy and poor circulation. Common locations include the ankles, heels and toes.

## ADVANCED HYPERBARIC THERAPY

For treating the most chronic and life-threatening wounds, our hyperbaric oxygen (HBO) chambers offer an effective treatment. It surrounds patients with 100 percent oxygen, at higher than normal atmospheric pressure. When the amount of oxygen in the blood increases, wounds can begin to heal from the inside out. It's a painless, proven way to help the body heal. In some cases, patients can avoid amputation.

The HBO chamber resembles a reclining bed encased in a clear acrylic shell. Patients can listen to music or watch TV. An intercom system allows constant communication during the session. The only physical sensation resulting from the treatment is a slight pressure on the eardrum, such as that felt when a plane lands and cabin pressure changes.

## ! Start the healing!

The Wound and Hyperbaric Center offers comprehensive care for all types of wounds through the use of advanced techniques and hyperbaric technology. If you have a wound that has not healed in 30 days, call us at (479) 757-2030.

# Mammogram confusion

## Information on new screening guidelines

**W**e've all heard that early detection of breast cancer with mammograms saves lives. So it was surprising when in 2009, the U.S. Preventive Services Task Force (USPSTF)—an independent panel that makes recommendations about which preventive services should routinely be offered and to whom—recommended against routine mammograms for women ages 40 to 49 who weren't at increased risk for breast cancer. Traditionally, all women ages 40 and older were encouraged to get the screening.

### THE FLIP SIDE

In disagreement with the USPSTF's recommendations were major professional health care organizations including the American Cancer Society. "I have tremendous difficulty in not recommending an intervention [mammography]," says Otis Brawley, M.D., chief medical officer of the American Cancer Society. "Women ages 40 and older should have a mammogram every year."

### NOW WHAT DO I DO?

Amid the confusion, you may be wondering about how to approach your own mammogram. Some words of advice: Talk with your physician.

The USPSTF's recommendations were just that—recommendations, not rules. Discuss your personal and family health history and how frequently you should get mammograms with your physician. And, if you're at high risk—see *Are you at risk?* at right—a yearly screening starting earlier than age 40 may be one of the most crucial weapons in early detection of breast cancer.



## Mammogram comfort

**T**ry these tips for a more comfortable mammogram, courtesy of the Centers for Disease Control and Prevention:

- Don't schedule your mammogram for the week before or during your period, which is when your breasts are likely to be tender or swollen, making mammograms less comfortable.
- Skip the deodorant, perfume and powder on the day of your mammogram. These may show up as white spots on the X-ray.
- For ease of undressing from the waist up, wear a blouse with a skirt or pants, instead of a dress.

## Are you at risk?

**A**ccording to the National Institutes of Health, breast cancer will affect one in eight women in their lifetime. Why breast cancer affects some women and not others isn't known; however, several known risk factors for the disease include:

- increasing age
- having the BRCA1 or BRCA2 genes; if your family members have had breast or ovarian cancer, talk with your physician about getting tested
- starting your period before age 12 or going through menopause after age 55
- being overweight
- using menopausal hormone therapy
- taking birth control pills
- drinking alcohol
- not having children or having your first child after age 35
- having dense breasts



## HEALTHWISE QUIZ

How much do you know about **high blood pressure**?

Take this quiz to find out.

- 1** How many American adults have high blood pressure?
  - a. one in three
  - b. one in five
  - c. one in 10
  - d. one in 20
- 2** Most people with high blood pressure experience:
  - a. nausea
  - b. weakness
  - c. trouble concentrating
  - d. no symptoms
- 3** Healthy adults with no history of high blood pressure should have their blood pressure checked every:
  - a. six months
  - b. year
  - c. two years
  - d. 10 years
- 4** High blood pressure can increase your risk for:
  - a. dementia
  - b. eye damage
  - c. bone loss
  - d. all of the above
- 5** Which of the following statements is true?
  - a. After age 65, more women than men have high blood pressure.
  - b. After age 65, more men than women have high blood pressure.
  - c. After age 65, an equal number of men and women have high blood pressure.
  - d. After age 65, the number of men and women suffering from high blood pressure is unknown.

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

# Show your heart a little love

**Y**our heart works hard for you, pumping day in and day out to supply your body with the oxygen-rich blood you need for survival. So what are you doing to nurture it? Try these five tips to ensure better heart health:

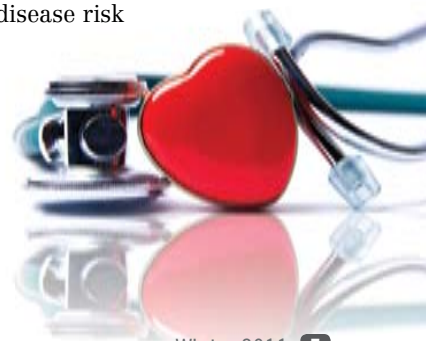
**➔ Choose good-for-you foods.** Follow a diet such as Dietary Approaches to Stop Hypertension (DASH). This eating plan is centered on foods low in fat, cholesterol and salt; and rich in fruits and vegetables (aim for five to 10 servings a day), whole grains and low-fat dairy products. Foods that are good for the heart also include those with high levels of omega-3 fatty acids, a type of polyunsaturated fat, found in fish such as salmon, mackerel and sardines.

**➔ Give your heart a workout.** You don't need a gym membership to keep your heart in tip-top shape. Get the recommended 30 to 60 minutes of physical activity daily by walking, jogging or biking—and remember that everyday tasks such as gardening, vacuuming and taking the stairs count toward your activity goals. Activity, along with eating healthy foods, can help you maintain a healthy weight, which is another way that you can boost heart health.

**➔ Consider aspirin therapy.** A daily aspirin can benefit many people, but not everyone, so talk with your physician first about the risks and benefits. For example, aspirin can help prevent first and second heart attacks in older women and men of all ages, but only second heart attacks in women younger than age 65. Aspirin also may prevent certain types of strokes.

**➔ Quit smoking.** Tobacco smoke contains thousands of chemicals that damage the heart and blood vessels, including nicotine, which narrows blood vessels and makes your heart work harder. Within one year of quitting, you can expect to see your heart-disease risk drop dramatically.

**➔ Get checked.** Have your blood pressure and cholesterol checked regularly. Ask your physician how frequently you should be tested based on your health history.



# Changing surgery for patients in NWA

## What advanced minimally invasive surgery can mean for you

**A**s surgical techniques have advanced, patients have benefited immensely. Minimally invasive surgery—also known as endoscopic, laparoscopic or arthroscopic surgery—uses technology to limit the number and size of incisions, while accomplishing the same goals as traditional surgery, which requires large incisions, leads to longer recovery times, increases the risk of complications and causes more pain.

Today, using specialized techniques and miniature cameras and light sources to perform minimally invasive surgeries, surgeons need only make a series of small incisions or a single small incision. The cameras and lights allow the surgeon to see inside the patient to perform the surgery, which may lead to less blood loss, fewer surgical scars and less recovery time. Patients who have minimally invasive surgeries are able to leave the hospital and perform regular activities more quickly than those who have conventional surgery.

### THREE SURGEONS MAKE A DIFFERENCE

We'd like to introduce you to three local fellowship-trained surgeons who are changing the surgical patient's experience in Northwest Arkansas (NWA) with advanced minimally invasive surgical techniques and technology:



Joshua Roller, M.D.  
Laparoscopic and  
Bariatric Surgeon

**JOSHUA ROLLER, M.D.**, is the only advanced laparoscopic and bariatric surgeon and the only fellowship-trained laparoscopic surgeon in NWA. Dr. Roller is one of the nation's top minimally invasive weight-loss surgeons, performing more than 800 bariatric procedures with impressive results.

"I perform nearly all my general surgical procedures using advanced



minimally invasive surgical techniques because it's what's best for my patients," Dr. Roller says. "My patients want to and are able to get back to their lives more quickly after surgery."

No other surgeon in NWA has Dr. Roller's particular experience and type of training. In fact, he's the first surgeon in NWA to have performed nine different surgical procedures using his minimally invasive approach for conditions involving the colon, rectum, stomach, esophagus, spleen, small bowel, adrenal glands, gallbladder and appendix as well as all types of hernias and obesity.

Dr. Roller received his minimally invasive surgical training at Duke University Medical Center in Durham, N.C., one of the top medical centers in the country.



Joseph Ivy, M.D.  
Gynecologic Oncologist

**JOSEPH IVY, M.D.**, is the area's only gynecologic oncologist who's fellowship-trained in minimally invasive robot-assisted surgery. With his unique double specialty in gynecology and oncology, Dr. Ivy treats cancers and removes tumors without the trauma and pain associated with traditional open surgery.

Dr. Ivy uses Northwest Health System's (NHS) and NWA's only da Vinci® Surgical System



## Northwest Medical Center–Bentonville earns Chest Pain Center Accreditation with PCI

Northwest Medical Center (NMC)–Bentonville is proud to announce it has achieved accreditation as a Chest Pain Center with percutaneous coronary interventions (PCI) by the Society of Chest Pain Centers (SCPC). The SCPC is an international organization dedicated to the improvement of clinical processes for the early assessment, diagnosis and treatment of acute coronary syndromes.

“This achievement demonstrates Northwest Health System’s [NHS] unwavering commitment to excellence in cardiac care under our umbrella initiative we call The Heart Hospital Network [HHN],” says Dan McKay, chief executive officer at NHS.

Jonathan Clopton, Ph.D., R.T.(R), RCIS, administrator of The HHN explains that the full Cycle III accreditation with PCI means the hospital met the most rigorous existing requirements. Hospitals must apply for accreditation in particular cycles, and the requirements become tougher and more exacting with each cycle. “The collaboration between our emergency department [ED] team, cardiovascular department, staff cardiologists and Benton County EMS partners allowed us to achieve this prestigious approval,” Dr. Clopton says.

“These dedicated professionals earned this accreditation by exceeding the requirements set by the SCPC for patient outcomes in both the numbers of patients with heart attacks treated and in the time requirements set by the SCPC to get patients from door to balloon, or from arrival in the ED to diagnosis and treatment,” says Tripp Smith, NMC–Bentonville’s chief operating officer.

“It’s quite a statement about the quality of care we provide at both of our facilities as accredited Chest Pain Centers with PCI,” McKay adds. “Our hospitals’ time performances at both NMC–Bentonville and NMC–Springdale exceeded SCPC requirements. Our processes and staff competencies ensure that appropriate and



◀ NMC–Bentonville’s cardiac catheterization lab team (l–r): Lisa Cox, R.N., RCIS, L.T.; Jim Sherman, B.S., R.N.–B.C., RCIS; Thomas M. Reinsvold, M.D., FACC; William Michael Allen, M.D., FACC; Jonathan Clopton, Ph.D., R.T.(R), RCIS; Jose G. Loyo, M.D., FACC, FSCAI; Cinnamon Detring, R.T.(R), RCIS; and Reyna Biggers, R.T.(R), RCIS

▶ NMC–Bentonville Chest Pain Center Accreditation Task Force (l–r): Gina McGinley, P.C.A.; Vickie Thomas, R.N., CPC coordinator, trauma coordinator and ED education; Becky Pratt, R.N., ED director; Hugh Jackson, M.D., ED physician; and Pam Adams, R.N., stroke coordinator. Not pictured: Jonathan Clopton, Ph.D., R.T.(R), RCIS, CV service line director; Jose G. Loyo, M.D., FACC, FSCAI; Thomas M. Reinsvold, M.D., FACC; Holly Holiman, R.N., chief nursing officer; Katherine Barton, M.D., ED medical director; Jim Holden, M.D., ED physician; Crystal Austin, R.N.; Peggy White, lab director; Denise Smith, imaging director; Nicole Beckett, R.N., SICU/PCCU director; Tripp Smith, chief operating officer; Juli McWhorter, R.N., chief quality officer; Allison Van Matre, marketing director; DeAnn Stewart, admitting supervisor; Brent Boydston, EMTP; and Larry Horton, EMTP, assistant chief



### Take your health to heart



For information about our cardiac services, visit [www.northwesthealth.com/hearthospital](http://www.northwesthealth.com/hearthospital).

immediate treatment to minimize damage to the heart is administered in the safest and most timely manner possible.”

At NHS, we know that getting fast medical treatment during a heart attack can save your life. “People tend to wait when they think they might be having a heart attack, and that’s a mistake,” says Katherine Barton, M.D., ED medical director. “The average patient arrives in the ED more than two hours after the onset of symptoms, but what they don’t know is the sooner a heart attack is treated, the less damage to the heart and the better the outcome.”

# HEART HOSPITAL NETWORK:

## Providing you with progressive cardiovascular care, right here at home

### Your heart-health resource



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

If you think you need to travel hundreds of miles for advanced cardiovascular care, you should know that Northwest Health System's (NHS) Heart Hospital Network (HHN) is performing many progressive procedures. The HHN is committed to advancing and standardizing hospital processes, resources and expertise to care for our patients.

In 2010, both Northwest Medical Center (NMC)–Bentonville and NMC–Springdale achieved Chest Pain Center with percutaneous coronary interventions accreditation. This prestigious recognition by the Society of Chest Pain Centers means that we follow the nationally acclaimed organization's gold standard for the education, treatment and management of cardiovascular conditions.

NHS has been a leader in heart and vascular care for years. In fact, the region's first open-heart surgery was performed here in 1986. In 2010, a multimillion-dollar capital investment in equipment, technology and facility renovations allowed us to continue the tradition.

### DOOR-TO-BALLOON TIMES

The HHN consistently exceeds the national standard of 90 minutes for door-to-balloon times. This critical window starts from the time someone comes to the emergency department (ED) to when blood flow is successfully restored to the heart muscle.

Image on page 3 © iStockphoto.com/Karen Ptacek

## YOUR HEART, OUR LIFE'S WORK **Five great reasons to choose NHS**



**WILLIAM MICHAEL ALLEN, M.D., FACC**  
General and Interventional Cardiology  
WDMD Internal Medicine & Heart Clinic, Rogers

**Medical school:** The University of Texas Southwestern Medical School, Dallas, Texas

**Internship and residency:** U.S. Air Force's Wilford Hall Medical Center at Lackland Air Force Base, San Antonio, Texas

**Fellowship:** U.S. Air Force's Wilford Hall Medical Center at Lackland Air Force Base

**Board certifications:** internal medicine and cardiology



**AHMAD A. ELESBER, M.D.**  
General and Interventional Cardiology  
Northwest Cardiology, Springdale

**Medical school:** American University of Beirut, Lebanon

**Internship and residency:** American University of Beirut, internal medicine

**Fellowships:** Mayo Clinic College of Medicine, Rochester, Minn., cardiology and interventional cardiology

**Board certifications:** internal medicine, cardiology, interventional cardiology, echocardiology and nuclear cardiology



**MICHAEL GREEN, M.D., FACC**  
General and Interventional Cardiology  
Northwest Cardiology, Springdale

**Medical school:** University of Arkansas for Medical Sciences, Little Rock

**Internship and residency:** University of Arkansas for Medical Sciences

**Fellowships:** University of Oklahoma Health Sciences Center, Oklahoma City, Okla., cardiovascular medicine and device implantation

**Medical director:** Heart Hospital Network

## AVERAGE DOOR-TO-BALLOON TIMES

	Q4 '09	Q1 '10	Q2 '10	Q3 '10
<b>Bentonville:</b>	58 min.	63 min.	49 min.	41 min.
<b>Springdale:</b>	53 min.	31 min.	41 min.	42 min.

\*Reported by Centers for Medicaid & Medicare Services

The HHN's capabilities allow medical staff cardiologists to proactively treat victims of heart attack. By combining their cardiovascular expertise with advanced technology and increased efficiencies, patients receive safe, quality care in the timeliest manner possible.

Recent advancements include:

- » cardiovascular information systems for enhanced testing, reporting and diagnoses
- » sophisticated cardiac imaging systems and minimally invasive surgical technology
- » BlueTooth technology allowing cardiologists to evaluate 12-lead EKG transmissions from the field before patients arrive in the ED
- » NHS's cath lab registered cardiovascular invasive specialists comprising a significant percentage of Arkansas' certified professionals
- » comprehensive cardiac outreach, education and rehabilitation services
- » a variety of education and risk assessments under the "Health Resources" section of [www.northwesthealth.com/hearthospital](http://www.northwesthealth.com/hearthospital)

## Heart attack warning signs

The more quickly a person having a heart attack is treated, the more likely the person is to survive without long-term complications. Not everyone having a heart attack experiences the same type of symptoms. But, the more signs and symptoms you have, the more likely you are of having a heart attack. According to new guidelines released by the American Heart Association, anyone who has the following should seek immediate medical attention:

- » chest pain that worsens over a five-minute period
- » worsening chest pain, especially if accompanied by:
  - shortness of breath
  - lightheadedness
  - weakness
  - pain in the arms, back, neck, jaw or stomach

**Remember, if you experience chest pain, call 9-1-1 immediately.**



**JOSE G. LOYO, M.D., FACC, FSCAI**  
*General and Interventional Cardiology*  
 Northwest Cardiology,  
 Bentonville and  
 Siloam Springs

**Medical school:** Central University of Venezuela—School of Medicine, Caracas, Venezuela

**Internship and residency:** Central University of Venezuela—School of Medicine, internal medicine

**Fellowships:** Central University of Venezuela—School of Medicine, cardiology; Deaconess Hospital, Boston, Mass., cardiology and interventional cardiology



**THOMAS M. REINSVOLD, M.D., FACC**  
*General and Interventional Cardiology*  
 Northwest Cardiology,  
 Bentonville and Bella Vista

**Medical school:** University of California, (UCLA) School of Medicine, Los Angeles, Calif.

**Internship and residency:** Cedars-Sinai Medical Center, Los Angeles, Calif., internal medicine

**Fellowships:** UCLA—San Fernando Valley, cardiology; Hospital of the Good Samaritan, Los Angeles, Calif., interventional cardiology

**Board certifications:** cardiovascular disease and interventional cardiology

# Northwest Health System celebrates Healthy Woman's second anniversary

Northwest Health System (NHS) is again teaming up with the American Heart Association for the popular Go Red For Women event. This year's event marks Healthy Woman's second anniversary on Tuesday, Feb. 15. Since heart disease continues to be the No. 1 killer of women, our partnership makes perfect sense.

NHS medical staff and other health professionals will be on hand to provide complimentary screenings before the luncheon. Attendees can participate in the following screenings:

- » blood pressure
- » blood sugar
- » body mass index (calculates percent of body fat, which may lead to potential health problems)
- » ankle-brachial index (helps detect hardening of the arteries also known as peripheral arterial disease)
- » vein care (to detect insufficiencies or disease of blood vessels in the legs)
- » fitness (grip strength and flexibility)
- » osteoporosis (bone density)

"Ask the Expert" tables will also be manned by cardiologists and other specialists. Participants will be able to visit one-on-one with caregivers who can answer a wide variety of cardiovascular health questions.

Our keynote speaker, Dale Smith Thomas, is an unapologetic optimist and a woman whose passion for making a difference is stamped on every page of her life. Her direct and powerful message has challenged and inspired people around the world to make winning choices in every area of their lives. She's the president and founder of Winners By Choice, Inc., and has been a featured guest on "The Dr. Phil Show," "The Big Idea" and others.

## BECOME A HEALTHY WOMAN

Healthy Woman, an online membership program, hosts monthly series of seminars, health fairs, educational programs and interactive events. The program has enjoyed an impressive membership growth since its inception. In two years, more than 6,100 women have learned how to improve their emotional, physical and fiscal well-being. Perhaps most important, they have enjoyed each other's company and made new friends.



## Go Red For Women event

**When:** Tuesday, Feb. 15

**Where:** The John Q. Hammons Convention Center in Rogers



### Agenda:

» 9–11:30 a.m., Go Red boutique expo, including educational workshops, health screenings and the purse-onalities auction

» 11:30 a.m.–1 p.m., luncheon with keynote speaker, Dale Smith Thomas

Tickets are \$65 each and are available online at [www.americanheart.org/nwagored](http://www.americanheart.org/nwagored) **luncheon.** Join Healthy Woman and receive a \$5 discount. Visit [www.northwesthealth.com/healthywoman](http://www.northwesthealth.com/healthywoman) to register and receive your promo code.

To learn more about heart disease and women, visit [www.northwesthealth.com](http://www.northwesthealth.com) and click on "Health Resources."





in many of his procedures. He uses the robotic surgery in gynecologic cases involving hysterectomies and both complex, noncancer cases and ones involving a gynecologic cancer diagnosis.

“I’m excited to bring advanced gynecologic oncology surgery options to the women of NWA, especially for those facing cancer,” Dr. Ivy says. “My patients benefit greatly from the da Vinci system. I perform robot-assisted surgery for almost all of my procedures, including cervical, endometrial and early-stage ovarian cancer. Open surgeries often require a six-week recovery. With robot-assisted surgery, recovery may be one to two weeks, which restores a woman’s quality of life more quickly.”



Anthony Woodruff, M.D.  
Urologic Oncologist

**ANTHONY WOODRUFF, M.D.,**

urologic oncologist, is fellowship trained in minimally invasive surgery and also uses the da Vinci Surgical System. Dr. Woodruff is the medical director of the robotic surgery program at NHS. He treats diseases and relieves symptoms of the male reproductive and urinary tract organs. These conditions include cancers of

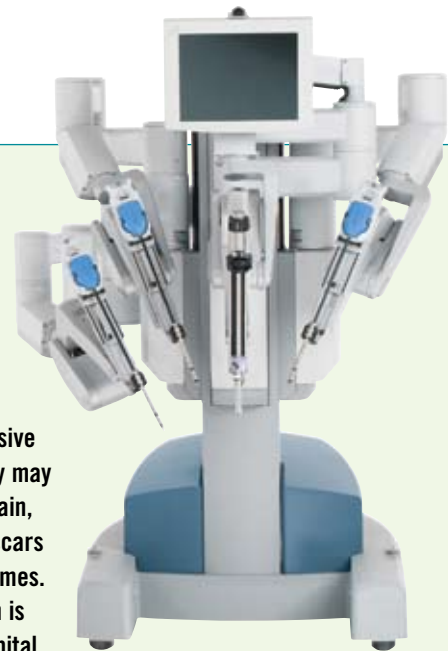
the prostate, bladder and kidney.

“Laparoscopic and robotic surgery allows people with

## Get home sooner, heal faster

**A**s an alternative to traditional open surgery, minimally invasive da Vinci robotic surgery may reduce postoperative pain, leave smaller incision scars and shorten recovery times.

The da Vinci system is truly a big city, big hospital tool that most hospitals only dream of—and we have it right here in Springdale. Northwest Health System is the only hospital in Northwest Arkansas to offer the da Vinci Surgical System.



The da Vinci Surgical System’s precision technology allows surgeons to perform minimally invasive procedures.

© Intuitive Surgical

urologic cancer to get back to their normal lives quickly, with less pain and less cosmetic impact,” Dr. Woodruff says. “Today, surgically treating urologic cancer has never been easier or safer. Employing robotic techniques, an experienced surgeon can offer patients excellent cancer outcomes while dramatically reducing unwanted side effects. Specifically, prostate cancer patients can expect superior continence and erectile function outcomes after robotic prostatectomy with the da Vinci system.”



## Do you need surgery?

Experience the precision! For more information about the da Vinci system, call **1-800-734-2024** or visit our website at [www.northwesthealth.com/davincirobot](http://www.northwesthealth.com/davincirobot).



## CLEAN UP your health

It's easy to focus on all the bad things we breathe in the air outside, such as pollen and pollutants. But what about what's lurking inside our houses? Household dust, mold and various chemicals can make breathing difficult. Here's what might be stirring up trouble at home:

**Dust mites.** In dust around the home lie dust mites—microscopic insects that are the most common cause of dust allergies. They can also trigger asthma and flu-like symptoms.

**Combat them:** Wipe dusty surfaces with a damp cloth, and vacuum once a week. Wash bedding once a week in hot water, and cover mattresses, box springs and pillows in mite-proof covers.

**Mold.** Mold spores thrive in damp areas such as basements and bathrooms. Along with dust mites, mold is considered a biological pollutant and can also trigger allergies and asthma.

**Combat it:** Use ventilation fans and dehumidifiers to keep humidity at 30 percent to 50 percent. Treat moldy bathrooms, basement walls and furniture with diluted bleach or other disinfectants.

**Volatile organic compounds (VOCs):** These gases are emitted from products such as paints and cleaning supplies. Health effects range from ear, nose and throat irritation to central nervous system damage.

**Combat them:** Use chemicals only in well-ventilated areas. Consider purchasing low-VOC paint.

### Don't let the bedbugs bite!



**B**edbugs are one souvenir you don't want to take home with you from vacation. But these flat, little reddish-brown pests, which are more common in places such as hotels, may find a way into your home by hitching a ride in your suitcase. Waiting to strike, they hide out in beds, box springs, headboards and bed frames. When they do bite, they can cause red, itchy, clustered bite marks on the face, neck, arms and hands. The best way to eliminate them is with a professional exterminator.

## DOUBTING diet soda

**D**iet soda: It's sugar and calorie free, so it must not be bad for you, right? Some recent research suggests otherwise. While most of these health concerns need further investigation, now might be a good time to either limit your diet-soda intake to the occasional indulgence, or switch to water, skim milk or diluted 100-percent fruit juice. Here's why:

**Tough on teeth.** Diet soda is just as acidic as regular soda, which can damage tooth enamel and promote decay.

**Wicked to waistlines.** Some studies have found that drinking diet soda regularly may be connected to obesity and type 2 diabetes. Researchers are unsure if diet soda actually causes obesity, but one study found that those who drank three or more of the beverages daily were more likely to gain weight than those who didn't.

**Unkind to kidneys.** One major study found that women who consumed two or more artificially sweetened sodas a day doubled their risk for kidney function decline. Drinking regular soda or only one diet soda daily did not decrease kidney function more than normal. However, for those prone to kidney stones, a separate study discovered that citrus-flavored diet sodas contain high levels of a compound that may inhibit stone formation.

**Bad to the bones.** According to the National Institutes of Health, people may be replacing bone-friendly, calcium-rich milk with soda, which may lead to decreased bone mass and an increased risk of fracture.



# The truth behind autism

According to the Centers for Disease Control and Prevention's (CDC) latest estimates, an average of one in 110 children has autism. And as the prevalence of the disorder has risen over the years, so too have the circulating myths and misinformation. Here's the truth behind some of the most common:

## MYTH

### Vaccines cause autism.

**FACT:** Some parents are afraid that the mercury found in thimerosal, a preservative used in small amounts in some multidose vaccines, could trigger autism. However, studies haven't shown this to be the case. In fact, according to the CDC, the rate of autism has actually risen since most childhood vaccines went thimerosal-free.

## MYTH

### Children with autism will always be socially awkward.

**FACT:** While it's true that children with autism have trouble interacting with others, individualized attention and special therapy, such as Applied Behavioral Analysis, can teach them how to react better in social situations and communicate with others.



There's no cure for autism, but some children seem to respond to a gluten- or casein-free diet.



## MYTH

### Dietary changes can cure a child of autism.

**FACT:** There's no cure for autism, but some children seem to respond to a gluten- or casein-free diet, according to the National Institutes of Health. Gluten is found in foods made with wheat, rye and barley, while casein is found in milk, cheese and other dairy products. Still, experts and studies have been divided on whether these dietary changes actually make a difference. Before changing your child's diet, consult his or her physician to ensure that your child is getting the right amount of nutrients.

## MYTH

### There are always alternative treatments.

**FACT:** Many parents of children with autism want to do everything possible for their child, which can mean trying alternative treatments such as holding therapy (hugging the child for long periods of time to bond) and chelation therapy (removing heavy metals like mercury from the body). Unfortunately, there's no proof that these methods work and, as is the case with chelation therapy, some can be downright dangerous. Always talk with your child's physician before trying any new therapy.

# Stroke care you can count on

**S**udden weakness, numbness, unsteady gait and speech problems are all possible signs of stroke. If you notice any of these signs in yourself or a loved one, the next three hours are critical. Physicians have learned that stroke patients have the best chance of recovery if they get the right diagnosis and treatment within three hours.

## PARTNERSHIP SAVES LIVES

Thanks to a new telemedicine program that links emergency room physicians at Northwest Medical Center-Bentonville to specially trained neurologists via live, two-way video, stroke patients can get the treatment they need 24 hours a day, seven days a week.

Led by the University of Arkansas for Medical Sciences (UAMS), the Arkansas SAVES (Stroke Assistance through Virtual Emergency Support) program helps ensure treatment within the three-hour period. As residents of Arkansas, statistics show



## ! Don't delay!

Call 9-1-1 immediately if you're experiencing any symptoms of stroke. Visit [www.northwesthealth.com](http://www.northwesthealth.com) and click on "Health Resources" to learn more about stroke.

that we are at a higher risk of stroke death than residents of all other states. Stroke-related deaths dwarf other major causes of death in Arkansas, with 1,847 such deaths in 2005, the most recent year those statistics are available. With Arkansas SAVES, state residents are now getting the lifesaving treatment they need, when they need it.

# Our 2011 Kiss a Pig Candidate



Tammy Tucker, D.O.  
Family Medicine Physician

**N**orthwest Health System (NHS) is a proud supporter of the American Diabetes Association. Annually, we participate in the Northwest Arkansas (NWA) chapter's Diabetes Expo, Tour de Cure and Kiss a Pig Gala.

This year, one of the NHS medical staff members, **Tammy Tucker, D.O., a new family medicine physician with Northwest Physicians LLC**, is working to win the right to "kiss a pig." Each year, the top community fundraising candidate earns the privilege of kissing a pig to show appreciation for the animal's heroic role in diabetes research as the first source of insulin. All event proceeds fund diabetes

research, advocacy and educational programs for NWA.

As a family medicine physician, Dr. Tucker treats many patients who have diabetes. "When I was asked to become a Kiss a Pig candidate, I knew it was something I had to do," Dr. Tucker says. "It's vital to educate the community about the prevention, diagnosis and management of diabetes. Hopefully, someday soon we'll find a cure."

## ! Go online!

The 9th Annual Kiss a Pig Gala is on Saturday, Feb. 26. To purchase tickets, visit [www.diabetes.org/nwakissapig](http://www.diabetes.org/nwakissapig) or call (479) 464-4121. Visit [www.northwesthealth.com](http://www.northwesthealth.com) and click on "Health Resources" for diabetes education and risk assessment information.

# What's behind that belly pain?

**D**oes your stomach ever feel like it's twisted in knots? Most stomach pain isn't serious and requires only waiting it out and home remedies. Still, you may need to get checked by your physician because the level of pain doesn't always tell you the condition's severity. For example, severe pain may be just gas, while mild discomfort could be the beginnings of appendicitis.

## THE CULPRITS

Pain can be caused by a number of conditions, including:

➔ **Gas.** Gas can lead to sharp, jabbing pains.

➔ **Ulcers.** Peptic ulcers, or sores in the lining of the stomach or upper small intestine, cause intermittent burning pain that often feels worse when the stomach is empty and gets better after you eat. A condition called ulcerative colitis, which causes ulcers in the lining of the colon and rectum, can also trigger severe abdominal cramps in some people.

➔ **Irritable bowel syndrome (IBS).** IBS pain may be accompanied by bloating, constipation, diarrhea or a change in frequency and appearance of stool, and may be relieved by having a bowel movement.

➔ **Celiac disease.** Here, the immune system responds to gluten (a protein found in wheat, rye and barley) by damaging the intestine's lining, causing abdominal pain.

➔ **Gallstones.** Stones that get lodged in the passageway between your gallbladder and your intestine cause sudden, severe pain in the right upper part of your abdomen that lasts for several hours. Pain may also occur in the upper back and your skin may become jaundiced (have a yellowish hue).

➔ **Appendicitis.** An infection or a blockage can cause the appendix to become inflamed and filled with pus. Pain usually begins around the navel before shifting to the lower right abdomen. Pain worsens over the course of time.

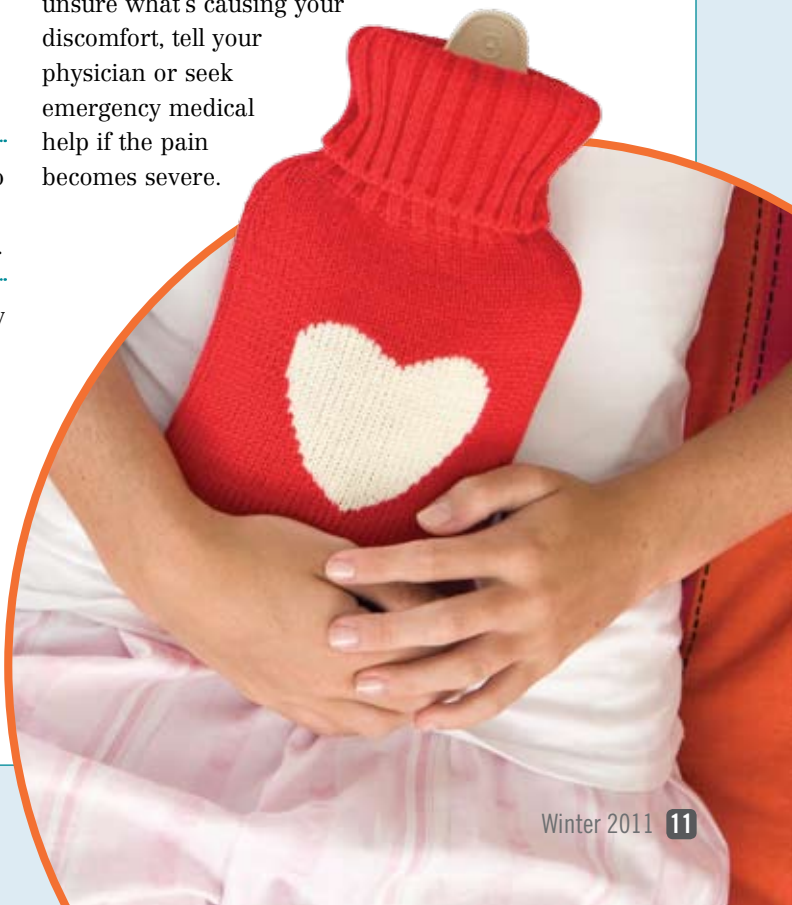
## GETTING RID OF THE PAIN

Treatment depends on the cause of your pain. Surgery is usually recommended for problematic gallstones and appendicitis. Medications are helpful for people who suffer from ulcers or IBS. Adjusting your diet can help relieve gas pain.

These tips, courtesy of the National Institutes of Health, can also help ease mild abdominal pain:

- Sip water or other clear fluids.
- Forgo solid food for a few hours, and then stick with mild foods such as rice, applesauce or crackers. Don't eat dairy.
- Try an antacid if pain occurs in the upper abdomen after meals. Skip citrus fruits and high-fat, fried or greasy foods, as well as tomato products, caffeine, alcohol and carbonated beverages. H2 blockers (medicines which reduce the amount of acid the stomach produces), available over the counter, may also help.
- Avoid aspirin, narcotic pain medications, ibuprofen or other anti-inflammatory medications unless your physician tells you to take them.

If these measures don't ease the pain, or if you're unsure what's causing your discomfort, tell your physician or seek emergency medical help if the pain becomes severe.



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The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your health care provider.

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## FIND A PHYSICIAN AT NORTHWEST HEALTH SYSTEM

The search for quality health care can be confusing to some people. Northwest Health System's (NHS) medical staff is now more than 500 strong representing a wide variety of medical specialties and practicing at NHS's three facilities:

- Northwest Medical Center–Bentonville
- Northwest Medical Center–Springdale
- Northwest Medical Center–Willow Creek Women's Hospital

Visit [www.northwesthealth.com](http://www.northwesthealth.com) and click on the

"Find a Physician" tool to select a physician to meet your family's health care needs. Our "Find a Physician" service is also available by calling **1-800-734-2024**.

The experienced medical staff members at NHS can help keep your family healthy. In this edition, we'd like to introduce the newest members of the medical staff.



## NHS PHYSICIAN DIRECTORY



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**ALL PHYSICIANS LISTED ARE  
ACCEPTING NEW PATIENTS.**