

WINTER 2008

Health Matters

FROM YOUR FRIENDS AT LAKE WALES MEDICAL CENTER

On the road to recovery

The orthopedic care
you need at LWMC

Emergency care, right away

Your heart matters

LWMC is here
for you

Lake  Wales
MEDICAL CENTER
Quality Care...Right Here

www.lakewalesmedicalcenter.com

Minimally invasive surgery

Less pain, faster recovery

Minimally invasive surgery (MIS) is the buzzword in healthcare right now. And with good reason.

With advancing technology and surgical techniques, patients now have the benefit of undergoing procedures that require just a few small incisions. In years past, those same procedures would have required large cuts and left equally large scars.

HOW IT WORKS

MIS—sometimes referred to as laparoscopic surgery—mirrors the techniques of traditional surgery but decreases the patient’s surgical trauma. Because surgeons using MIS lose some visibility with smaller incisions, they have to create a larger workspace. They do this by making a small cut in the skin, then gently expanding the body cavity with a gas (such as carbon dioxide). A small camera (laparoscope) is then inserted through the incision and into the newly expanded space to help surgeons see where to operate.

While MIS isn’t suited for all types of surgery, it has been used for such procedures as appendectomies, hernia repair, gallbladder surgery, hysterectomies, brain tumors, herniated spinal discs, knee and hip replacements, sinus surgery and certain types of heart procedures.

MINIMAL TRAUMA, MAXIMUM BENEFITS

The goal of MIS is to treat patients with the least amount of trauma. In addition to minimized scarring, this type of surgery also:

- **Minimizes bleeding.** Decreased blood loss means a decreased chance of blood transfusion.



- **Lessens pain.** Small incisions reduce trauma to the skin and underlying muscles, meaning less postoperative pain.
- **Reduces infections.** Unlike a traditional operation, where the body is wide open, tissue isn’t exposed to the air for extended periods during MIS.
- **Shortens hospital stays.** Reducing bleeding, pain and the chance for infection means you’ll get to walk out of the hospital sooner.
- **Hastens recovery.** MIS can dramatically reduce recuperation time—in some cases, by half.

Other minimally invasive procedures

Endoscopic surgery is similar to laparoscopic surgery because it also requires a small camera. However, the equipment (endoscope) passes through an existing opening such as the mouth, anus or urethra.

Robotic laparoscopic surgery uses techniques identical to laparoscopic surgery but allows surgeons to use robotic arms to perform the procedure.

Ablation targets and destroys diseases, such as kidney and prostate cancer, with high-frequency energy, leaving normal tissue nearby intact. It’s also been used to correct benign heart arrhythmias.

WAITING TO INHALE

Breathing problems you shouldn't ignore

Take a deep breath." The command sounds easy, but for some people it's not so simple.

Being unable to breathe deeply or feeling short of breath may be a sign of a serious condition.

If you have any of the following symptoms, get them checked out by a physician:

- inability to take a deep breath
- shortness of breath without exertion
- shortness of breath after mild exertion, such as climbing a short flight of stairs
- wheezing
- tightness in the chest
- pain or discomfort when inhaling and exhaling
- a chronic cough or clearing of the throat
- difficulty breathing when you lie down
- a lack of energy
- coughing up blood or mucus

Difficulty breathing shouldn't be taken lightly. Lung disease is the number three killer in the United States.

It takes on many forms, including:

- **Asthma**, a chronic disease in which the passages that

carry air in and out of your lungs become sore and swollen. Asthma is characterized by wheezing, coughing, chest tightness and trouble speaking.

- **Chronic obstructive pulmonary disease (COPD)**, which includes emphysema and chronic bronchitis. In COPD, your airways and air sacs lose their shape and become floppy, like a stretched-out rubber band. Coughing up mucus is often a first sign of this disease. COPD is typically caused by cigarette smoking.

- **Pneumonia**, an inflammation of the lungs, usually caused by an infection. It's normally accompanied by shortness of breath and a cough or a fever.

- **Lung cancer**, which can take years to develop. If it's diagnosed early, before it spreads, the survival rate is almost 50 percent.

Breathing difficulties can also be a sign of heart disease or a heart disorder, such as congestive heart failure, heart arrhythmia or pulmonary hypertension.

In these or any other case of breathing distress, your physician can help you find the source of the problem with a thorough physical exam.



If you're having trouble catching your breath, it's time to see your doctor.

When cough drops don't do the trick

A chronic cough—one that lasts more than three weeks—may be your body's way of telling you a problem exists. Your cough could be the result of:

- allergies, particularly postnasal drip, which often triggers coughing
- asthma
- heartburn, where acid from your stomach backs up into your throat
- medicines, including beta-blockers for high blood pressure, migraines and glaucoma and ACE inhibitors

The right care, right away

Delivering the emergency care you need
with the compassion you deserve

At Lake Wales Medical Center (LWMC), we understand that visits to the emergency department (ED) are unplanned. Patients expect timely treatment performed with kindness and compassion. Our physician and nursing staff is highly skilled, dedicated and prepared to meet those expectations.

COMMITTED TO YOUR CARE

LWMC's ED operates 24 hours a day, seven days a week. Our premier physician group provides quality healthcare to our community. Support services include respiratory therapy, laboratory services, diagnostic imaging and surgical services.

Each ED physician and staff member is committed to meeting the needs of patients and their families with courtesy and respect. "Our focus is to improve the entire experience for patients coming into our ED," says Ken Musick, R.N., director of emergency services. "Processes and procedures have been implemented, including ER+, to ensure patients receive timely and efficient care from admittance through diagnosis and treatment."

Your experience should be one of care, concern and attention to your emotional and physical needs. Our ED staff consists of an ED physician and a team of qualified emergency nurses and emergency technicians. All nurses have completed courses in advanced cardiac life support and pediatric advanced life support.

GOING THE EXTRA MILE

er+

LWMC practices a philosophy of emergency care called ER+, which focuses on providing quality medical care quickly and professionally. The average length of stay from arrival

to discharge is about two hours, and the average wait time to see a physician is less than 20 minutes.

Random patient-satisfaction surveys of LWMC patients are conducted monthly. Recent ED patient-satisfaction scores placed us in the 99th percentile nationally.

SERVING OUR COMMUNITY

LWMC's ED sees more than 21,000 patients each year. In a medical emergency, quick treatment is the first step to a positive outcome. For those seeking emergency care, "Less Waiting, More Caring" isn't just an advertising slogan. It's knowing our staff is always prepared to deliver responsive, professional and compassionate care to patients in need.



! We're here for you!

For more information about Lake Wales Medical Center, call (863) 676-1433.

Your heart matters



LWMC is here for you

Hear disease is the No. 1 killer in the United States, so it's important to know how to lower your risk. It also helps to know Lake Wales Medical Center's (LWMC) comprehensive heart services are available when it counts.

YOUR ACTION PLAN

You can keep your heart healthy by making lifestyle changes. While you can't control risk factors like heredity and age, you can modify factors like smoking, high blood pressure and obesity. In addition to not smoking, limiting salt intake and eating a low-fat, low-cholesterol diet can help reduce your risk. Moderate to vigorous exercise at least 30 minutes a day, five days a week, can also help.

LWMC'S CARDIAC CATHETERIZATION LAB

If you have chest pain or other signs of heart disease, your physician may recommend a cardiac catheterization procedure to diagnose conditions like defects and blockages. LWMC's cardiac catheterization lab has the technology and the skilled team to provide quality invasive cardiac care.

THE DEDICATED TEAM

The skilled cardiology team comprises Boris D. Nunez, M.D., FACC, FSCAI, Advanced Interventional Cardiology Consultants, Inc.; Oji Joseph, M.D., FACC, Polk Cardiovascular Services; Kollagunta S. Chandrasekhar, M.D., FACC; and Farouk Mohammed Ali Belal, M.D., FACC, KSC Cardiology, PA.

! Keep your heart healthy!

For more information, call our Physician Referral Line at (877) DRS-LWMC or the cardiac catheterization lab at (863) 232-6095.

Dear friends,

Patient satisfaction is our No. 1 priority at Lake Wales Medical Center (LWMC). In the last quarter, our physicians and staff have increased patient satisfaction scores and we're currently ranked in the top third of the nation's hospitals for inpatient satisfaction.

In response to the growing need for more technologically advanced services in Lake Wales, we've elevated patient care with the recent opening of our surgical services expansion and our adult cardiac catheterization lab. Within the first few months of operation in these new facilities, we performed over 200 catheterization procedures and the number of surgical patients choosing LWMC for their care has increased by 25 percent.

LWMC has undergone more than \$23 million in improvements since 2003, but we're not stopping there. This year, we'll begin a \$3 million project converting the third floor of the Hunt Building into 32 private patient rooms. In keeping up with technology, we'll also install a new \$1.5 million Picture and Archival Communication System (PACS), which provides for digital evaluation, retrieval and storage of radiological images, improving quality and efficiency.

We're continuously changing and growing to meet the needs of our community and exceed expectations—providing quality care, right here in Lake Wales.

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



HEALTHWISE QUIZ

How much do you know about **sleep disorders**?

Take this quiz to find out.

1

Lack of sleep may put you at a higher risk for:

- a. type 2 diabetes
- b. low blood pressure
- c. asthma
- d. gastric ulcers

2

Which of the following changes in your sleep routine may be a result of an underlying heart problem?

- a. waking up during the night to urinate
- b. waking up during the night due to shortness of breath
- c. not being able to fall asleep
- d. both a and b

3

Restoring your body with sleep has been shown to:

- a. improve skin tone
- b. improve red blood-cell count
- c. reduce eye strain
- d. improve reaction time and attention span

4

Women diagnosed with obstructive sleep apnea often experience these symptoms:

- a. snoring loudly with periods of gasping or snorting
- b. waking up with a sore throat
- c. waking up with a headache
- d. all of the above

5

The most common treatment for sleep apnea is:

- a. antihistamine medication
- b. surgery
- c. a continuous positive airway pressure (CPAP) mask worn at night
- d. analgesic medication

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

WOMEN: Is a heart attack in your future?

A heart attack may seem to come out of the blue. Yet your personal risk factors and lifestyle habits may hold clues to your heart's health and what your odds are of suffering from a heart attack.

LOOK FOR THE SIGNS

High blood pressure (140/90 mm Hg and above) and high blood cholesterol (240 mg/dL and above) are significant clues that you may be developing heart blockages in the form of plaque. Being postmenopausal and having diabetes or rheumatoid arthritis can also increase heart attack risk.

Talk with your healthcare provider about what risk factors are significant for you. He or she can help you control your blood pressure and cholesterol levels and may also recommend testing for metabolic syndrome. Recent research shows this condition may be useful for detecting signs of heart disease in women who might appear healthy. The signs of metabolic syndrome include a waist size greater than 35 inches, higher-than-normal levels of triglycerides and glucose, and insufficient levels of HDL, or good cholesterol.

Also, be aware of what a heart attack might feel like for a woman, as some symptoms can differ from those of men. Chest pain or pressure; nausea; vomiting; indigestion; cold sweat; shortness of breath; light-headedness; fatigue; or discomfort in the arms, back, neck, jaw or stomach are all possible signs.

GO HEART SMART

- Aim for a normal weight.
- Exercise for 30 minutes every day.
- Quit smoking and avoid secondhand smoke.
- Avoid foods high in saturated or trans fat and curb refined carbohydrates—cookies, white bread, sweet drinks—sometimes referred to as “high-glycemic-index” foods.

Bone-afide steps to a strong family framework

Bones are vital to protecting our organs, anchoring our muscles and supporting our bodies. The best ways to build strong bones in ourselves and our children—while reducing the risk of brittle bones later in life—is through adequate calcium consumption and regular physical activity.

Getting adequate amounts of calcium and vitamin D (necessary for calcium absorption) is essential throughout life, particularly during the peak bone-building years from ages 9 to 18. The amount of calcium* you need is largely determined by age:

- Birth to 6 months: 210 milligrams (mg)
- 6 months to 1 year: 270 mg
- 1 to 3 years: 500 mg
- 4 to 8 years: 800 mg
- 9 to 18 years: 1,300 mg
- 19 to 50 years: 1,000 mg
- 50+ years: 1,200 mg
- Pregnant or lactating women: 1,000–1,300 mg

Good sources of calcium for the entire family include

dairy products (low-fat or non-fat milk, cheese and yogurt), dark green leafy vegetables (broccoli and bok choy), nuts (almonds) and calcium-fortified foods (orange juice, cereal, bread, soy beverages and tofu products). If you can't get enough calcium from your diet, consider taking a calcium supplement.

Physical activity is a must for all ages to build and maintain sturdy bones. The best exercises for bones are weight bearing: jumping rope, walking, jogging, climbing stairs, aerobic dancing, skateboarding and playing soccer. How much exercise do you need for maximum bone strength? Kids should get at least 60 minutes of moderate physical activity daily, and adults at least 30 minutes.

**Source: National Academy of Sciences*



Eat smart for energy

The busy lifestyles many of us lead would slow to a crawl without a dependable source of energy. We get much of that energy from the foods and beverages we consume. That's why it's more important than ever to eat healthy foods that not only keep our bodies charged but our weight and cholesterol down.

What are the healthiest, fuel-packed foods? Good

energy foods include those rich in:

- **complex carbohydrates**, such as whole-grain breads, pasta and rice; potatoes; and legumes
- **iron**, including beef, raisins, kidney beans, pumpkin seeds and spinach

- **B vitamins**, such as fortified cereal, fish, whole grains, legumes, leafy green vegetables and milk

Active people also need constant fluids to avoid dehydration, which can cause fatigue. Drink plenty of water (you can jazz it up with lemon or lime), low-fat or fat-free milk, or vegetable or tomato juice. Steer clear of caffeine and alcohol, which can dehydrate the body, and sugary drinks.

Be careful not to overeat. It can cause fatigue, especially if you eat foods high in sugar and fat. And skipping breakfast will leave you worn out by 10 or 11 a.m. Instead, start with a low-fat, high-fiber breakfast and then refuel every three to four hours.

Without the proper foods and fluids, your body won't have the fuel it needs for energy.

A one-stop shop for quality orthopedic care

Broken bones, sprains or joint injuries can occur at any time, but you don't have to stop doing the things you love. Lake Wales Medical Center's (LWMC) orthopedic surgical services provide personalized, safe care. From surgery to therapy and recovery, we'll be with you every step of the way.

Orthopedic care focuses on disorders of the musculo-skeletal system (your body's bones, joints, ligaments, tendons and muscles that allow movement). LWMC treats conditions from tendonitis to sports injuries for patients of all ages.

A DEDICATED TEAM

Under the direction of skilled orthopedic surgeons Ponnaveolu Reddy, M.D.; Stuart Patterson, M.D.; and our new team member, David Arango, M.D., LWMC provides the care you need, close to home. Our orthopedic surgeons work with our medical and allied health professionals, combining advanced technology with expertise.

As our community grows, so does the need for more surgical subspecialties. Major procedures performed by orthopedic surgeons at LWMC include:

- knee and hip total joint replacement
- hand and wrist surgery
- sports medicine and arthroscopic surgery
- shoulder surgery
- foot and ankle surgery
- surgery for trauma and multiple fractures

THE NEW OUTPATIENT SURGERY CENTER

Our new Outpatient Surgery Center has an easily accessible separate patient entrance. We provide on-site diagnostic X-rays, magnetic resonance imaging and computed tomography scanning for prompt, accurate diagnosis.

Our inpatient staff is trained in all areas of orthopedic care. We have advanced equipment and offer a coordinated team approach to recovery, including preoperative education, pain management services, physical therapy, exercise programs and an after-hospital recovery program.



! On the road to recovery

For more information about orthopedic services, call our Physician Referral Line at (877) DRS-LWMC (377-5963).

www.lakewalesmedicalcenter.com

70LWM

Lake Wales
MEDICAL CENTER
Quality Care...Right Here

Lake Wales Medical Center
410 South 11th Street
Lake Wales, FL 33853

PRSR STD
U.S. POSTAGE
PAID
Lakeland, FL
Permit 200

WINTER 2008

Health Matters

Health Matters is published as a community service of Lake Wales Medical Center. There is no fee to subscribe.

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your healthcare provider.

Copyright © 2008 Lake Wales Medical Center