

# Health Matters

FROM YOUR FRIENDS AT LAKE WALES  
MEDICAL CENTER

**Experience the  
digital difference**  
Digital mammography  
comes to LWMC

**We're here for you  
in an emergency**

**Is your heart healthy?**  
Our diagnostic services  
have the answer

**Dodging diabetes**  
How diet and exercise  
can help

**Lake  Wales**  
MEDICAL CENTER  
Quality Care...Right Here

[www.lakewalesmedicalcenter.com](http://www.lakewalesmedicalcenter.com)

# Make time for your mammogram

**F**rom salons to restaurants, it seems everything in life requires an appointment or a reservation. But as you set aside time for these little luxuries, don't forget to make one important date: your yearly mammogram.

Mammograms are the most powerful tools in the early detection of breast cancer. The American Cancer Society recommends every woman 40 or older get a yearly mammogram, although more frequent testing may be required if you've had breast cancer or have a strong history of it in your family.

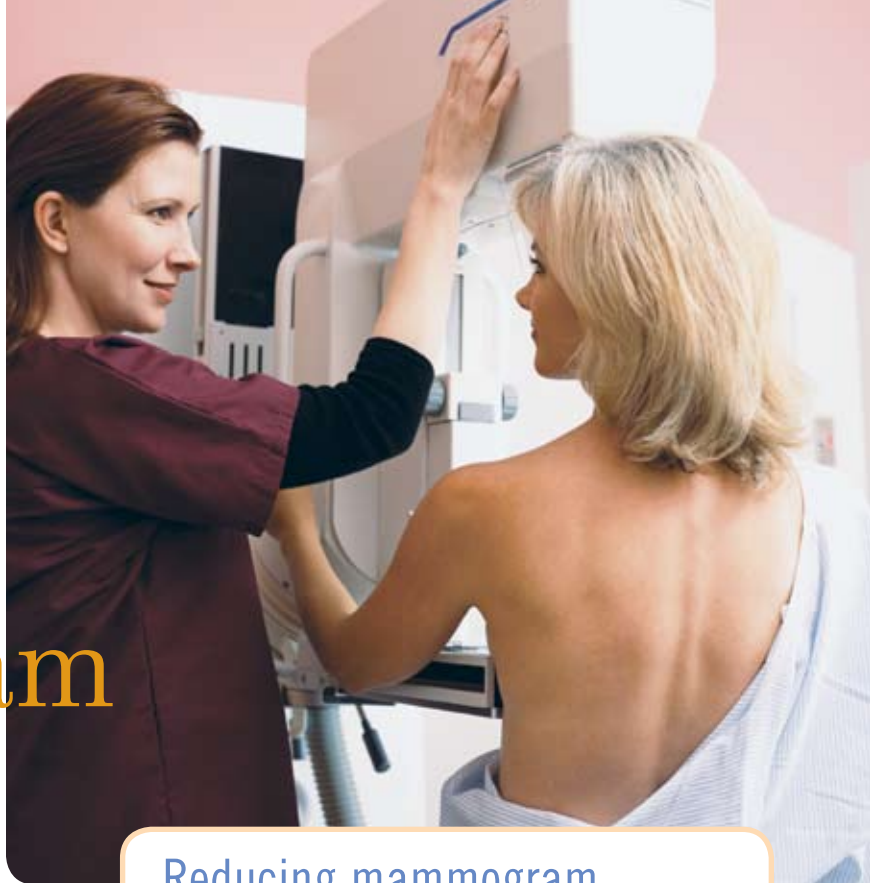
## WHAT IS A MAMMOGRAM?

A mammogram is an X-ray of the breast. An image of breast tissue is produced for a radiologist to analyze. He or she looks for tumors or calcium deposits, which can signal cancer's presence.

If you're at high risk for breast cancer, your health-care provider may recommend magnetic resonance imaging (MRI) in addition to a yearly mammogram. This test uses magnets and radio waves to produce detailed images of the body. Suspicious areas found during testing may require an ultrasound, which uses sound waves to tell whether the problem area is cancerous.

## GET SCREENED

Go to the same breast-screening facility every year so your radiologist can compare your current mammogram with past results. It's important for the radiologist to see whether there are any changes in your breast tissue from year to year. If you're going to a new facility, try to have your old mammograms sent there before your appointment.



## Reducing mammogram discomfort

**W**hile mammograms may sometimes be uncomfortable, you can take the edge off with these steps:

- Schedule your mammogram for a few days after your period has ended when your breasts are less tender. Avoid the week before your period.
- Take a pain reliever like ibuprofen or acetaminophen an hour before your mammogram.
- Avoid caffeine for two days before your mammogram.
- Tell your healthcare provider if you have breast implants.
- Ask your X-ray technician about thin, foam pads that she can place between your breast and the machine to lessen discomfort.
- Wear a two-piece outfit since mammograms only require that you strip to your waist. This way you'll feel less exposed.

## ! Low-cost testing

**C**an't afford a mammogram? Call the American Cancer Society at **1-800-227-2345** for low-cost mammogram options near you. The National Breast and Cervical Cancer Early Detection Program also offers information about free or low-cost testing for women without health insurance. Call **1-888-842-6355** or visit [www.cdc.gov/cancer/nbccedp](http://www.cdc.gov/cancer/nbccedp).

# Watch your back

## Get relief from pain

**H**as back pain got you down for the count? In many cases, back pain goes away on its own. But if you're experiencing numbness or tingling, pain that's resistant to medications and rest or pain following a fall or an injury, see your healthcare provider. You could be facing a more serious back problem.

### PAIN RELIEF

Most back ailments don't require surgery, so an operation is rarely the first line of defense. As a start, your healthcare provider may recommend hot or cold compresses, specific exercises to reduce pain, medication or pain-relief injections. He or she may also suggest complementary treatments such as massage; acupuncture; and transcutaneous electrical nerve stimulation (TENS), which sends electrical impulses to nerves.

If your pain can't be quelled with conservative treatments, you may be a candidate for surgery. The pain's cause and the extent of damage will dictate what procedure may work. Some options include:

- a laminectomy/discectomy, which removes a herniated disc through an incision a few inches long
- spinal fusion, which joins two or more vertebrae with bone grafts, screws and rods to stabilize the spine
- vertebroplasty, which involves injecting a cement-like mixture into the damaged vertebrae to relieve pain and stabilize the spine
- disc replacement, which replaces the damaged disc with an artificial one

Only you and your healthcare provider can determine the right treatment for your condition. If you're experiencing persistent back pain, talk with him or her today to help get you on the road to a pain-free tomorrow.

## 5 steps to a healthier back

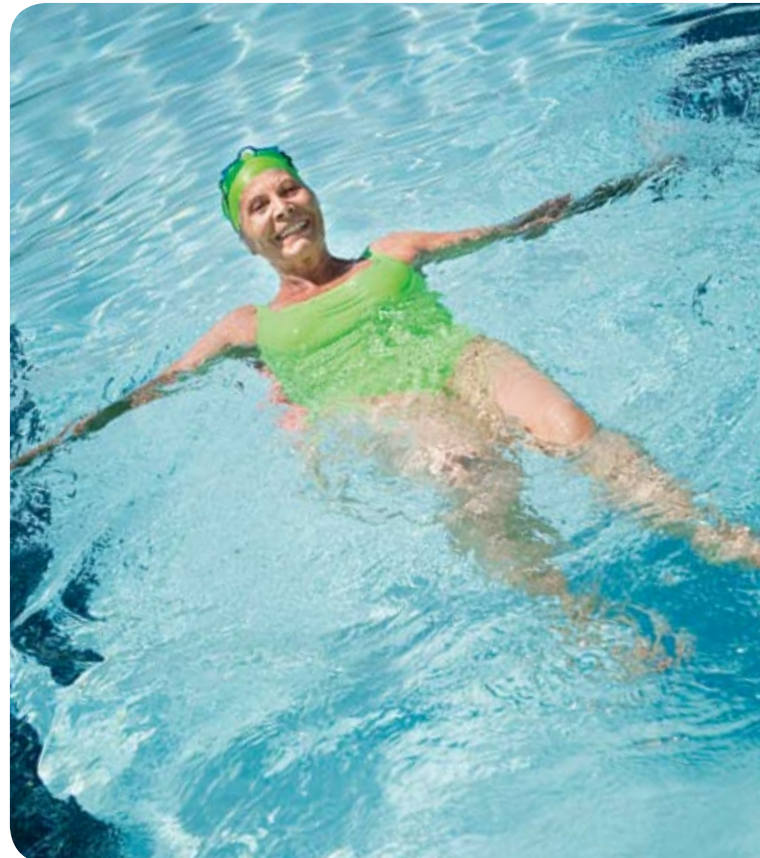
**1. Exercise.** Low-impact aerobic activities such as walking and swimming can increase back strength without strain. Ask your healthcare provider about exercises that can condition back muscles.

**2. Quit smoking.** Lighting up reduces oxygen levels in your spinal tissue, which can slow down an ailing back's healing process.

**3. Maintain a healthy weight.** Excess weight can strain your back muscles. Eat a healthful diet of fruits, vegetables and whole grains and make sure to include plenty of calcium and vitamin D, which help to build bone strength.

**4. Practice perfect posture.** If you're standing for long periods, rest one foot on a stool, alternating feet, to take the weight off your lower back. While sitting, make sure your chair supports your lower back. Place your feet flat on the floor.

**5. Lift with care.** Keep your back straight and bend only your knees as you reach down to lift an object. Hold the object close to your body and straighten your knees to stand.



# Digital mammography comes to LWMC

## Hospital first to bring this technology to Polk County

**L**ake Wales Medical Center (LWMC) is enhancing our services to the community by being the first facility in Polk County to offer digital mammograms using the new Selenia digital mammography from Hologic.

### THE DIGITAL DIFFERENCE

Digital mammography differs from conventional mammography in how the image of the breast is viewed and in how the image is manipulated. The radiologist can magnify images, increase or decrease contrast and invert the black and white values while reading the images. This allows the radiologist to evaluate microcalcifications (tiny bits of calcium that are associated with extra cell activity in breast tissue) and focus on other areas of concern in the breast.

### ENHANCING TECHNOLOGY

To supplement this technology, LWMC has incorporated digital computer-aided detection (CAD), also the first of its kind in Polk County. Digital CAD highlights characteristics

commonly associated with breast cancer and flags abnormalities to help the radiologist detect early breast cancer.

From a patient's perspective, digital mammography feels identical to conventional screening, though women will notice shorter exam times and a need for fewer additional images. At LWMC, two radiologists review each image.

"This new equipment changes the landscape of mammograms in this area," says Devon Bloom, director of radiology at LWMC. "It's similar to the difference between an old-fashioned camera and today's modern digital cameras. There's no film, and you can instantly see a very high-quality image. It allows us to know immediately whether we need to acquire additional images, and we can adjust the view of the image to better detect any abnormalities."

### INCREASING PATIENT COMFORT

We're also working to make the procedure more comfortable for women. We've invested in spa robes for patients to wear during their mammogram. The robes

have proven so popular that they're now offered for sale, and \$10 from the sale of each robe will be donated to a local fund to help pay for mammograms for women who otherwise could not afford to have them. LWMC also uses a soft-touch pad for each breast exam to make the exam more comfortable. The pads are provided at no additional charge.



### ! The choice is yours!

**W**omen have a choice about where to schedule their annual mammogram, regardless of who their physician is. To learn more about digital mammography at LWMC or to make an appointment, please call (876) 679-6858.

## A MESSAGE FROM OUR CEO



Dear friends,

I'm proud of the strides that Lake Wales Medical Center (LWMC) is taking to continually enhance the services we provide to the community. Patient satisfaction is our No. 1

Michael J. Yungmann, CHE  
Chief Executive Officer

priority and it shows. LWMC was recently honored by the Premier Healthcare Alliance with the 2007 Premier|CareScience Select Practice National Quality Award for superior patient outcomes in both quality and efficiency.

LWMC is just one of 49 hospitals nationally—in the top 1 percent of acute inpatient facilities—recognized with this award. The hospital was identified as a top performer in quality and efficiency among all acute care facilities, regardless of bed size or teaching status. More than 4,700 acute care inpatient facilities in the United States are eligible to receive the award.

This honor reflects the level of care that our employees and medical staff provide to our patients every day. I commend them for their dedication to our patients' care.

At LWMC, our customer service excellence is what sets us apart from other facilities. This award affirms we're achieving that and that our patients are benefiting from it.

Regards,

MICHAEL J. YUNGMANN, CHE  
Chief Executive Officer  
Lake Wales Medical Center

# The care you need, when you need it

LWMC is here for you

**N**o one plans to visit the emergency department (ED). It just happens, and usually when you least expect it. At Lake Wales Medical Center (LWMC), we practice a philosophy of emergency care called ER+. This philosophy helps to ensure that our patients receive emergency care as quickly and professionally as possible.

### LESS WAITING, MORE CARING

LWMC is committed to a philosophy of "less waiting, more caring." The average wait time to see a member of our medical staff is just 20 minutes, and the average length of stay from arrival to discharge is about two hours. At LWMC, you can always expect to be treated with respect and addressed by name.

### COMMITTED TO YOUR CARE

In our modern 14-bed ED, you'll be greeted by nurses who are compassionate and a registration staff that puts people before paperwork. Our ED provides the shortest possible wait times, a thorough examination and a comprehensive treatment plan that's easy to understand.

**! Don't put off a trip to the ED!**

**If you think you need emergency care, don't delay. Call 9-1-1 immediately.**



## HEALTHWISE QUIZ

### How much do you know about headaches?

Take this quiz to find out.

- 1 What is the most common type of headache?**
  - a. sinus
  - b. migraine
  - c. cluster
  - d. tension
- 2 Which statement about caffeine is true?**
  - a. It can only worsen headaches and should always be avoided.
  - b. It is a common ingredient in headache medications and makes them more effective.
  - c. Science has not proven caffeine to be an effective headache treatment.
  - d. none of the above
- 3 About how many Americans suffer from chronic headaches?**
  - a. 15 million
  - b. 25 million
  - c. 35 million
  - d. 45 million
- 4 Which of the following tests can best help your healthcare provider evaluate your headaches?**
  - a. MRI
  - b. EKG
  - c. sonogram
  - d. bone scan
- 5 What can you do to reduce headache occurrence?**
  - a. drink at least 600 mg of caffeine a day
  - b. work harder to take your mind off your headache
  - c. exercise regularly
  - d. skip breakfast

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



## Dodge diabetes with exercise and diet

**T**he diabetes prevention equation seems simple enough: *healthy eating + regular exercise = a reduced diabetes risk*. Incorporating the equation into your everyday life? Not so simple. But here are some ideas to get you on the right path.

### EXERCISE

- Try to get at least 30 minutes of moderate activity on most or all days. This includes aerobic activity like brisk walks, dancing, swimming or biking, as well as strength-training exercises with free weights and weight machines.
- Vary your exercise routine so you don't get bored. Bring a buddy to keep you company.
- Walk instead of driving when you can, take the stairs instead of the elevator or do some gardening.

### DIET

- Substitute traditional white rice and noodles with brown rice and whole-wheat pasta to get your fiber fill.
- Limit fat to less than 30 percent of your daily calories by opting for lean meat cuts that end in "loin," filling up on fruits and veggies and going for low-fat dairy such as skim milk and nonfat yogurts and cheeses.
- Sip low- or no-calorie drinks such as water and diet drinks.
- Eat fish twice a week.

# Germ warfare

## Keep kids healthy in five easy steps

**A**lthough it's not possible to keep your children entirely germ free, you can take some preventive measures to minimize exposure to sickness-causing invaders:

**1 Teach your children how to properly wash their hands.** Show them how to use soap and warm water and vigorously rub their hands together for 15 to 20 seconds, or about the time it takes to sing "Happy Birthday" twice, making sure to get in between fingers and under nails. Stress the importance of hand washing before eating and after such activities as recess, going to the bathroom, sneezing or coughing. If your children are older, give them alcohol-based sanitizer for when water isn't available.



**2 Keep your children's vaccinations up to date.** Review your children's vaccination schedules with your pediatrician at each visit.

**3 Tell kids not to share personal items,** such as a straw or towels.

**4 Remind your children not to touch their noses, eyes or mouths,** so germs can't be spread easily.

**5 Stop your kids from being "germ-spreaders."** Show them how to cover sneezes and coughs with a tissue or the crook of an arm. If a child is vomiting, has diarrhea or has a fever, don't send him or her to school.



## ROAD TRIP

# Healthy snacking on the go

**Y**ou have hours to go before you arrive at your vacation destination, and you've got some hungry kids on your hands. While you may be tempted to fall back on the convenient—but not so healthy—potato chips for them to munch on, try these healthy snacks instead:

• **Go au naturale.** Fruits such as bananas, grapes and apples are easy to eat and, except for a little washing, require no preparation. Unsweetened applesauce and fruit cups (packed in natural juice, not syrup) are also good fill-in snacks.

- **Dress up veggies.** For example, make celery sticks more appetizing by spreading peanut butter down the middle and sprinkling on some raisins.
- **Break out the breakfast cereals.** Fill a small resealable bag with whole-grain cereal.
- **Pack in the pop.** Before you leave, air-pop some popcorn, then top it off with a little Parmesan cheese or garlic powder.
- **Take to the trail.** Mix a little low-fat granola with nuts like almonds or peanuts, then toss in some raisins or cranberries for the perfect trail mix.

# Getting to the heart of the matter

Come to LWMC for cardiac diagnostic services



**A**s part of our commitment to providing exceptional care for our community, Lake Wales Medical Center's (LWMC) cardiac catheterization lab offers a variety of cardiac diagnostic services aimed at diagnosing defects and heart blockages.

## DO YOU HAVE SIGNS OF HEART DISEASE?

If you have chest pain or other signs of heart disease such as high blood pressure or obesity, your physician may recommend a cardiac catheterization procedure.

At LWMC, an experienced team is ready to provide these services to the community:

- diagnostic cardiac catheterizations
- abdominal aortograms
- lower extremity arteriograms
- carotid and cerebral arteriograms
- balloon angioplasty and stenting

Since opening in summer 2007, the cardiac catheterization lab has far exceeded our initial expectations. Our medical staff anticipated performing 250 procedures in

the first year of operation; we did that many in the first six months, and are on track to perform nearly 600 in our first year of operation.

## THE TEAM OF SPECIALISTS

The skilled cardiology team comprises Farouk Mohammed Ali Belal, M.D., FACC; Kollagunta S. Chandrasekhar, M.D., FACC; Oji Joseph, M.D., FACC; Boris D. Nunez, M.D., FACC, FSCAI; and Larry Thomas, M.D.

**!** Keep your heart healthy!

**T**o schedule a procedure, call our Physician Referral Line at (877) DRS-LWMC or the cardiac catheterization lab director at (863) 232-6095.

[www.lakewalesmedicalcenter.com](http://www.lakewalesmedicalcenter.com)

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