

WINTER 2013 [www.crh.org](http://www.crh.org)

# healthy TOMORROW

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Our Sleep  
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COLUMBUS  
REGIONAL  
HEALTH

*thinking beyond*

## The Top 5 Signs of a Stroke

Stroke is one of the leading causes of disability and death in the U.S. The five major signs, which appear suddenly, are:

1. **Confusion or trouble understanding or speaking**
2. **Numbness or weakness of the face, arm or leg, especially on one side of the body**
3. **Vision problems in one or both eyes**
4. **Dizziness, loss of coordination or difficulty walking**
5. **Severe headache with no known cause**

Other symptoms include nausea or vomiting. Knowing these warning signs may be especially important if you or a loved one is at high risk for a stroke.

During a stroke, the blood supply is cut off to the brain. The longer the blood flow is stopped, the greater the damage. That's why stroke is considered a medical emergency. It's important to call 911 immediately to get help as quickly as possible.

Columbus Regional Health has been recognized by the AHA with silver and bronze level awards, noting the highest standard in stroke care excellence. Find out more at [www.crh.org/stroke](http://www.crh.org/stroke).

## What If Your Blood Pressure's Just a Little High?

**When it comes to blood pressure, you** just might be in for a surprise. Federal health guidelines currently put about 45 million Americans in a category called "prehypertension." This category was created to warn people of the dangers of developing full-fledged high blood pressure — including heart disease, stroke, eye problems and kidney disease.

Experts consider optimal blood pressure to be lower than 120/80 mm Hg. Readings between 120/80 and 139/89 are considered prehypertension, even if just one of the numbers falls in that range.

Research shows that damage to the cardiovascular system from increased blood pressure can begin earlier than doctors previously realized.

Health experts recommend having your blood pressure checked at least every two years, beginning at age 18.

Fortunately, recent studies show that making certain lifestyle choices can lower your chance of developing high blood pressure, even if you already have prehypertension. These include the following:

- Maintain a healthy weight.
- Exercise at least 30 minutes a day on most days of the week.
- Limit alcoholic beverages to one daily drink for women, two for men.
- Consume less than 2,300 mg of sodium a day — about the amount contained in 1 teaspoon of table salt. Older adults, African-Americans and people with high blood pressure should aim for 1,500 mg or less.
- Eat foods rich in calcium, potassium, magnesium and folate.

Columbus Regional Health's Heart and Vascular Center is dedicated to providing the best quality of care with 24 hours a day, seven days a week emergency interventional cardiology coverage. To learn more go to [www.crh.org/heart](http://www.crh.org/heart).



U.S. News and World Report recently ranked Columbus Regional Health among the best hospitals in the nation. CRH is ranked 13th in Indiana (out of 167 Hoosier hospitals).

## Keep Kids Safe from Cyberbullying

Bullies of the past did their dirty work on the playground. But today, bullies often go unseen and unknown. They walk the virtual streets of cyberspace.

Cyberbullying takes place when someone uses electronic media — the Internet, a cellphone or some other device — to send or post messages or images to emotionally hurt or embarrass another person. It's also known as electronic aggression.

For example, a teen might pretend to be someone else online to trick a classmate into giving personal information. Some-

one might post sensitive information about another person. Or a cyberbully might send a teasing or threatening instant message.

You can take steps to help teens stay safe and act responsibly as they use today's technology:

- Keep the computer in a "public" space, such as the family room. Keeping track of children's online activities may reduce the risk that they'll become victims of electronic aggression — or commit it themselves.
- Talk with your child about what he is doing online.

- Explain that cyberbullying is harmful behavior you will not tolerate. Review your expectations for online behavior. Make it clear there will be consequences for unacceptable behavior.
- Tell your child you may review her online communications if you think there is reason for concern.
- Consider installing software that lets you control or track your child's online activity.

**For more information,** visit the National Crime Prevention Council website at [www.ncpc.org/cyberbullying](http://www.ncpc.org/cyberbullying).

# A Personal Story of Breast Cancer

**Finding out she had breast cancer was** “almost like a hit in the gut” according to Laura Curtis, a nurse at Columbus Regional Hospital.

She originally became concerned after she found a lump in her breast during a self-breast exam. Laura went to her primary care physician to get an opinion about the lump and was advised to go to Columbus Regional Health’s Breast Health Center for further examination. Following a mammogram ultrasound and a breast biopsy, Laura was diagnosed with breast cancer.

During her breast cancer treatment Laura worked closely with Breast Health Center Nurse Navigator, Beth Staker, who held her hand, helped her understand the details of her treatments, and supported her throughout the treatment process and emotional journey.

To hear Laura’s story, go to [www.crh.org/breast](http://www.crh.org/breast) and click on the video link.

**All women 40 and older should have an annual mammogram** and women in their 20s should begin performing a self breast exam each month. Being aware of what is normal may help to identify changes in breasts. These two preventive measures play a central part in the fight against breast cancer. In most cases, mammography can identify an abnormal breast mass as much as two years before it can be detected by touch. Call Columbus Regional Health’s Breast Health Center at **812-376-5064** to schedule your mammogram today! For more information, go to [www.crh.org/breast](http://www.crh.org/breast).



Laura Curtis, a nurse at Columbus Regional Hospital, received support and treatment for breast cancer.

## CAN DIET PREVENT BREAST CANCER?

By eating some foods and avoiding others, women may reduce their risk of breast cancer. Here’s how:

- Try soy. A chemical in soybeans may offer protection from breast cancer.
- Limit red and fried meats to less than 3 ounces a day.
- Add fiber through whole grains and beans.
- If you drink alcohol, limit yourself to one drink daily or less.
- Keep fat to less than 20 to 35 percent of your daily calories. A diet higher in total fat may contribute to breast cancer. But research is unclear about whether certain types of dietary fat increase breast cancer risk.

It may also help to eat more fruits and vegetables. Some studies have suggested a link between eating more fruits and vegetables and a lowered risk of breast cancer. But other studies haven’t confirmed these findings. It may be that only specific fruits and vegetables are protective. Until more is known, it’s probably best to eat a wide variety of these foods.

The government’s dietary guidelines suggest 2.5 to 3 cups of vegetables and two cups of fruit daily. Loading up on fruits and vegetables and limiting fat may offer an added benefit: weight management. Being overweight may raise a woman’s risk of breast cancer.



**Columbus Regional Health’s Breast Health Center** has been designated a Breast Imaging Center of Excellence (BICOE) by the American College of Radiology (ACR), which recognizes breast imaging centers that have earned accreditation in mammography, stereotactic breast biopsy and breast ultrasound.





# How Doctors Examine Your GI Tract

**Not all gastrointestinal (GI) ailments** show up clearly on an X-ray. Instead, doctors often need to take a look from the inside.

They do this by inserting a thin, flexible tube-shaped instrument into your GI tract. This tube has a light and a small lens that transmits images to a video screen. Doctors can look at the images for abnormal growths, ulcers, signs of cancer or other health problems. They also can insert tools through the tube to take a tissue sample for testing, remove a growth or seal a site that's bleeding.

These are three common procedures to view the GI tract:

- **Endoscopy** — A tool called an endoscope is inserted through your mouth and down your throat to view your esophagus, stomach and upper small intestine.
- **Colonoscopy** — A tool called a colonoscope is inserted through your rectum to view your large intestine and rectum.
- **Sigmoidoscopy** — A tool called a sigmoidoscope is inserted through your rectum to view the lower third of your large intestine and your rectum.

To get a clear picture, the GI tract must be empty. So patients receive instructions before the test about what to eat and whether to drink a special cleansing liquid, take a laxative or have an enema.

Usually doctors give a sedative before the test to help you feel comfortable and relaxed. Some people experience pressure or have mild cramping during a colonoscopy or sigmoidoscopy. All three procedures can cause bloating because the tube inflates your GI tract with air for better viewing.

## Colon Screenings Save Lives in 2 Ways



**Many screenings spot cancer early,** when it's most treatable. But colonoscopies have another lifesaving benefit.

Most colorectal cancers begin as growths called polyps. If your doctor sees polyps during your colonoscopy, he or she can remove them right then and there. And according to a new study in the *New England Journal of Medicine*, this reduces your risk of dying from the disease by half.

So, not only can colonoscopies catch cancer, they also can catch growths before they become cancer.

Most people should get colonoscopies every 10 years beginning at age 50. Talk with your doctor about the right timing for you. You may need to start earlier if you have a family history of colorectal cancer, inflammatory bowel disease or other risk factors.

Other colorectal cancer screenings include the following. Ask your doctor which test you should have.

- Flexible sigmoidoscopy every five years
- Double contrast barium enema every five years
- Fecal occult blood test annually
- Fecal immunochemical test annually
- Stool DNA test

**Columbus Regional Health's new Endoscopy Center** will open January 2013 to provide convenient, high-quality access to digestive health services and screening colonoscopies for patients. Visit our website at [crh.org](http://crh.org) for more information in the coming weeks.

# Women and Heart Disease

**When it comes to heart disease, many women are** unaware that it's their leading cause of death. While heart disease death rates have declined over the last 30 years, the decline has been slower for women, and women are less likely than men to survive a heart attack.

Fortunately, there's a positive side. There are ways to control your risk factors and protect yourself against heart disease. And if you're living with heart disease now, making healthy lifestyle choices can help prevent it from getting worse.

## KNOW YOUR RISK FACTORS

The chance of developing heart disease depends on some things you can't control, such as age. At around age 55, a woman's risk for heart disease jumps. Genes matter, too. Women who have a parent or sibling with heart disease have a greater risk. You can't do anything to change these risk factors but it's important to reduce as many risk factors as you can.

## EMBRACE A HEALTHY LIFESTYLE

Follow these guidelines for women from the American Heart Association:

- If you smoke, quit. Ask your healthcare provider about counseling, medications such as nicotine-replacement patches or gum, and local smoking-cessation programs.
- Get regular exercise. It helps manage cholesterol, blood pressure, diabetes and weight. A goal of at least 30 minutes on most days, if not all, is good.
- Choose healthy foods. Emphasize vegetables, fruits and low-fat dairy products. Eat fish at least twice a week. Limit saturated fat and sodium and drink alcohol only in moderation.

**Columbus Regional offers the most comprehensive heart care services in the area. Don't wait to seek treatment if you are experiencing the symptoms of a heart attack — every minute counts.**



## SLEEPY? GIVE IT A REST

In today's busy society, a lot of us cut back on sleep to save time. But people who say they can get by on five or six hours of sleep a night, night after night after night, probably aren't doing their best work or living a healthy lifestyle.

Chronic lack of sleep can increase your blood pressure and contribute to stress, car accidents, weight gain, judgment errors and poor work performance.

To see if you're getting enough rest, answer these questions:

- Do you have trouble falling asleep, staying asleep, waking up on time or feeling refreshed after sleeping?
- Do you have at least one of the following problems?

- ☐ Low energy
- ☐ Attention, concentration or memory problems
- ☐ Poor work performance
- ☐ Daytime sleepiness
- ☐ Making errors at work or while driving
- ☐ Frustration or worry about your sleep

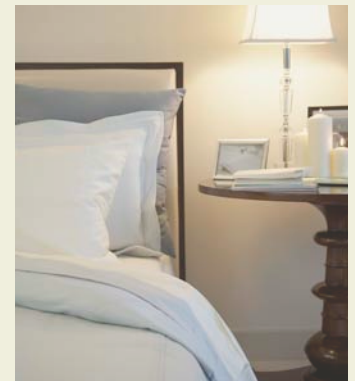
If you answered yes, it's likely you're not getting enough sleep.

Self-care tips include avoiding caffeine and nicotine, lowering alcohol intake, getting daily exercise and taking it easy before bedtime.

Managing worry and stress by learning and practicing relaxation therapies, such as visualization, deep breathing, meditation or yoga, can help. If depression or anxiety is part of the equation, seek help from a mental health professional.

If these self-help tips leave you yawning, see your doctor. You could have a sleep disorder, such as sleep apnea or restless legs syndrome, or you may be taking medications that interfere with sleep. Talk to your primary care physician about a referral to a sleep specialist.

**Columbus Regional Health's Sleep Diagnostic Center** offers comprehensive sleep testing and sleep disorder treatment that can help you return to a restful night's sleep. We can conduct testing day or night according to the patient's sleep schedule. Learn more at [www.crh.org/sleep](http://www.crh.org/sleep).



## What's on Your Holiday Plate?

Do you know what an appropriate serving size is? How about the calories in common holiday foods? Put your nutrition know-how to the test.

**1. A 3-ounce portion of roast turkey or ham is the size of a:**

- A. CD
- B. Deck of cards
- C. Paperback book

**2. A serving of stuffing or mashed potatoes is:**

- A. 1/2 cup
- B. 1 cup
- C. 2 cups

**3. A healthy plate ...**

- A. Is half-filled with vegetables and fruits
- B. Contains no starchy foods
- C. Is about one-quarter-filled with lean protein, such as meat, fish or poultry

**4. Which beverage is lowest in calories?**

- A. Eggnog
- B. Red wine
- C. Nonalcoholic fruit punch

**5. Which dessert has the most calories?**

- A. Chocolate cake
- B. Pecan pie
- C. Jumbo ginger molasses cookie

- 1. Answer: B
- 2. Answer: A (1/2 cup is the size of half a tennis ball)
- 3. Answer: A and C
- 4. Answer: C (115 calories per cup); a 5-ounce glass of red wine has 120 calories; a cup of eggnog has 225 calories.
- 5. Answer: B

**If you need help** keeping the winter weight off this season, sign up for wellness classes or join our Fitness Facility located in the beautiful Mill Race Center. For more information, call **812-376-5808** or go to **[www.crh.org/wellness](http://www.crh.org/wellness)**.

## Choose My Plate

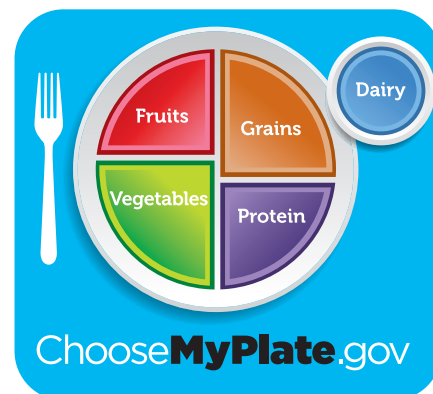
**The My Plate plan is a guideline from the USDA and the U.S. Department of Health and Human Services to help you eat a variety of foods while encouraging the right amount of calories and fat.**

My Plate is divided into five food group categories, emphasizing nutritional intake of the following:

**Grains:** Foods that are made from wheat, rice, oats, cornmeal, barley or another cereal grain are grain products. Examples include whole wheat, brown rice and oatmeal.

**Vegetables:** Vary your vegetables. Choose a variety of vegetables, including dark green, red and orange, legumes (peas and beans), and starchy vegetables.

**Fruits:** Any fruit or 100 percent fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up or pureed.



**Dairy:** Milk products and many foods made from milk are considered part of this food group. Focus on fat-free or low-fat products, as well as those that are high in calcium.

**Protein:** Go lean on protein. Choose low-fat or lean meats and poultry. Vary your protein routine — choose more fish, nuts, seeds, peas and beans.

Oils are not a food group, yet some, such as nut oils, contain essential nutrients and can be included in your diet. Others, such as animal fats, are solid and should be avoided.





# Robotic Approach to GYN Issues

*Abnormal bleeding and pelvic pain are common and can have many causes.*

**Uterine fibroids are noncancerous** tumors that grow within the walls of the uterus. They are especially common in women of childbearing age. Fibroids can cause heavy periods, bleeding between periods and pain during intercourse.

Endometriosis occurs when tissue that normally grows inside the uterus grows elsewhere, such as on the outside of the uterus or on other organs in the pelvis or abdomen. It can cause very painful menstrual cramps and chronic, even severe pain in the pelvis and lower back. Other symptoms include spotting between periods and painful urination during your period.

Abnormal hormone levels or thyroid problems also can cause irregular bleeding.

Treatment may include medicines that can help reduce bleeding and ease pain. In some procedures, such as ablation, the lining of the uterus is removed to control heavy bleeding. Embolization is done to cut off blood supply to fibroid tumors and helps to shrink them.

George Albers, M.D., Dan Davis, M.D. and Brian Williams, M.D. perform robotic surgery for gynecology procedures at Columbus Regional Health. Robotic surgery may reduce patients' length of stay and return them to their regular activities sooner. Visit [www.crh.org/robotics](http://www.crh.org/robotics) to learn more.



George Albers, M.D.  
Southern Indiana OB/GYN  
**812-376-3311**



Dan Davis, M.D.  
Southern Indiana OB/GYN  
**812-376-3311**



Brian Williams, M.D.  
OB/GYN Associates  
**812-372-1581**

Surgery is another option. When pelvic pain or abnormal bleeding is severe or when other treatments fail, a woman may choose to have a hysterectomy. This is surgery to remove the uterus.

Hysterectomies are quite common — one in three U.S. women has had this operation by age 60.

There are different types of hysterectomies. Some involve an incision through the abdomen, while others are performed through an incision in the vagina. The operation also may be done with smaller incisions and less invasive techniques.

After all types of hysterectomy, a woman stops having her period and cannot become pregnant. She also may have menopausal symptoms, such as hot flashes.

If you have pelvic pain or heavy or abnormal bleeding, be sure to see your doctor. Your doctor can help you find the cause, and can work out the best course of treatment for you.

## Winter Calendar of Events

All sessions are free.

### SUPPORT GROUPS

#### **Wings for the Journey Bereavement Support Group**

Meets the third Tuesday of each month  
from 7 – 8:30 p.m.

For more information, call **812-378-0955**.

#### **Parkinson's Support Group**

Meets the fourth Monday of each month  
For more information, call **812-376-5373**.

#### **Ostomy Support Group**

Dates and times vary.

For more information, call **812-376-5298**.

#### **Brain Injury Support Group**

Meets the first Tuesday of each month

For more information, call **812-376-5861**.

#### **Beginning Again – Eight-week grief support group for adults**

For more information, call **812-314-8042**.

#### **Better Breathers Club – A support group for adults with chronic lung disease**

Meets the first Wednesday of each month

For more information, call **812-376-5757**.

**For more information** about the above listed support groups or other community events, visit [www.crh.org/events](http://www.crh.org/events).

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# Neuropsychological Services at Columbus Regional Health

**Are you or someone you know experiencing problems** with memory loss or thinking? Have you noticed changes in concentration, organization, reasoning, language, perception, coordination or personality? If so, a neuropsychological evaluation may be needed.

## POINTS TO CONSIDER

This evaluation helps you and your doctor understand how your brain is functioning and can be helpful to:

- Establish a “baseline” or document a person’s skills and abilities before there is a problem.
- Identify neuropsychological strengths and weaknesses, and problems related to medical conditions that can affect memory and thinking. Medical problems could include diabetes, metabolic or infectious diseases or alcoholism.
- Determine if a patient has Alzheimer’s disease, has suffered a stroke or is depressed.
- Determine if a patient has problems in everyday life, like managing money, driving or readiness to return to work or school.
- Evaluate the effectiveness of drug or surgical treatments or the course and progression of disease before and after treatment.

## WHAT HAPPENS?

The evaluation includes:

- A detailed clinical interview with patient and family.
- Neuropsychological testing of motor and sensory skills, attention, language, visual-spatial skills, memory, executive function/problem solving and mood
- A feedback session where all test results and recommendations are discussed with the patient and family.

## Our Neuropsychologist



Yuko Yamato, Psy.D.

Yuko Yamato, Psy.D., provides neuropsychological evaluations in our acute care, inpatient rehabilitation unit and at our outpatient neuropsychology department located in our main hospital campus. She is a licensed psychologist with advanced training in the assessment and treatment of neurological disorders. Dr. Yamato completed her training at the Graduate School of Professional Psychology at University of Denver and a post doctorate neuropsychology fellowship at the University of Missouri. Talk with your healthcare provider for a referral, and call **812-372-3035** to schedule an appointment.