

SUMMER 2006

Health Connection

THE MAGAZINE OF EVANSTON REGIONAL HOSPITAL

Just for you

Healthy Woman comes to Evanston Regional Hospital!

Getting your family through cold and flu season

Number crunching

Managing high cholesterol

The whole-grain truth

You've found a breast lump: Now what?

If the thought of finding a lump in your breast scares you, you're not alone. After all, many of us know someone who has had breast cancer. But some of us are so frightened that we avoid getting mammograms—the very habit that could save our lives if breast cancer develops. If you're in that group, you'll be glad to hear that four in five breast lumps turn out to be noncancerous. Here's a description of some common breast conditions:

Fibroadenoma: a smooth, solid, round painless lump that moves easily and can feel like a marble. Occurs most often in African-American women and women under age 30.

Fibrocystic breast changes: solid or fluid-filled lumps that

increase in size and tenderness five to seven days before each menstrual period.

Cyst: a smooth, fluid-filled lump often sensitive to the touch before the menstrual period. Typically appears in women between ages 35 and 50.

Lipoma: a soft and slow-growing painless lump that moves freely.

Intraductal papilloma: a small, wartlike growth near the nipple that may cause bleeding from the nipple. Occurs most often in women in their 40s.

Mammary duct ectasia: a thick, sticky, gray to green discharge from the nipple.

Mastitis: a warm, tender, lumpy area on the breast that appears red. Most often affects breast-feeding women.

Traumatic fat necrosis: painless, round, firm lumps that can result from a bruise or a blow to the breast. Occurs in older women and women with large breasts.

WHAT HAPPENS IF YOU FIND A LUMP?

If you find a lump, see your healthcare provider. He or she will do a clinical breast exam and may recommend one or more of the following tests and procedures:

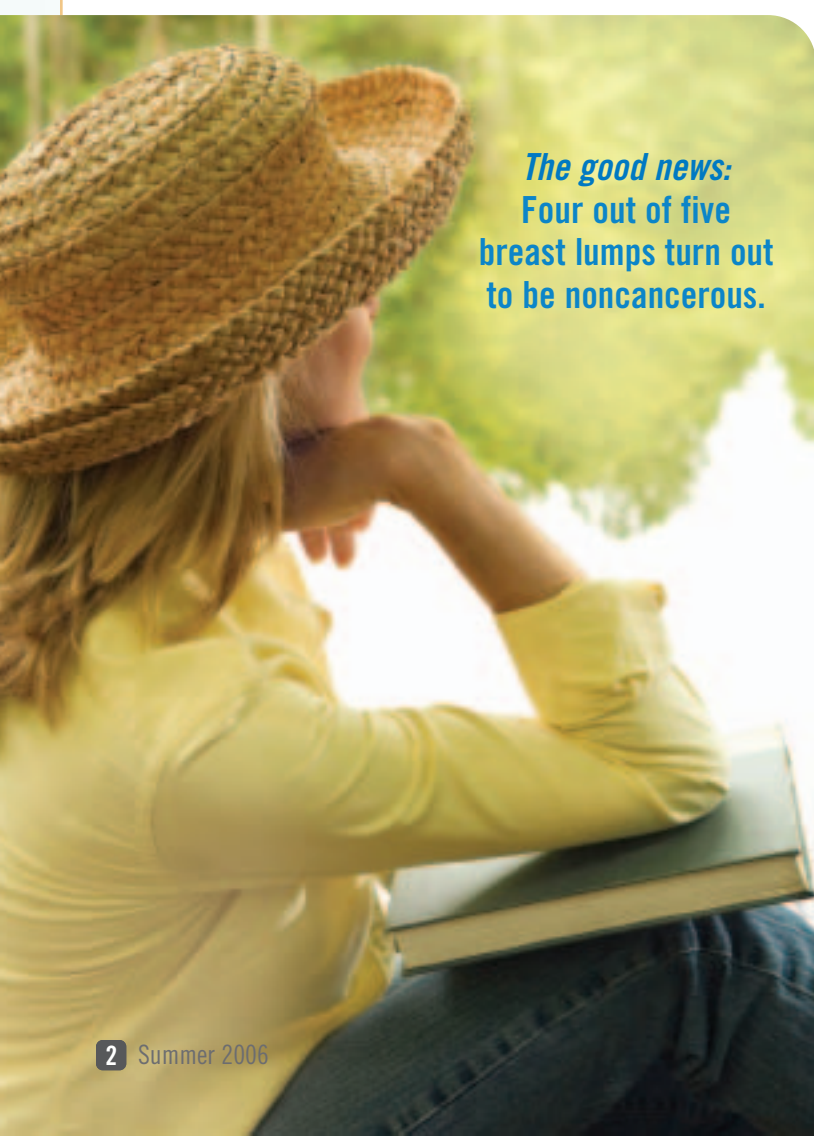
Mammography, or breast X-ray, may be recommended to determine the lump's size and location.

Ultrasound examination can determine whether the lump is a fluid-filled cyst or a solid mass.

Fine-needle aspiration is an in-office procedure. Fluid is drawn out of the lump with a thin needle. If the fluid is clear and the cyst disappears, you won't need a biopsy. If the fluid is bloody or the mass is solid, your doctor probably will recommend biopsy.

Stereotactic biopsy removes a small tissue sample with a thin needle for analysis. Computerized imaging guides the needle with pinpoint accuracy to the exact location to be sampled.

Surgical biopsy usually is performed on an outpatient basis. Normally, the surgeon removes the whole lump, but in certain cases he or she will remove only part of it. The tissue is sent to a lab where a pathologist will examine it for cancerous cells.



The good news:
Four out of five
breast lumps turn out
to be noncancerous.



IF PREVENTION DOESN'T WORK

Both a cold and the flu typically involve a runny nose, sneezing, sore throat, cough and fatigue, but only flu characteristically features headache, high fever and that all-over-achy feeling.

Some people are at higher risk for complications from the flu than others and should get prompt medical care instead of trying to self-treat. These include:

- people over age 65
- children and adults with a chronic health condition, such as asthma or diabetes, or a weakened immune system
- pregnant women
- infants and young children
- anyone who lives with children or others at high risk
- healthcare workers and caregivers who are in contact with children or others at high risk

Prescription antiviral medications such as oseltamivir (brand name: Tamiflu) can help shorten the duration of the flu and prevent you from getting sicker if taken within the first 48 hours of symptoms.

If symptoms suddenly worsen, linger more than a week and are accompanied by a dry, hacking cough, the flu might have developed into viral pneumonia. Thick, rust-colored mucus along with a cough may signal bacterial pneumonia. Both types of pneumonia require medical attention.

Easing the sneezing

Surviving cold and flu season

Autumn is almost upon us. Soon it will be time to rake the leaves, pull out the sweaters and pray the kids don't catch something at school that knocks the whole family out of commission for a week.

But with a few simple precautions, parents and children can keep colds and flu away—or at least from spreading. Here are some basic tips to avoid getting sick, whether you're 2 years old or 90:

- Wash your hands several times a day with soap and water—and even more frequently if you're around anyone with a cold.
- Keep your hands away from your eyes, nose and mouth.
- Cover your mouth and nose with a disposable tissue when you sneeze or cough. Then wash your hands.
- Protect and strengthen your immune system by getting enough rest, exercising regularly and eating a healthy diet that includes lots of fruits and vegetables.
- Don't share eating utensils or drinking glasses.
- Avoid crowds of people where germs may spread.
- Most important: Keep annual flu vaccinations up to date.

Call your pediatrician or primary care provider if ...

Your sick child has any of these symptoms:

- labored breathing, often signaled by the abdomen rising and falling dramatically
- a fever of approximately 102° F that acetaminophen (brand name: Tylenol) can't control or that's present for more than three days
- inconsolable crying or irritability
- blood in vomit or stool
- recurring vomiting or loose stools
- greatly diminished food or fluid intake
- pulling or tugging at the ears, which may indicate an ear infection





Women enjoyed health discussions, a fashion show and great prizes at Evanston Regional Hospital's Women's Weekend in March.

Healthy Woman comes to Evanston Regional Hospital!

Evanston Regional Hospital has introduced the Healthy Woman program to empower women with the knowledge and confidence to make informed healthcare decisions for themselves and their loved ones. "We're so happy to have this wonderful program here at the hospital," says Evanston Regional Hospital marketing director Mark Hiatt. "It's a beneficial program for any woman who wants to learn more about their health and the health of their families."

On March 24, Evanston Regional Hospital kicked off the Healthy Woman program to women of southwest Wyoming at Davis Middle School. The kickoff event featured a dinner provided by the Elks Lodge, as well as nationally known keynote speaker Suzanne Metzger, Ph.D. The next day, Evanston Regional Hospital hosted the Women's Weekend; this year's theme was "The Creative Woman."

Keynote speaker and interior designer Jill Grover spoke about decorating your home the way you want to. The event also included breakout sessions, lunch, a fashion show and door prizes. The entire event was a success. In fact, many attendees said they plan to attend future Women's Weekend events.

Every year in March, Evanston Regional Hospital will hold a Women's Weekend including a Healthy Woman Anniversary Dinner and Women's Conference. It's all part of Evanston Regional Hospital's commitment to helping women in the community understand healthcare better. "Evanston Regional promotes understanding healthcare and all the issues that accompany it for women," says

Hiatt. "We truly want to make a connection with women and help them become informed. These events are so fun, entertaining and educational, and we hope our Women's Weekend event will continue to grow over the years. Our goal is to make it a statewide event."

Healthy Woman was created to improve the emotional, physical and fiscal well-being of women and their families. The purpose and vision of the program is to provide monthly events that help educate women about achieving a healthy body, mind and spirit.

Evanston Regional Hospital thanks the sponsors of Healthy Woman: Family Financial Education Foundation, ECDC, Elks Lodge, Westar Printing, Uinta County Herald, Posey Shoppe, KNYN & KEVA and Chevron.

For more information on the Healthy Woman program, contact Christhy Etheridge at **(307) 783-8137**.

Making the grade

Evanston Regional Hospital scores high in patient satisfaction



Mike Sellers
Chief Nursing Officer

Over the last five years, Evanston Regional Hospital has consistently received high patient satisfaction scores. Evanston Regional places emphasis on a program called ER+ to ensure patients have a positive experience when they come

to the hospital for any reason.

According to Mike Sellers, chief nursing officer, patient satisfaction is one of the hospital's top priorities. "Evanston Regional has had an overall patient satisfaction rate of greater than 90 percent every quarter for the past seven years," he says. Sellers believes this is due to the hospital's culture of teamwork, with staff from different departments helping each other. "We really come together in this hospital. This is really what sets us apart from others," Sellers says.

When asked why so much emphasis is placed on the quality of care patients receive, Sellers replies, "We know how easy it is to get lost in the maze of healthcare and we want to help you live a healthy life. We know the people we care for are our friends and neighbors, and we believe in treating you as such."

Marketing Director Mark Hiatt adds he wants to improve the perception of Evanston Regional Hospital within the community. "I hear negative things from time to time about the hospital, but after talking with people about their concerns, I realize they're referring to a time long past," he says. "This is a new hospital and a different time. People simply love the service provided here, and the surveys prove it."



SATISFACTION SCORES AT A GLANCE

OVERALL INPATIENT SATISFACTION: 94.9 percent ¹

Inpatient data is based on phone interviews asking questions within these categories: signage, registration, room, food, nurses and nursing care, overall rating of nursing care by shift, tests and treatments, overall daily care, doctors, family and friends, discharge and overall satisfaction.

OVERALL EMERGENCY ROOM SATISFACTION: 97.3 percent ²

Emergency Room data is based on written surveys asking questions within these categories: courtesy of registration personnel, appearance and comfort, care by nurses, attention of nurses, care by doctors, availability of doctors, care by lab staff, care by radiology staff, registration needs, general instructions, pain management, informing family and friends and discharge instructions.

¹ Based on 1,050 acceptable responses

² Based on 5,190 surveys

HEALTHWISE QUIZ

How much do you know about Alzheimer's disease?

Take this quiz to find out.

1 Which example of memory loss may be a sign of Alzheimer's disease?

- a. forgetting where your keys are
- b. forgetting what month and year it is
- c. forgetting the name of a person you just met
- d. forgetting to return a phone call

2 British researchers have recently learned that drinking this beverage can inhibit enzymes associated with the development of Alzheimer's:

- a. orange juice
- b. coffee
- c. tea
- d. white wine

3 All the following may be early warning signs of Alzheimer's *except*:

- a. speaking in jumbled sentences
- b. getting lost in familiar areas
- c. having rapid mood swings for no apparent reason
- d. losing sense of balance or experiencing vertigo

4 Which health condition is suspected of increasing the risk of Alzheimer's?

- a. yo-yo dieting
- b. high blood pressure
- c. asthma
- d. low bone density

5 Which is the most misdiagnosed mental disorder in older adults?

- a. Alzheimer's disease
- b. depression
- c. anxiety attacks
- d. insomnia

ANSWERS: 1. B, 2. C, 3. D, 4. B, 5. A

NUMBER CRUNCHING

Managing high cholesterol



The bad news: High cholesterol plays a key role in whether you develop heart disease or suffer a heart attack or stroke. Excess cholesterol, a waxy, fatlike substance in your blood, builds up on artery walls, reducing blood flow. The good news: You can do something about it.

Many factors contribute to high cholesterol. While you can't change your genes, age or gender—which all affect cholesterol—you can take the following steps to improve your cholesterol levels and your health.

To lower your LDL, or bad, cholesterol and raise your HDL, or good, cholesterol:

- **Eat smart.** Saturated fat and trans fats raise LDL cholesterol levels. Instead, use polyunsaturated or mono-unsaturated fats like olive, safflower, sesame, soybean, canola and peanut oils. Eat no more than six ounces of lean meat, fish or skinless poultry a day. Choose plenty of fruits, vegetables and whole-grain foods. Switch to fat-free or low-fat dairy products and increase soluble fiber found in foods like oats, beans and citrus fruits.
- **Get regular exercise**—at least 30 to 60 minutes of physical activity a day.
- **If you smoke, quit.** Smoking lowers HDL cholesterol and increases the blood's tendency to clot.
- **Consider medication.** If lifestyle changes aren't enough, your healthcare provider may prescribe cholesterol-lowering drugs.

Leveling off your numbers

Aim for these desired cholesterol levels. If you already have heart disease or other risk factors, your doctor may set different goals for you.

Total cholesterol less than 200 mg/dL

HDL cholesterol greater than 50 mg/dL

LDL cholesterol less than 100 mg/dL

Triglycerides less than 150 mg/dL

Bad breaks

First aid for broken bones

If your child were to take a spill from a bike or your best friend turned an ankle while stepping off the curb and you suspected a bone is broken, would you know what to do? Try taking these actions:

- **Determine whether you need emergency help.** All fractures will need medical attention, but call for emergency help if the injury involves the head, neck, back, pelvis or upper leg; there's heavy bleeding; bone has pierced the skin; or a toe or finger on the injured arm or leg is numb or blue at the tip. Also, call for help if you can't transport the injured person by car because he or she can't sit upright or use safety or seat belts.
- **Remove clothing from the injured part.** Use scissors to cut clothing away; don't try to pull the limb out of clothes.
- **Stop any bleeding.** Use a sterile bandage or clean cloth



and apply constant pressure to the wound. Have the person lie down and don't wash the wound or poke the bone back into the skin.

- **Make a splint.** Keep the limb in the position you find it. Place soft padding around the injury with something firm (like a board or rolled-up newspaper) next to it, using first-aid tape. Make sure the splint extends past the joints above and below the injury.
- **Apply cold packs.** Wrap ice in a towel and place it on the injured area to control swelling and pain until help arrives.

In case of emergency ... We're here for you

There's no telling when an accident or a sudden illness will occur. But when it does happen, turn to us, the clear choice for emergency assistance. Our emergency department provides patients with fast, dedicated and compassionate care. What's more, our ER is backed and supported by an entire hospital dedicated to helping you get well.

In an emergency, every second counts. Call us for emergency help anytime you suspect someone needs urgent care.



The whole-grain truth

Think outside the breadbox to include more healthy foods in your diet

Grains like wheat, rice, oats and corn are a staple in the American diet and for much of the world. Whole grains

and foods made from whole grains are an important source of fiber, vitamins, minerals and other nutrients. When refined grains like white flour and white rice are processed, much of the fiber and nutrients are lost.

Eating more whole grains can help you lower cholesterol and control your weight, reducing risk of heart disease, stroke, diabetes, gastrointestinal problems and cancer. Aim to eat at least three servings of whole grains each day. The earthy, nutty flavors and chewy textures are a great way to add a new dimension to your menu. Whole-grain breads, cereals, tortillas and crackers are just the beginning. Explore a variety of whole grains like barley, groats, wheat berries, buckwheat, triticale, bulgur, millet and quinoa.

HOP ABOARD THE GRAIN TRAIN

Upping your intake of whole grains is easier than you think. Try making some of these simple diet switches:

- Start your day with a bowl of bran flakes, shredded wheat or oatmeal.
- Buy whole-grain breads, bagels, rolls, tortillas, muffins, waffles and pancakes.
- Substitute rolled oats or crushed bran flakes for bread crumbs in recipes.
- Switch to whole-wheat pasta.
- Bypass the potatoes and try bulgur, barley, quinoa or brown or wild rice.
- Snack on unbuttered popcorn or whole-wheat crackers or pretzels.
- Substitute barley or brown or wild rice for pasta or noodles in soups, stews, casseroles and salads.
- Use whole-wheat pastry flour in place of much of the all-purpose flour in recipes.

Get the zzzs you need

At Evanston Regional Hospital



Evanston Regional Hospital's Respiratory Therapy department opened its diagnostic sleep lab in 2001. Since 2001, the hospital has done more than 575 sleep studies, averaging 2.6 sleep studies each week. The goal by the end of 2006 is to add another sleep lab bed. This will help the department keep up with demand.

ABOUT SLEEP DISORDERS

Sleep studies are performed to diagnose sleep disorders such as sleep apnea, narcolepsy, chronic insomnia and restless legs syndrome. Sleep apnea is the most common disorder of the four. Obstructive sleep apnea is caused when the airway is blocked by the tongue, excess tissue or relaxed throat muscles. Breathing usually stops for 10 seconds to 90 seconds; the body struggles for air (briefly awaking the sleeper) and then breathing resumes. The person may wake hundreds of times a night but not even remember.

Symptoms of sleep disorders may include:

- fatigue
- irritability

- depression
- reduced attention, concentration and memory
- more frequent illnesses
- lost productivity
- workplace mishaps
- car crashes

SWEET DREAMS AHEAD

If you think you might have a sleeping disorder, talk to your physician. He or she will recommend and order a sleep study, if appropriate. With a proper diagnosis, your doctor can recommend ways to improve your sleep and get you feeling well and back to normal.



The sleep lab at Evanston Regional Hospital offers comfortable beds and a homelike atmosphere.

Learn more!

For more information on Evanston Regional Hospital's Sleep Lab department, call (307) 783-8216.

The sleep lab is happy to answer any questions and assist you with your sleeping troubles.

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Evanston Regional Hospital
190 Arrowhead Drive
Evanston, WY 82930

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