

health matters

YOUR GUIDE TO HEALTHY LIVING | FALL 2017

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Find the
scarecrow
and you could
be a
WINNER!

Message from the CEO



The Mission of White River Health System (WRHS) is to provide quality healthcare and improve the health of our communities.

Healthcare is no longer just the treatment of illness and injury. Rather, healthcare now emphasizes the importance of prevention

of illness and injury. WRHS is committed to partnering with you to help you achieve the best possible state of health. The first step is prevention and wellness.

Wellness visits, routine screening tests and procedures, and management of chronic conditions are proactive steps to a healthier future. WRHS encourages all residents in our service area to take advantage of preventive health services.

I invite the men across our service area to attend our Annual Prostate Screening, September 19, from 5 to 8 p.m., in the Josephine Raye Rogers Conference Center. I would also like to invite the women across our service area to attend this year's HealthFirst Women's Health Expo, October 17, from 4 to 7 p.m., at the Batesville Community Center and Aquatics Park.

Other wellness services provided by WRHS include:

- Health events and education presentations, such as HealthFirst, are offered regularly. Visit the WRHS Facebook page for upcoming events.
- Many insurance plans cover preventive health services as a wellness benefit. Deductibles and co-pays may be waived for wellness services. Contact your insurance company for eligibility.
- Decade cards are available at WRHS facilities, clinics and other locations across our service area with a list of recommended screenings for every stage of life.
- Our CommHealth (Community Health) Program provides worksite wellness events to businesses throughout north central Arkansas. CommHealth Coordinator Bailey Williams, at 870-262-1780, will provide more information about the employee wellness services of our CommHealth Program.
- Our CommHealth Program also provides regular screenings at the Senior Life Centers in our service area. For more information, call CommHealth Coordinator Bailey Williams at 870-262-1780.

WRHS strives to provide you with the best quality care possible. We hope that you will utilize the services and tools available to you. I am confident that this will help you maintain or improve your health at its best. As you read this issue of *Health Matters*, please take advantage of the health information available to you.

Gary L. Bebow, FACHE
CEO

Calling All Ladies! HealthFirst Women's Health Expo

Mothers, daughters, sisters and friends, please join us at the HealthFirst Women's Health Expo, October 17, from 4 to 7 p.m., at the Batesville Community Center and Aquatics Park.

This year's event, Fix-HER Upper, focuses on providing the tools you need for better health. White River Medical Center (WRMC) and First Community Bank sponsor the annual event to provide health information and free screenings to women in the community.

The free event features educational booths on health topics such as nutrition, breast cancer and heart disease. Other booths provide screenings such as blood pressure, cholesterol, glucose, body fat percentage and posture/balance, among others.

This event is a chance for women to receive health information and screenings, as well as to get out and enjoy themselves. In addition to all the health booths, the event will include booths with beauty and fashion tips. Booths with everything from hair to make-up, to clothing will provide you with the tools to a happier you. A fashion show will feature styles for all body types and ages.

Don't miss out! Call your girlfriends to save the date. This is a fun-filled girls' day out while learning about your health.

Find the Scarecrow

Find the scarecrow in this issue. You could win a \$50 Wal-Mart gift card! Submit your information by Friday, Sept. 29. Email: contest@wrmc.com.

OR mail to:

Marketing | *Health Matters* Contest
P.O. Box 2197
Batesville, AR 72503

Include your name, street address and email address (if you have one).



FIND US ON FACEBOOK!

www.facebook.com/whiteriverhealthsystem



David Boike, M.D., is a board certified Internal Medicine & Cardiovascular Disease physician in practice at White River Diagnostic Clinic in Batesville. He is a member of the Medical Staff at WRMC. He can be reached by calling 870-698-1635.

Eat Your Way to a Healthy Heart

What did you eat today ... or yesterday? More important, what do you plan on eating tomorrow ... and the rest of your life? The foods you choose to load up on—or limit—can add up to a higher or lower risk for heart disease. The meals you eat each day—and everything in between—can help you prevent or treat heart disease. Take the following quiz and learn how to take smart eating habits to heart.

WHICH FOODS ARE BEST?

Please choose the best answer for each question.

1 Which of the following is a heart-healthy choice?

- A. Use olive oil, canola oil or soft margarine instead of butter or stick margarine.
- B. Eat fish, especially salmon and other fatty fish, at least twice a week.
- C. Consume lots of fruits, vegetables, nuts and whole-grain products.
- D. All of the above are correct.

2 Which of the following choices will help control and prevent high blood pressure?

- A. Eat low-fat dairy products.
- B. Drink more water.
- C. Take garlic supplements.
- D. All of the above are correct.

3 Name the major troublemakers that raise LDL—bad—cholesterol.

- A. Eating saturated fats and trans fats elevates LDL cholesterol.
- B. Egg yolks and other cholesterol-rich foods are culprits.
- C. A and B are correct.
- D. None of the above is correct.

And the answers are ...

1. **D.** All of these dietary habits can protect you from heart disease.
2. **A.** Eating two to four servings of low-fat dairy products a day is just one strategy in the Dietary Approaches to Stop Hypertension (DASH) diet. The DASH diet—aimed at lowering high blood pressure—also encourages you to eat fruits, vegetables, whole grains, fish, poultry and nuts.
3. **C.** Healthy adults should limit their saturated fat intake to less than 10% of daily calories. Aim for less than 7% if you have heart disease or high cholesterol. To reach this goal, choose low-fat milk and cheese, lean meat, poultry and fish.

To dodge trans fats, limit your intake of cookies, crackers, baked goods and fried foods.

Most people should eat less than 300 mg of cholesterol each day. Those with existing heart disease, diabetes or high LDL cholesterol should aim for less than 200 mg a day.



Cardiac Rehabilitation Specialists Can cardiac rehab help? Ask your provider to refer you to our cardiac rehab program, available in Batesville, Mountain View and Newport, or call us at **870-262-6168** or toll free at **866-466-8166** for more information.

Heart-Healthy Fall Feast: Chicken and Vegetables

Ready your stomach for this healthy, hearty dish that makes a great meal in any season!

- 1 tbsp. margarine 1 lb. + 4 oz. boneless, skinless chicken thighs
- 1 tsp. garlic powder 10 oz. package cut green beans, frozen
- ½ cup chopped onions ¼ tsp. pepper

1. Melt margarine in heavy skillet. Add garlic and onions. Stir until blended. Cook over medium heat, until tender, for about five minutes. Remove from skillet.
2. Place chicken in skillet. Cook over medium heat until chicken is thoroughly done, about 12 minutes. Remove from skillet; keep warm.
3. Place frozen green beans, pepper, and cooked onions in same skillet. Cover and cook over medium-low heat until beans are tender, about five minutes.
4. Add chicken to vegetables. Continue cooking, stirring from time to time, until heated through, about three minutes.





E.J. Jones, M.D., is a member of the White River Medical Center Medical Staff and is in private practice in Batesville. He is Board Certified by the American Board of Obstetrics and Gynecology. He is a fellow of the American College of Obstetrics and Gynecology, and accredited by the American Institute of Ultrasound in Medicine. To make an appointment with Dr. Jones, please call 870-793-4300 or toll-free, 888-EJJONES.



Baby on Board?

Alternative therapies might smooth your journey. When there's a baby on the way, you have two big priorities: eating a healthy diet and getting regular prenatal care. But you don't have to stop there. Many women add an alternative approach, such as yoga or massage, to their pregnancy toolkits. These and other complimentary practices can be both safe and helpful, and might be just the thing to keep you feeling fit, comfortable and confident until the big day.

RELAX WITH HELP FROM YOGA

Yoga can help you stay flexible, strong and relaxed during your pregnancy. It may lessen back and leg pain and help you sleep better too. Some research has found that women who do yoga during pregnancy have less stress, anxiety and depression.

TIP Choose a prenatal yoga class, which is designed to be comfortable and safe for you and your baby. Because it's done in a very hot room, Bikram, or *hot*, yoga may be unsafe for pregnant women; ask your doctor before you start.

RELIEVE PAIN WITH OSTEOPATHIC THERAPIES

Few women get through pregnancy without an aching back—or aching knees, pelvis and hips for that matter. Studies show that hands-on therapies like osteopathic treatments may reduce pain and help you function better, especially during the second and third trimesters.

TIP You may get the most benefit by combining osteopathic treatment with exercises recommended by your practitioner.

THERAPY

For tense, sore muscles, nothing beats a session with a massage therapist. Massage can soothe and relax lower back and leg pain. Reflexology involves applying pressure to specific places on the body. A reflexology foot massage is another great way to relax.

TIP Don't overlook massage at home. Most childbirth education classes teach women and their partners how to do basic prenatal massage.

Before trying an alternative therapy or approach, check with your physician or midwife to make sure it is safe for you. If you experience muscle weakness, pain, cramps, dizziness or other unusual symptoms, stop and contact your doctor.

Family-Centered Maternity Care

White River Medical Center is a certified National Safe Sleep Hospital and is focused on the delivery of safe, quality healthcare while recognizing and focusing on the physical, emotional and social needs of the mother, baby and family.

For more information on Maternity Care at White River Medical Center, visit www.whiteriverhealthsystem.com/services/maternity-care.

Thank You!

A HUGE THANKS goes out to all the sponsors and volunteers who helped make the Pink Dinner and 23rd Annual Golf Classic a success. Between both events, The White River Health System Foundation raised a record **\$253,343** to benefit the WRMC Breast Care Center.

The weekend kicked off with the Pink Dinner at the home of Robert and Beth Christian. Guest speakers were Dr. Steve Alexander, Breast Surgeon, and breast cancer survivor Michelle Huff along with her husband Richard. The night ended with a special Luminary Ceremony honoring or remembering those affected by breast cancer.

On Saturday, 176 players competed at The Course at Eagle Mountain. Sponsors included 99 businesses and individuals. We appreciate the community's generosity and contribution in the success of the event.



To join us in the fight against breast cancer, please donate at white-river-health-system-foundation-inc.networkforgood.com/projects/32870-wrhc-breast-care-center.

Thank You to Our WRHSF 23rd Annual Golf Classic Sponsors

LEVEL 1 SPONSORS



THANK YOU TO OUR LEVEL 2 SPONSORS

First Community Bank
Modern Biomedical & Imaging, Inc.

Wann Office Supply
Welch, Couch & Company, PA

FREE Prostate Cancer Screening

TUESDAY, SEPT. 19
5-8 p.m.

White River Medical Center
Josephine Raye Rogers Center for Women & Imaging Conference Center
1710 Harrison Street, Batesville

WHO SHOULD GET SCREENED?

Men ages 50 and older who have not been diagnosed with or treated for prostate cancer (African-American men and men with family history should be screened beginning at age 40).

RISK FACTORS

- Family history of prostate cancer
- High fat diet
- Inactive lifestyle
- Obesity

EARLY DETECTION IS KEY

Services will be provided by White River Medical Center, John Allgood, M.D., Hunter Brown, M.D., Rob Emery, M.D., and Carla Smith, APRN.

Screening is **FREE**
but appointments are necessary.

EMAIL
SCREENING@WRMC.COM
CALL 870-262-1780





Can Physical Therapy Help?

As our patient, you will receive one-on-one care designed especially for you. For referral and insurance requirements for therapy services, please call the PROS office nearest to you.

- PROS—Batesville
870-262-1271
- PROS—Cherokee Village
870-257-6030
- PROS—Mountain View
870-269-2871

5 WAYS to Prevent Knee Replacement Surgery

It's estimated that by 2030, osteoarthritis will affect 67 million Americans. And in severe cases, total knee replacement will be the ultimate relief. But researchers are finding that a combination of innovative pain management and the basics of self-care may actually lead to a more optimistic outcome for anyone who is living with knee pain.

People typically need knee replacement to ease pain or disability that is the result of serious joint issues, including:

- **Osteoarthritis:** when the cartilage in between the bones in joints wears down and causes the bones to rub together. It's most common in older adults and obese people.
- **Rheumatoid arthritis:** when the body's immune system attacks the joint, causing inflammation, pain and destruction.
- **Injury-related arthritis:** a type of osteoarthritis that develops following a fracture or ligament tear.

But total knee replacement doesn't have to be your destiny. Here are four ways you can protect your knees from the knife, starting today:

1 CONSIDER INJECTIONS. Some joint medications come in the form of injections. These include corticosteroids, which reduce inflammation, and hyaluronic acid substitutes, which replace lubricant in damaged joints. Newer research suggests that stem cell injections also support the healing process of knee joint cartilage and relieve knee pain.

2 ACHIEVE A HEALTHY WEIGHT. Extra weight puts pressure on the knees. Losing weight can help you reduce pain and limit further joint damage.

3 EXERCISE THE RIGHT MUSCLES. Although your knee pain may make exercise seem impossible, regular movement should actually help decrease your joint pain, improve your joint motion and improve your ability to do everyday things like getting in and out of the car. Focus on strengthening the leg muscles by walking up stairs, riding a bicycle or performing modified squats, using your body weight only.

4 RELY ON ASSISTIVE DEVICES. Aids such as scooters, canes, walkers or shoe orthotics can make a big difference in your everyday function and mobility. Many of these devices can be found at pharmacies. Some, such as knee braces, are prescribed by a doctor and are typically fitted by a physical therapist.

5 NONSTEROIDAL ANTI-INFLAMMATORIES. These will help relieve mild to moderate arthritis symptoms. Side effects can cause gastric problems and if taken long term they can be hazardous to kidney function.



J.D. Allen, M.D., is board certified by the American Board of Orthopaedic Surgery and practices at MPOC Orthopaedic & Sports Medicine Clinic with Drs. Jeff Angel and Dylan Carpenter. They can be reached at **870-793-2371**.

Help Prevent the Flu by Getting a Flu Shot

*If you're wondering whether you should get a flu shot, answer this simple question: **Are you older than 6 months old?***

The Centers for Disease Control and Prevention (CDC) recommends everyone past that tender age get an annual flu vaccination. In years past, the CDC specifically recommended the vaccine only for children up to age 19 and for adults in high-risk groups, such as people ages 50 and older or those at risk for flu complications.

The vaccine remains especially important for people at high risk, those who live with them and those who care for them. In particular, people who care for children younger than 6 months should get the vaccine. Infants have a high risk for serious flu, but they're too young to be vaccinated.

Avoid Passing the Flu

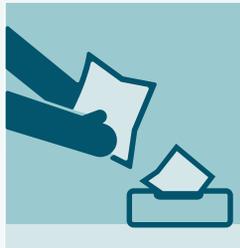
The flu appears to spread in two ways: through coughing or sneezing.

1



WASH YOUR HANDS OFTEN with soap and water or use an alcohol-based hand sanitizer.

2



COUGH OR SNEEZE INTO A TISSUE, then throw the tissue away.

3



DON'T TOUCH YOUR EYES, NOSE OR MOUTH after washing your hands.

4



TRY TO STAY AWAY from sick people.

5



SEE YOUR PROVIDER QUICKLY IF YOU GET THE FLU. Antiviral drugs treat the flu, but they work best within two days of getting sick.



6 IF YOU HAVE A FEVER HIGHER THAN 102 DEGREES, persistent vomiting or very swollen glands in your neck or jaw, it's time to see a provider. You should also call your provider if any of these flu symptoms last more than 10 days or get worse instead of better: fever, sore throat, headache, chills, cough, body aches, fatigue and diarrhea.

Contact your primary care provider to schedule your flu shot. If you don't have a primary care provider, call 870-262-6149 to receive a free provider directory.

Gary L. Bebow
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CALL WHITE RIVER HEALTH SYSTEM'S PHYSICIAN REFERRAL LINE AT 800-WRMC-DOC.

How to Live with COPD

This breathing problem is the number three cause of U.S. deaths and a primary reason for disability. Learning about it can help you recognize the symptoms and seek treatment.

Chronic obstructive pulmonary disease (COPD) is an umbrella term for a group of illnesses, including emphysema and chronic bronchitis, that make it hard to breathe.

More than 15.5 million Americans have COPD. In a given year, about 147,000 will die of it.

Cigarette smoking is the leading cause of COPD. Other irritants in the air can also increase the risk of developing the disease. Culprits include cigar and secondhand smoke, air pollution and workplace exposure to dust, fumes, smoke, gases and vapors.

COPD tends to develop slowly over time, affecting older adults more than younger people. It's not contagious.

Although COPD has no cure, medical treatment and self-care can improve the symptoms and slow the condition's progress.

SIGNS AND SYMPTOMS

Symptoms vary, but people with COPD may find they're short of breath, cough or wheeze a lot and have increased sputum or mucus.

Tests may show their blood is low in oxygen and high in carbon dioxide. And they may find physical activity difficult due to breathing problems.

TREATMENT

COPD treatments may include:

- Bronchodilators, inhaled steroids, antibiotics or all three
- Supplemental oxygen
- Pulmonary rehabilitation (a program of breathing help that could include exercise or nutrition training)
- Flu and pneumonia vaccines

SELF-CARE

Making the following lifestyle changes can help you manage the symptoms of COPD:

- Don't smoke. Talk with your doctor if you have trouble quitting.
- Avoid secondhand smoke, air pollution and other lung irritants.
- Take all medications as prescribed. Don't confuse aerosol inhalers of different drugs, which often look alike.
- Adjust your physical activities to accommodate your energy level. Avoid climbing stairs, for instance.
- Seek help from friends or relatives, or join a support group.



Anup Singh, M.D., is a Pulmonologist in practice at the Batesville Pulmonology Clinic. To make an appointment with Dr. Singh, call 870-262-5546.

