

Health Matters

YOUR GUIDE TO HEALTHY LIVING | SPRING 2015

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Message from the CEO



Dear Friends,

In North Central Arkansas, White River Health System is known for its diagnostic and curative health services. We're proud of the range/quality of our services, and the excellent staff of physicians and healthcare workers who are dedicated to the well-being of local residents and visitors. Patients travel great distances to receive care at White River and Stone County Medical Centers, and we never take for granted the trust they have in us.

What isn't as well-known is the services White River Health System provides to keep individuals healthy. For example, each year, we hold multiple community events where attendees receive free screenings. These events include CommHealth, our worksite wellness program; our Prostate Cancer Screening event, a free prostate exam to men in our community; and HealthFirst, an event full of health education and free screenings for the women in our area.

In addition, Lyon College and White River Medical Center have collaborated in the development of a *Health Coach* class, a part of the Community Health Network. In the class, students are taught meaningful ways to assist patients recently discharged from the hospital to return to good health. I'm really proud to report after two years, the *Health Coach* class is providing some very impressive results.

You will see on this page that we have a great focus on preventive care, as well as other opportunities inside our facility. We have programs to help individuals develop better nutritional habits, learn to quit smoking, or control their diabetes. We also offer preventive healthcare screenings that could be covered by your insurance at no additional cost to you.

We are more than just a place you come to get well, we are also a place you can depend on to help you stay well.

Gary L. Bebow, FACHE
CEO

Find the Raindrop!

Find the hidden raindrop in this issue. You could win a \$50 Wal-Mart gift card! Submit your information by Monday, May 11. 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

Spring Into Better Health: Know Your Resources

White River Health System (WRHS) has many specialists and services available for your healthcare needs and personal wellness goals. We also provide preventive screenings. Read below to see how we can help you on your journey to better health.

Need a specialist or healthcare service? WRHS has a wide range of healthcare providers who provide a number of health services. To find a healthcare provider, visit www.whiteriverhealthsystem.com.

Do you want to learn to eat healthier? Or try to quit using tobacco? White River Medical Center offers nutrition counseling to those who want to learn more about eating healthy. There are also classes for those who wish to quit using tobacco. Call **870-262-6168** to find out more.

Do you or someone you know have diabetes? Diabetes self-management education classes are offered for those with diabetes or those who may have family members with diabetes at UAMS/AHEC in Batesville (please call **870-698-9991**) and WRMC Medical Complex in Cherokee Village (please call **870-257-6010**).

FREE Medicare AAA screening: Medicare covers a one-time abdominal aortic aneurysm (AAA) screening. This type of aneurysm takes the lives of about 15,000 Americans each year, and a majority of people who have it do not experience any symptoms. Men over 65 are at the greatest risk. If you are over 65 and have Medicare insurance, call **870-262-3148** to find out how to schedule your free screening at WRHS.

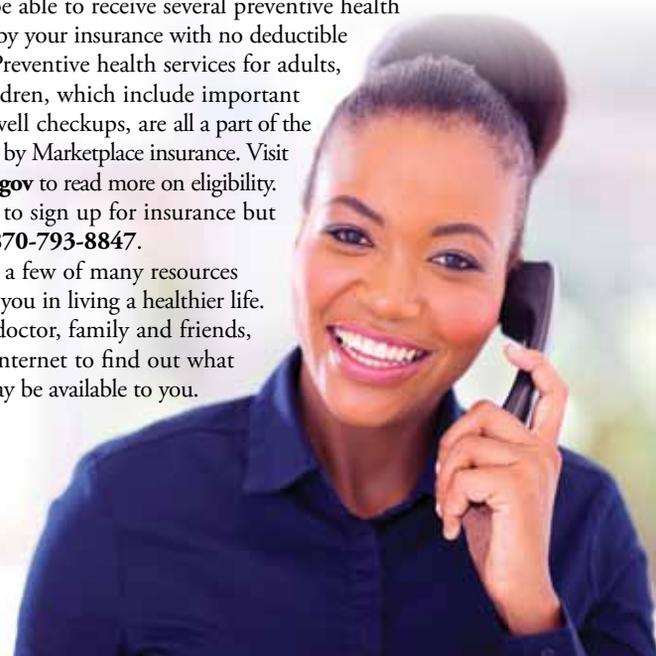
Medicare Wellness exams: Medicare completely covers a yearly wellness visit if your family provider accepts assignment. A list of primary care physicians and WRHS clinics can be found at www.whiteriverhealthsystem.com.

Other screenings covered by Medicare: Medicare also covers screenings to detect many illnesses at the earliest, most treatable stage (for example, mammography, depression, diabetes, heart disease, colorectal cancer, cervical cancer), with lower copays and deductibles. Visit www.medicare.gov to see what other preventive and screenings services are covered by Medicare.

Did you sign up with the Health Insurance Marketplace?

If so, you may be able to receive several preventive health services covered by your insurance with no deductible or copayment. Preventive health services for adults, women and children, which include important screenings and well checkups, are all a part of the benefits provided by Marketplace insurance. Visit www.healthcare.gov to read more on eligibility. If you would like to sign up for insurance but need help, call **870-793-8847**.

These are just a few of many resources available to help you in living a healthier life. Talk with your doctor, family and friends, and search the Internet to find out what other benefits may be available to you.



YOUR BY-THE-NUMBERS GUIDE TO PREVENTING AMERICA'S NUMBER-ONE KILLER.

7 STEPS TO BETTER HEART HEALTH

Steps that experts recommend you take to help prevent heart disease. Your doctor can tell you what each one means for you.

1

Reach & maintain a healthy weight.

2  3
OUT OF 3

Americans are **overweight**
(1 in 3 is obese)

2

Eat a healthy diet.



Percent of Americans who **fail** to eat a heart-healthy diet regularly

150 minutes

You should **exercise** each week (30 mins per day, 5x per week)

3

Exercise regularly.



4

Control blood pressure.



120 mm
80 Hg

A healthy blood pressure reading

100 mg/dL



Highest level your fasting blood sugar should reach

5

Manage blood sugar.

6

Quit smoking.

600,000

Number of people who die of heart disease in the U.S. each year (smoking increases your risk)

7

Reduce cholesterol.


200 mg/dL

Keep your cholesterol at this level or lower



Miguel Villagra, M.D., is an Internist specializing in Hospital Medicine at White River Medical Center.



WRHS has an online health library to help you learn more about heart diseases, heart attack symptoms, and a number of other illnesses or injuries.

Visit healthlibrary.whiteriverhealthsystem.com.



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 complementary 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: Prenatal Yoga 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 chiropractic and osteopathic treatments may reduce pain and help you function better, especially during the second and third trimesters.

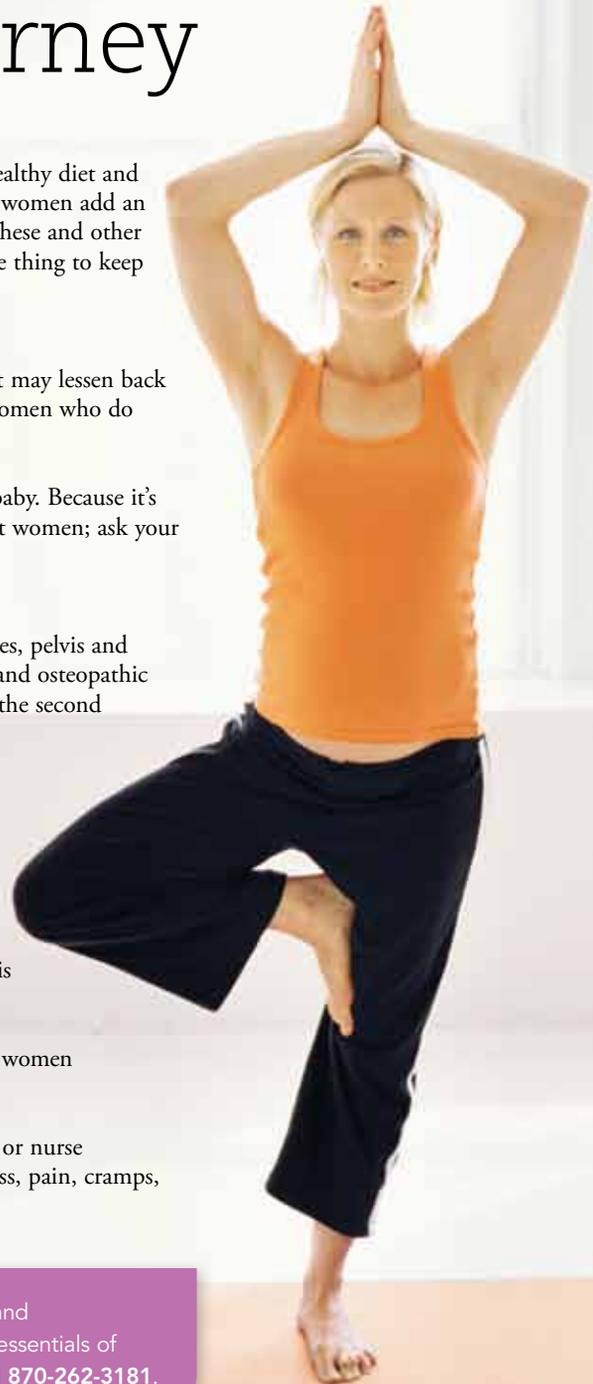
TIP: You may get the most benefit by combining chiropractic or osteopathic treatment with exercises recommended by your practitioner.

REDUCE TENSION THROUGH MASSAGE 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 nurse practitioner 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.



White River Medical Center offers monthly childbirth education and breastfeeding classes designed to teach expecting mothers the essentials of childbirth and newborn care. To find out more about these classes, call **870-262-3181**.

Spotting Shoulder Injuries

From throwing a ball to pushing a lawn mower, we rely on our shoulders to help us perform a number of activities. Normally, the shoulder has a wide range of motion, but its flexibility makes it more prone to injury. To keep shoulders healthy and pain-free, it's important to know how to spot and avoid injuries.

COMMON SHOULDER PROBLEMS

Shoulder problems can affect children and adults alike. Common shoulder problems and injuries include:

- **Shoulder instability.** If your arm is weak or it feels like your shoulder could slip out of place, it may be shoulder instability. This problem can affect young people and athletes who put extreme force on the shoulder. It often occurs when shoulder muscles are stretched beyond normal limits.



Jeff Angel, M.D., is a Board Certified Orthopaedic Surgeon and a member of the Medical Staff at White River Medical Center. He is in practice with J.D. Allen, M.D., and Dylan Carpenter, M.D., at Medical Park Orthopaedic and Sports Medicine Clinic. To make an appointment, please call **870-793-2371** or toll-free **800-585-2371**.

- **Strains and Sprains.** If you experience shoulder pain after suddenly increasing shoulder activity, you may have a strained shoulder. Strains are more common in middle age. But if you have severe pain, a misshapen shoulder and decreased movement, you may have a sprain. Sprains can occur from falling on a hard surface.
- **Dislocated shoulder.** A fall onto an outstretched arm—or a violent twisting—can cause a shoulder dislocation. With dislocation, you may experience swelling and shoulder pain that worsens with movement. If you think you have dislocated your shoulder, apply ice and seek immediate medical care.
- **Torn rotator cuff.** As physical activity decreases with age, the tendons surrounding the rotator cuff can lose strength and tear. This injury can occur by falling or trying to lift a heavy object with an extended arm. With a torn rotator cuff, you may have trouble moving the arm up or away from the body.
- **Frozen shoulder.** When a minor shoulder injury heals and scar tissue forms, you can develop a frozen shoulder. This extreme stiffness can occur at any age, though it happens most often in adults ages 40 to 60. It can also affect people with diabetes, thyroid disease, heart disease or Parkinson's disease. The major symptom with frozen shoulder is painful shoulder movement in any direction.
- **Arthritis.** Beginning as early as age 50, osteoarthritis can develop and cause painful movement. This injury commonly stems from overuse and occurs when the cartilage lining the shoulder bone wears away, causing the joint to enlarge.

TREATING SHOULDER INJURIES

Shoulder injury treatment can range from simple rest to surgery, depending on the injury and severity. The first treatment is usually RICE—Rest, Ice, Compression and Elevation. Treatment may also include stretching or physical therapy, and in some cases, your doctor may prescribe a nonsteroidal anti-inflammatory drug (NSAID) or a cortisone injection to reduce pain or swelling. If pain and stiffness persist after using the RICE treatment, contact your doctor.



Can We Help?

Rehabilitation often referred to as therapy, is provided to patients in our hospitals and at outpatient clinics (PROS) in Batesville, Cherokee Village and Mountain View. WRHS offers physical, occupational and speech therapy services as ordered by your physician. Visit www.whiteriverhealthsystem.com for more information.



You Can Get Help

Many treatment options—including hearing aids and surgical measures—can help people with hearing loss communicate better with others.

Thanks to advances in technology, hearing aids are now smaller and provide better sound quality than ever before. More hearing aids are now digital, which may provide better background noise reduction and offer more programming options to improve hearing in different settings.

For people with more serious hearing problems, special implants can be surgically inserted into the inner ear to restore some hearing.

Don't Keep Quiet About Hearing Loss—Seek Help

Hearing loss is one of the most common chronic medical problems in the United States. About 36 million Americans have lost some or all of their hearing.

People with impaired hearing may:

- Have difficulty hearing well over the telephone
- Think other people are mumbling, especially in noisy places
- Find it hard to follow a conversation when two or more people are talking at once
- Have trouble distinguishing between “s” and “th” sounds.

Hearing loss may be less detectable in young children. Symptoms may include:

- Not turning to look at people who are speaking
- Not following simple directions
- Not looking at objects when someone talks about them

WHAT CAUSES HEARING LOSS?

Hearing impairments are sometimes caused by easily treatable conditions, including excess earwax. Other causes include:

- Aging
- Birth defects
- Chemicals
- Head injuries
- Heart conditions
- Infections
- Some medicines
- Tumors

For people of all ages, however, exposure to loud noise is a major culprit. Nearly one-third of hearing problems are due, at least in part, to loud noise.

Sound levels close to those of a typical conversation probably won't cause damage. But louder noises can gradually produce permanent hearing loss after many years. That's because the damage to your ears from loud noises adds up over time.

Vacuum cleaners, lawn mowers, power tools, motorcycles, live or recorded music can produce dangerous sound levels. Even loud children's toys could be harmful.

A single loud noise, such as a gunshot, can immediately cause lasting damage.

SAVE YOUR EARS

People regularly exposed to loud noises should wear earplugs or other protective gear to reduce their risk.

Beyond ear protection, scientists are studying other ways to guard ears. The studies include certain drugs and even exercise, which may prevent noise-induced hearing loss.

PSYCHOLOGICAL EFFECTS

People with hearing problems must work

harder to understand others. This could result in fatigue, anxiety and stress. Some people with hearing loss may withdraw from social activities, which impacts their relationships with friends and family. They may even feel isolated or depressed.



If you're concerned that you may have a hearing problem, your doctor can check your ears and give you a simple hearing test. If you think your child has trouble hearing, talk to your family physician about getting referred to an ENT or Audiologist for further testing.



Brian Lawton, M.D., is an Ear, Nose & Throat physician on the Medical Staff at White River Medical Center. He is in private practice with Todd Rumans, M.D., at Batesville Surgery and CT Imaging. To make an appointment with Dr. Lawton, call **870-698-1846**.

Gary L. Bebow
CEO

Michele Wood
Director of Marketing

Sheila Mace
Public Relations Coordinator

Annie Solis
Marketing Specialist II

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Talking With Your Doctor About Allergy Treatment



If you have allergies, you're not alone. Roughly 50 million Americans experience some form of allergic disease, according to the American Academy of Allergy, Asthma & Immunology.

Lots of things can cause allergic reactions. Your doctor might suspect one of these common allergens is causing your symptoms:

- Animal dander
- Dust
- Food, such as the proteins in cow's milk, peanuts, eggs, wheat, soy, fish, shellfish and tree nuts
- Insect stings
- Latex, a type of rubber
- Medicines
- Mold
- Pollen

If you have allergies, treatments are available. They include medicine, allergy shots and avoiding substances that trigger your symptoms. Discuss the following with your doctor so that you can find the most effective form of relief.

YOUR SYMPTOMS

To help your doctor determine if you have an allergy, share your personal and family medical history. For example, have you or anyone in your family ever been allergic to anything?

Also, be specific about your symptoms. You might say, "My skin gets red and itchy, especially behind my knees, when it's humid

outside. It lasts for several weeks." Or, "I'm sneezing a lot and my eyes feel swollen, but it doesn't feel like I have a cold."

Allergy symptoms may include:

- Asthma
- Difficulty breathing
- Hives (itchy, red bumps on the skin)
- Itchy nose, eyes or roof of mouth
- Itchy, peeling, flaky skin
- Sneezing
- Stuffy or runny nose

In severe cases, an allergy can cause anaphylaxis—a serious allergic reaction that can cause shortness of breath, throat tightness, anxiety, vomiting, diarrhea and even death.

YOUR TESTING OPTIONS

Your doctor may send you to an allergist for testing. If so, ask which specific tests, such as an X-ray, a lung-function test, skin test or allergy blood test, would help determine the exact cause of your symptoms.

YOUR TREATMENT PLAN

Your doctor can help you develop an allergy treatment plan. This may include staying away from the allergen to avoid a reaction.

For some allergies, it may not be enough to simply stay away from the cause. In that case, your doctor may recommend medicine.

Allergy shots, which contain small amounts of an allergen, may also be an option. They work like a vaccine to slowly reduce your symptoms by steadily increasing your tolerance to an allergen.



Lackey Moody, M.D., is a member of the Medical Staff at White River Medical Center and has a private practice clinic in Batesville. For an appointment with Dr. Moody, please call **870-793-6887**.



If you're having problems with allergies, you can now get allergy tested at the Newport Diagnostic Clinic. Call **870-512-2500** to find out more. You may also get allergy tested at the Oak Park Medical Clinic in Batesville. Call **870-793-6887** for more information.