

# health matters

YOUR GUIDE TO HEALTHY LIVING | SUMMER 2018



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## Message from the CEO



Availability of qualified medical professionals is a strategic initiative of White River Health System (WRHS). The WRHS Board of Directors and medical community support our efforts to promote health careers and serve as a clinical training site through affiliations and partnerships with educational institutions.

The Medical Application of Science for Health (MASH) Program allows high school students to explore health careers. Sponsored by the University of Arkansas for Medical Sciences and Arkansas Farm Bureau, the two-week interactive camp promotes interest in health professions. White River Medical Center (WRMC) and Stone County Medical Center are proud of our long association with MASH and its sponsors.

Explorer Post 1710, our newest program, exposes students to healthcare through a series of interactive educational experiences. The semester long program introduces health careers to assist students in planning their education and career path. WRMC leaders George Latus and Maggie Williams direct the program and mentor students. Learn more about the program on page two.

These programs complement the post-secondary programs offered by our healthcare system. The Community Care Network is an innovative collaboration between WRHS, Lyon College, and the University of Arkansas Community College at Batesville. The program exposes students to the application of classroom principles and demonstrates how healthcare professionals make a difference in the lives of the patients they serve.

As a healthcare provider and employer, it is a privilege to serve the residents of north central Arkansas. We are focused on providing an environment where patients choose to receive care, employees desire to work, physicians want to practice, and families and visitors feel welcome. As you read this issue of *Health Matters*, we invite you to take advantage of the health information provided.

**Gary L. Bebow, FACHE**  
CEO

## Find the Watermelon

Find the watermelon in this issue. You could win a \$50 Walmart gift card! Submit your information by Friday, JULY 6.

Email: [contest@wrmc.com](mailto: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).



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# Students Get Firsthand Look at Health Careers



White River Health System (WRHS) and the Boy Scouts of America established Explorer Post 1710 to offer students age 14 to 20 interactive character and health career activities. Career-specific Explorer Posts connect young people with professionals and business resources to create a program of experiences to teach character, leadership, and life skills, as well as develop their interest in health careers.

The Explorer Post 1710 exists to educate young people in a variety of healthcare environments in an effort to provide them with experiences and mentorship that will guide them in their future career. During the program, students are exposed to various aspects of healthcare such as CPR training and certification, emergency medicine, occupational therapy, orthopaedic surgery, oncology, pharmacy, physical therapy, simulation training, and stroke care.

WRHS provides supplies and healthcare professionals for a hands-on experience. Activities such as casting, IV training, and Sim Man patient computer simulation develop interest in health careers.



**Get Involved** The Explorer Post students meet every other Thursday during the school year. For more information regarding the Explorer Post, call Maggie Williams at **870-262-6095** or Kristi Clark at **870-262-6145**.

# A Hop, Skip and a Jump: Do You Have an Irregular Heartbeat?

From time to time, your heart may flutter when you're excited, nervous or exercising hard. And if your heart's offbeat—also called an arrhythmia—goes away as quickly as it came about, it might seem like no cause for concern. But the whole picture is a little more complicated. It's a good idea to know when that fleeting flutter may be putting your health at risk.



**Bennett Rudorfer, MD**, is a Board-Certified Cardiovascular Disease and Interventional Cardiology Physician in practice at the WRMC Cardiology Clinic located inside the Diagnostic Clinic at WRMC. Dr. Rudorfer also sees patients in Heber Springs, Melbourne and Newport. He is a member of the Medical Staff at WRMC. He can be reached by calling **870-262-1600**.

## A CIRCUITRY PROBLEM

In order to have a healthy, regular heartbeat of about 60 to 100 beats a minute, the heart's four chambers must work in harmony with one another. A heartbeat is produced when an electrical signal travels through these chambers. If something goes wrong with this signal, your heartbeat may speed up, slow down or seem out of sync.

Heart disease is the biggest risk factor for arrhythmia. Other risk factors include:

- Alcohol
- Congenital heart conditions
- Recreational drug use
- Smoking cigarettes
- Some heart medications

## WHEN ARRHYTHMIAS SPELL DANGER

An irregular heartbeat is often harmless and needs no treatment. But sometimes, it signals a larger problem that can be too dangerous to ignore. An arrhythmia that happens on a regular basis, for instance, needs a doctor's attention. And don't wait to get help if your irregular heartbeat occurs with any of the following:

- Chest pain
- Fainting
- Fatigue
- Light-headedness
- Shortness of breath

It's also important to talk with your doctor if you have a history of heart disease and have noticed that you sometimes have an irregular heartbeat.

## WAYS TO TREAT THE BEAT

Treatments depend on the type of arrhythmia that you have. These tips may help you manage the condition:

- Eat a heart-healthy diet and exercise regularly.
- Avoid tobacco smoke and any other substances that contribute to your arrhythmia.
- Talk with your doctor about strategies for keeping your blood pressure at a healthy level.

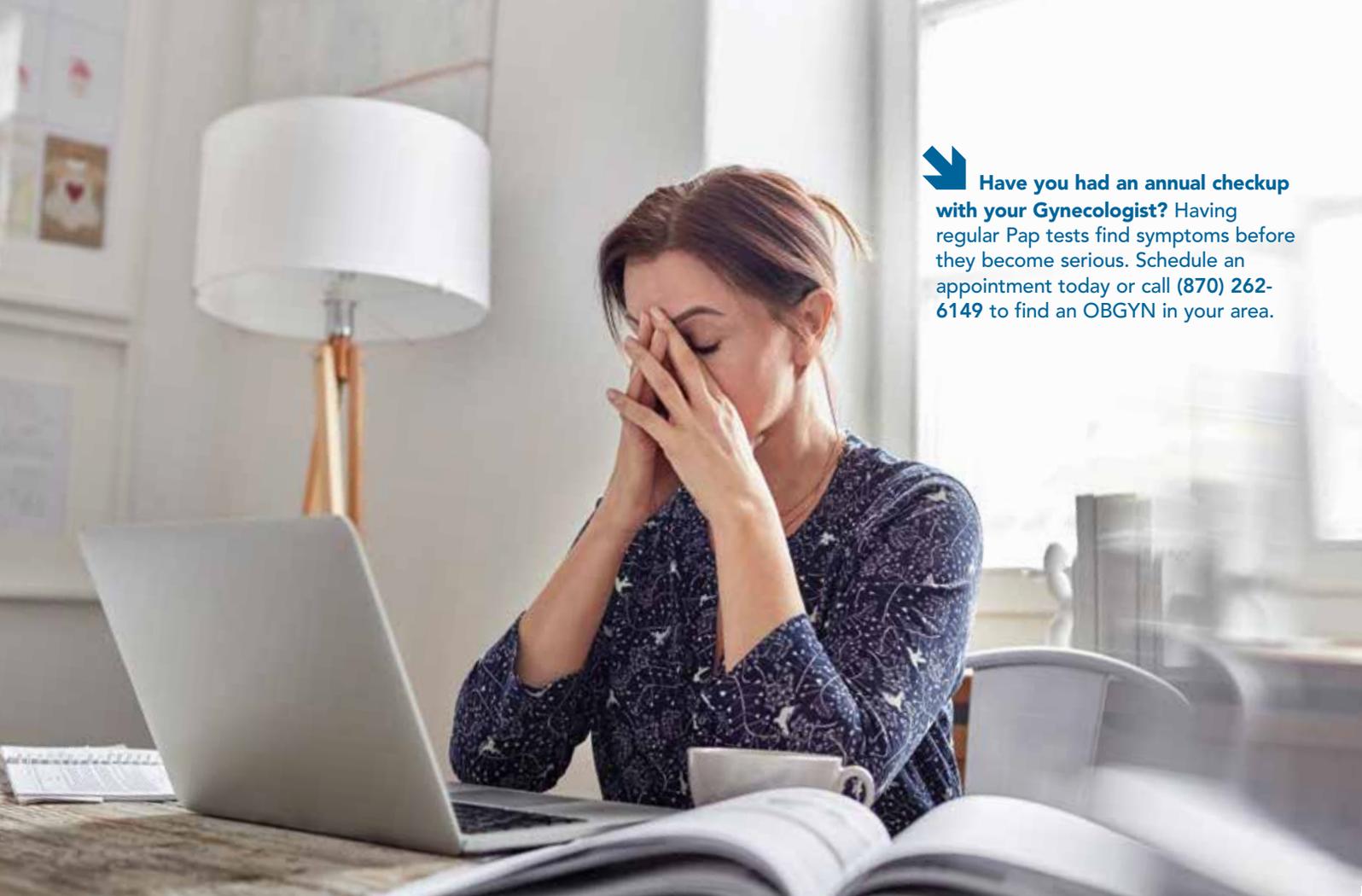
If the above treatments do not help, ablation, devices and medications may be considered for treatment.



At White River Health System, our Medical Staff includes cardiologists who specialize in diagnosing and treating patients with heart disease. We provide the newest technology available to get your heart back to normal. For more information, visit [www.whiteriverhealthsystem.com/services/heart-care](http://www.whiteriverhealthsystem.com/services/heart-care).



Cardiac Rehab at WRHS helps patients with heart conditions get back to living. Speak to your doctor for more information.



 **Have you had an annual checkup with your Gynecologist?** Having regular Pap tests find symptoms before they become serious. Schedule an appointment today or call (870) 262-6149 to find an OBGYN in your area.

## ‘What’s Causing My Pelvic Pain?’

*Pelvic pain is a common problem for women. It’s a general term for pain that occurs below the belly button. That includes pain in the lower belly, lower back and genital area. About 15% of women of childbearing age have pelvic pain lasting for at least six months. Many others experience it occasionally.*

Yet pelvic pain isn’t something you have to accept as part of being female; help is available. There are several possible causes for the pain, each with its own treatment. But the first step toward finding relief is always the same: seeing your doctor for an accurate diagnosis.

Women experience pelvic pain in various ways. The pain may be steady, or it may come and go. In some cases, it occurs at specific times, such as during a woman’s menstrual period or when she needs to use the bathroom.

### POSSIBLE CAUSES OF PELVIC PAIN INCLUDE:

- **Endometriosis**—a condition in which tissues normally found inside the uterus grow elsewhere in the pelvic region
- **Adhesions**—abnormal bands of tissue that form between pelvic organs and tissues
- **Pelvic floor disorders**—injury or weakening of the muscles and tissues that hold pelvic organs in place
- **Interstitial cystitis**—a condition that causes recurring discomfort in the bladder area
- **Urinary tract infection**—an infection in the kidneys, bladder or tubes that carry urine

If you’re a woman experiencing pelvic pain, see your doctor. In addition to asking about your symptoms and performing an exam, your doctor may use lab tests, imaging or an endoscopic procedure to track down the source of your discomfort.



**E.J. Jones, MD**, 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 at 888-EJJONES.



# Nursing Scholarships Support Educational Development

Since 1995, the White River Health System Foundation (WRHSF) Scholarship Program has helped deserving employees pursue a nursing education. A Foundation Scholarship rewards initiative and removes financial barriers for employees seeking career advancement. We are committed to supporting the education and professional development of those who devote their careers to saving lives and improving the lives of others through nursing. The following scholarships have provided more than \$236,000 to 87 employees!

**The Bonnie J. Bernard Memorial Scholarship (LPN to RN):** was established by Dick and the late Bonnie Bernard in 1996. Mrs. Bernard worked as a Registered Nurse at White River Medical Center (WRMC) from 1986 until her death in 2004. The Bernards established the scholarship because, as a nurse, Bonnie worked with many qualified and motivated nurses who were unable to advance their career due to financial issues and family commitments. For 18 years, the Bonnie J. Bernard Memorial Scholarship has provided LPNs a chance to grow both professionally and personally in their careers.

**Carl and Amy Shaver Nursing Scholarship (RN or BSN):** Amy Shaver founded this scholarship in 2007 with her husband, the late Carl Shaver. For many years, the Shavers generously gave their time volunteering and serving on boards at WRMC. Amy continues to serve today as an active volunteer.

**Lela Honkonen Educational Scholarship (RN or BSN):** given in 2005 in memory of Lela Honkonen to help employees seeking career advancement in nursing.

**Pat McClain Memorial Scholarship (RN or BSN):** was established in 2016 to honor the life and work of Pat McClain. Pat worked several years as a Registered Nurse for WRMC and an occupational health nurse at Future Fuel Chemical Company (formerly Arkansas Eastman). Pat had a great heart for serving others. The scholarship was established to honor her work and create a legacy to benefit others entering the field of nursing.



Amanda Cox, first recipient of the Pat McClain Memorial Scholarship, and Charles McClain Jr., M.D.

For more information, visit [www.whiteriverhealthsystem.com/foundation/scholarship-program](http://www.whiteriverhealthsystem.com/foundation/scholarship-program).



## New Fitness Center Coming This Summer!

Stone County Medical Center (SCMC) Physical Therapy and Cardiac Rehabilitation in Mountain View will be moving to a new location later this summer. It will soon be located adjacent to the brand new 6000 square-foot Stone County Health and Fitness Center, an independent community fitness center that is currently under construction. The fitness center will have state-of-the-art fitness equipment (strength and cardio), friendly and knowledgeable staff, personalized instruction, group classes and 24-hour access. Fitness center membership will be available to anyone over 14 years of age. It will also be accepting the Silver Sneakers program for seniors. In addition to being located next door to the new fitness center, the Physical Therapy, Sports Medicine, Cardiac and Pulmonary Rehabilitation departments will also be adjacent to and within walking distance of SCMC, thus ensuring patient safety and facilitating access to both facilities. We are looking forward to this collaborative effort to treat patients and promote health and fitness in Stone County.



STONECOUNTYMEDCENTER.ORG  



**John Akins, MD**, is an Orthopaedic Surgeon in private practice at White River Orthopaedic and Sports Medicine Clinic inside Ozark Orthopaedic & Hand Surgery Center and a member of the Medical Staff at Stone County Medical Center. He can be reached by calling **870-269-8300**.

# Hot or Cold: Which Can Help Your Pain?

*Two simple treatments that have been around for generations—ice and heat—are still some of the most effective ways to handle a number of ailments.*

Warmth can soothe pain by relaxing muscles, while cold relieves pain by reducing inflammation.

### WARM COMFORT

For stiff joints, tired muscles and spasms—such as those associated with neck or back injuries—choose heat. You can place a heating pad or hot water bottle on the area for 15 to 20 minutes at a time. Don't lie directly on the heating pad and be careful not to fall asleep.

### COOL COMFORT

Cold restricts blood flow and is best for treating acute pain from injuries like sprains, strains and fractures. Apply a cold pack for up to 20 minutes several times a day until swelling has disappeared. Do not place ice packs directly on the skin—some are colder than frozen water and can cause frostbite.

Contrary to popular belief, health experts do not recommend alternating between ice and heat treatments.



**Did you know?** White River Health System offers Physical Therapy to patients at our hospitals and at our outpatient clinics (PROS) in Batesville, Cherokee Village and Mountain View. Speak with your provider today regarding a referral.



## Hot and Cold Ideas

- To loosen morning stiffness, take a warm shower or bath.
- Wrap a bag of crushed ice or frozen vegetables in a towel to make a cold pack.
- Make a homemade heating pad by putting a wet washcloth in a freezer bag and microwaving it. Wrap the hot pack in a towel before placing over the affected area.



## Strawberry Yogurt Shake

- ½ cup unsweetened pineapple juice
- 1½ cups frozen, unsweetened strawberries
- ¾ cup plain, low-fat yogurt
- 1 tsp. granulated sugar



1. Add all the ingredients—in the order they are listed—to a blender.
2. Puree at medium speed for 30 to 45 seconds, or until thick and smooth.
3. Serve immediately.

**Yield:** 2 servings **Serving size:** 1¼ cups  
**Each serving provides:** Calories: 136,  
Cholesterol: 4 mg, Sodium: 63 mg, Fiber: 2.6 g



**Witold Czerwinski, MD**, is a Board-Certified Psychiatrist. He is in private practice in Batesville and is a member of the Medical Staff at White River Medical Center. He can be reached by calling **870-793-2800**.

# Coping with Depression

*According to the National Institute of Mental Health<sup>1</sup>, an estimated 16.2 million adults in the United States have suffered from at least one episode of Major Depression.*

## SYMPTOMS OF DEPRESSION INCLUDE:

Common symptoms of depression include:

- Sad or depressed mood
- Lack of energy or feelings of excessive tiredness
- Decreased enjoyment and participation in life activities
- Excessive feelings of guilt
- Feelings of helplessness or worthlessness
- Difficulty sleeping or sleeping too much
- Irritability or mood swings
- Poor appetite or in some cases overeating
- Difficulty concentrating and memory loss
- Difficulty making decisions
- Suicidal thoughts or wishes for death

Many individuals experience mild depression at some point in their lifetime as they adapt to life stressors such as the death of a family member, divorce, financial struggles, or a debilitating medical illness. However, if these symptoms last for greater than two weeks; it may indicate a major depressive episode, which often requires treatment from a medical professional.

Individuals with chronic medical illness have a greater risk of developing major depression. Illnesses such as Alzheimer's disease, Parkinson's disease, or stroke may directly increase the risk of depression related to changes made in the brain<sup>2</sup>. In addition, prolonged depression can increase the risk of developing a chronic medical illness such as heart disease or diabetes.

## TREATMENT OPTIONS

Depression is a treatable disease and complete recovery is possible. Prompt treatment usually equals better outcomes. Several options are available, and the right treatment plan can be developed by working with your doctor or mental health provider. Medications have been shown to be effective in treating depression. Psychotherapy (counseling) can assist individuals in finding new ways to cope with difficult life situations. Additional strategies to combat depression include working to reinvest in life by becoming involved in activities with family and friends. Physical activity such as walking or other exercise routine can improve mood and energy levels. Finally, a healthy diet is important in combating both depression and other chronic illnesses.



**White River Health System provides Behavioral Health appointments through Telemedicine.** Patients can see their psychiatrist virtually in the comfort of their family provider office. For more information, call **(870) 262-1440**.

## References

1. National Institute of Mental Health. (2017a). Chronic illness and mental health. Retrieved from <https://www.nimh.nih.gov/health/publications/chronic-illness-mental-health/index.shtml>
2. National Institute of Mental Health. (2017b, November). Major Depression. Retrieved from <https://www.nimh.nih.gov/health/statistics/major-depression.shtml>



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

# Screenings Help Prevent Cancer

*When weighing your prevention needs, be sure to include screening for cancer. Screenings can help find cancers earlier, when they may be easier to treat. People at high risk for certain diseases may need earlier or more frequent screenings. Which tests you should have depends on your family history, your age, your sex and other factors. Talk with your provider to learn more about the type and frequency of screenings best suited to you.*

## Here are some general screening guidelines

TYPE OF SCREENING	WHO NEEDS THE SCREENING?	WHEN OR HOW OFTEN?
<b>CERVICAL CANCER</b>		
Pap test	Women ages 21 to 65	The United States Preventive Services Task Force suggests that most women should get a Pap test once every three years. Women ages 30 to 65 can choose to instead have a Pap test once every five years along with a human papillomavirus test every five years. Women older than age 65 who have had normal screenings and do not have a high risk for cervical cancer do not need Pap tests. Talk with your provider about testing based on your personal health and risk factors.
<b>BREAST CANCER*</b>		
Mammography	Women ages 45 to 54	Every year
Mammography	Women ages 55 and older	Every two years, or the opportunity to continue annual screenings
<b>PROSTATE CANCER</b>		
Prostate-specific antigen test	Men ages 50 and older	Discuss with doctor yearly
<b>COLON AND RECTAL CANCER</b>		
Preferred, if available:		
Flexible sigmoidoscopy	Adults ages 50 and older	Every five years
OR: Colonoscopy	Adults ages 50 and older	Every 10 years
OR: Double-contrast barium enema	Adults ages 50 and older	Every five years



**Looking for a doctor?** Let our experts help. Call 870-262-6149 to receive a **FREE** provider directory.