

HealthMatters

FROM YOUR FRIENDS AT LAKE WALES MEDICAL CENTER



Meet Ajay Mangal, M.D.
See page 5

www.LakeWalesMedicalCenter.com • Winter 2012

PAGE 3
Control crippling migraines

PAGE 4
Renovated rooms for postsurgical patients

PAGE 7
Beat the winter blues

PAGE 8
Help for varicose veins

Healthbriefs



tip

Balance

your protein choices. Lean animal, fish and vegetable sources can help lower cholesterol.

› Pick cholesterol-lowering foods

When it comes to bringing down LDL (bad) cholesterol, it appears foods like soy protein, nuts and plant sterols (found naturally in plants) have the upper hand. According to a study in *The Journal of the American Medical Association*, people with high cholesterol who combined such foods and incorporated them into their diets had a greater reduction in LDL cholesterol than those who followed low-saturated-fat diets that focused on high fiber and whole grains alone.

The study followed 351 people over the course of six months. Researchers found that the cholesterol levels of those who followed the low-saturated-fat diets dropped 3 percent, while those consuming the cholesterol-lowering foods saw a decrease of up to 13.8 percent. These results don't mean you should ditch a heart-healthy, low-saturated-fat diet. Instead try adding the cholesterol-lowering foods to an already heart-healthy regimen.

› New moms: 5 ways to prevent back pain

Back pain is a common complaint of new moms. Here are some tips for keeping your back in good health, courtesy of the American Academy of Orthopaedic Surgeons:

- 1 With your obstetrician's OK, try to begin exercising shortly after you have your baby (women who've had C-sections usually have to wait at least six weeks). This will help rebuild tone in your abdominal and back muscles.
- 2 When lifting your baby, don't stretch your arms. Bring him or her close to your chest before picking the child up. Bend at your knees—lifting with your legs.
- 3 Carry your child in a front pack for longer walks. Avoid carrying him or her on your hip.
- 4 Kneel on the back seat when placing your child in the car seat. Don't attempt to load the baby when standing outside the car.
- 5 Use a chair that offers back support, not a soft couch.



› Aerobic exercise key to banning belly fat

Looking to get rid of that spare tire or paunch? Then it's time to get your heart pumping. A recent study in the *American Journal of Physiology* found that aerobic activity burned 67 percent more calories than resistance training (such as weight lifting). The eight-month Duke University Medical Center study followed 196 overweight, inactive adults who either performed aerobic exercises equivalent to jogging 12 miles a week or did three sets of eight to 12 weight-lifting repetitions, three times a week. The researchers discovered that aerobic exercise greatly reduced liver fat and deep-lying abdominal fat (called visceral fat), which increases the risk of heart disease, diabetes and certain types of cancer. The aerobic activity improved insulin resistance, triglyceride levels and liver enzymes—risk factors for disease—while the resistance training didn't.

Your best bet? Aim for a balanced exercise regimen that incorporates weight training, which can improve your strength and build lean muscle, and aerobic exercise.



Facing migraines head-on

➤ You're sitting at your desk at work when you feel it coming—that throbbing pain in your head. With dread, you prepare to face the nausea that will soon follow.

What you're experiencing, most likely, is a migraine, and you're not alone—28 million Americans get them.

What's a migraine?

Simply put, migraines are severe headaches that usually come back, whether it's weekly, monthly or only every few years. They may be preceded by visual disturbances such as zigzagging lines or flashing lights; last several hours or a whole day; occur on one side of the head; trigger nausea or vomiting; and they're usually disabling.

Migraine triggers include stress, hormonal changes (such as pregnancy, menstruation and menopause), certain types of food (alcohol, aged cheeses, too much or too little caffeine, food additives such as MSG, processed meats and citrus fruits), environmental factors (bright lights, excessive heat, allergies and perfume), irregular eating and sleeping habits, smoking and certain medications.

How can I control them?

The first step to managing migraines is to take note. When did your migraine happen? What were you doing? What did you eat in the past 24 hours? How long did it last? On a scale of one to 10, how bad was your migraine?

Keeping a migraine journal and answering such questions each time you experience one can help you avoid triggers and assist your doctor in tailoring an effective treatment plan.

Some people may benefit from medications, which can either knock out pain or prevent a migraine from occurring in the first place, while others may only need lifestyle adjustments:

- **Food substitutes.** For example, if blue cheese is a trigger, choose another type of cheese.
- **Stress.** Avoid stressful situations or engage in relaxing activities, such as yoga and meditation.
- **Sleep.** Aim for six to eight hours each night.
- **Exercise.** Remain active every day with activities such as brisk walks or laps at the local indoor pool.
- **Eating.** Eat regularly scheduled meals. Skipping meals can send your blood sugar crashing.
- **Smoking.** If you smoke, quit. Also avoid secondhand smoke.
- **Medicine.** Blood pressure medications and birth control pills are two types of medications that may aggravate migraines. If you think this is happening, talk with your doctor about possible substitutions (but don't just stop taking medicine).

If you experience symptoms such as a sudden headache (like a thunderclap) or a headache accompanied by other symptoms, such as fever, a stiff neck or trouble speaking, seek immediate medical attention, as these can indicate more serious conditions. ●

If you experience symptoms such as a sudden headache or a headache accompanied by other symptoms, seek medical attention.



Keep

a journal to track your migraines and help you learn more about what triggers them.



Patient comfort = healthy healing



Care close to home

To learn more about Lake Wales Medical Center's surgical services, visit www.LakeWalesMedicalCenter.com.



Postsurgical patients at Lake Wales Medical Center are enjoying our wing of freshly renovated rooms. Over the summer, the hospital renovated several rooms on the second floor, equipping them with woodlike floors and headboards, new over-bed lighting, updated bathrooms and contemporary light fixtures.

A homelike environment

"These new rooms don't feel clinical; instead, they have a homey, comfortable feel to them," says Terri Bryant, director of the medical/surgical unit at the hospital. "And that's exactly what we

intended. The more comfortable and at-home patients feel, the better they heal. We've created a softer environment for our patients to recover from surgery and a cozy area for their families who visit and help them recover."

The rooms include comfortable seating areas for families and are decorated with soothing artwork. The contemporary lighting lends a soft ambiance, and the updated bathrooms include tile showers with soap and shampoo dispensers.

"We're proud to continue providing excellent patient care in this new, softer environment," Bryant says. ●



Renovated rooms for postsurgical patients offer a homelike healing environment and a comfortable seating area for visitors.



Enjoy the benefits

If you're not a Healthy Woman member yet, join today. Membership is free and the benefits can last a lifetime. Go to www.LakeWalesMedicalCenter.com/HealthyWoman.



We know women have busy schedules and it's not always easy to keep up with friends and family, let alone health information and community programs. So how can women keep up with hospital happenings and Healthy Woman events? It's easier than ever!

Check out the new Healthy Woman section of our hospital website. We have a new e-mail program to keep women even more up to date. And, when registering for upcoming Healthy Woman events, you'll get a confirmation e-mail with a map. You can even register your friends as guests! ●

Healthy Woman is working to keep up with you—so you can keep up with us!

HEALTHY WOMAN
A LAKE WALES MEDICAL CENTER RESOURCE



A message FROM OUR CEO



SCOTT SMITH
Chief Executive
Officer

DEAR FRIENDS,

I'm proud to report that Lake Wales Medical Center (LWMC) is continuing to provide advanced patient care, in many cases outperforming our competitors. According to the Hospital Compare website, our hospital performs better than the national average in each of eight national patient safety measures on hospital-acquired conditions. The scores are based on the rates for such conditions as falls, pressure ulcers (bedsores), catheter-related infections and mismatched blood types. In every category, LWMC performs better than the national average and outperforms our local competitors.

We also compare favorably in both our local market and nationally in many other measures, including process of care for surgery, heart attack, pneumonia and chest pain patients. Our patients are reporting positive experiences in their interactions with our doctors, getting information about their medications and their recovery at home as well as the quietness of their rooms at night.

We're continuing to improve the quality of care we give our patients, and we're proud of our results so far. If you'd like to schedule a member of our team to come talk to your club or group, call us at **(863) 679-6869**. We'd love to share more of our story with you!

Best regards,

Scott Smith

Chief Executive Officer
Lake Wales Medical Center

PHYSICIAN SPOTLIGHT



Ajay Mangal, M.D.
Otolaryngology

Ear, Nose & Throat of Polk County
1255 State Route 60 E., Suite 200 • Lake Wales
(863) 676-6151



Ajay Mangal, M.D., is board certified in otolaryngology and has been practicing for more than 20 years. He attended medical school at the University of Iowa College of Medicine and completed residencies in general surgery and otolaryngology at the University of Cincinnati. Prior to coming to Polk County, he practiced in Ohio and Illinois. He is a member of the American Academy of Otolaryngology–Head and Neck Surgery and the American Academy of Facial Plastic and Reconstructive Surgery. Dr. Mangal offers the following services:

> Ear and hearing issues

- hearing loss
- tinnitus/ringing
- vertigo/dizziness/
balance disorders
- ear infections/tube
placement
- Meniere's disease

> Throat issues

- infections
- tonsillectomy
- snoring
- sleep apnea
- mouth/throat cancer
- swallowing/voice
disorders

> Nose and nasal issues

- nasal obstruction
- deviated septum
- sinusitis, nosebleeds
- functional endoscopic
sinus surgery

> Allergy issues

- skin and blood testing
- allergy shots
- allergy drops
- food allergies

> Children's issues

- tonsillitis/strep
pharyngitis
- enlarged tonsils and
adenoids
- chronic ear infections
- ear tube placement
- allergy testing
- allergy drops

Dr. Mangal is accepting new patients. His office hours are Monday through Thursday, 8 a.m.–4:30 p.m., and Friday, 8 a.m.–noon. For an appointment, call **(863) 676-6151**.

HealthWise QUIZ

How much do you know about dementia?

> TAKE THIS QUIZ TO FIND OUT.

- 1 The most common type of dementia is:**
 - a. Alzheimer's disease
 - b. Lewy body disease
 - c. vascular dementia
 - d. none of the above
- 2 Which of the following conditions can cause or mimic the symptoms of dementia?:**
 - a. Lyme disease
 - b. thyroid problems
 - c. low blood sugar
 - d. all of the above
- 3 According to the Alzheimer's Association, the risk of developing Alzheimer's after age 85 is about:**
 - a. 10 percent
 - b. 25 percent
 - c. 50 percent
 - d. 75 percent
- 4 One known risk factor for dementia is:**
 - a. getting too much vitamin D
 - b. having diabetes
 - c. regularly using a cell phone
 - d. exposure to everyday sources of aluminum
- 5 While there's no surefire way to prevent dementia, experts recommend which of the following measures to possibly lower your risk of developing it?:**
 - a. taking high doses of vitamin C
 - b. lowering your blood pressure
 - c. keeping up to date on vaccinations
 - d. both (b) and (c)

Answers: 1. (a) 2. (d) 3. (c) 4. (b) 5. (d)

A dangerous trio

Sorting out stroke, heart attack and cardiac arrest

> What do stroke, heart attack and cardiac arrest have in common? They're all possible complications of heart and blood vessel diseases that affect millions of Americans.

Read on to learn more about each of these conditions and their unique causes and symptoms.

Heart attack

When fatty deposits called plaque build up in the arteries, it can narrow them or cause a blood clot to form. When this occurs, blood flow to the heart is blocked, damaging heart muscle.

> **Symptoms:** Signs of a heart attack vary, but may include: tightness, a feeling of heaviness, pressure or a squeezing sensation in the chest; indigestion; anxiety; fainting; dizziness; nausea or vomiting; irregular heartbeats; shortness of breath; and sweating. Women may also experience less common symptoms, such as fatigue. Silent heart attacks, where no symptoms are present, can also occur.

Stroke

A stroke occurs when a blood vessel leading to the brain becomes blocked (usually by a clot) or ruptures. This deprives the brain of oxygenated blood, causing parts of the brain to die.

> **Symptoms:** Stroke symptoms come on suddenly and include: numbness or weakness in the

face, arm or leg (particularly on one side of the body); confusion; speech and comprehension problems; vision difficulties; problems walking; and severe headache with no known cause.

Cardiac arrest

Sudden cardiac arrest is a condition in which the heart abruptly stops beating without warning, depriving the body of oxygenated blood. If not treated immediately (with CPR and a defibrillator), a person in cardiac arrest usually dies within minutes. Heart attacks can sometimes trigger cardiac arrest.

> **Symptoms:** Cardiac arrest symptoms include sudden collapse, lack of pulse, no breathing and loss of consciousness.

If you or a loved one experiences symptoms of any of the conditions listed, call 911 or seek immediate medical help. ●



Breaking cabin fever

Five ways to beat the indoor blues

Rainy days, snowy days, bitterly cold days—whatever's going on outside can test the patience of adults and kids alike who are trapped inside.

While it's tempting to flip on the TV or let your children play video games, neither of these keeps them physically active or their brains engaged. Try these healthier boredom busters instead:

1 Create family time. Bond with your children over a board game or plan a family outing to places you may not visit in nicer weather, such as a museum.

2 Let your children's imagination run wild. Check your closets and discount stores to put together a trunk of clothes for dress-up; build a fort using sheets and furniture; or create a craft

box by adding items such as paper, crayons, glue, glitter, string, beads and buttons.

3 Keep your children active. Make an obstacle course in your living room with couch cushions and laundry baskets. Or, try classic childhood games such as Duck, Duck, Goose. Old-time favorites like Simon Says and the hokeypokey are great ways to teach toddlers about following commands and different parts of the body.

4 Get in touch with nature. Have a set of binoculars? Help your children spot the many different types of birds or other wildlife in your backyard.

5 Get them involved. Planning a big vacation? Lay out travel materials and let your children help plan the itinerary. ●



Reclaim your colon

The right food can keep things running smoothly

Do you have a happy colon? If you're regularly battling constipation or diarrhea, chances are the answer is no. But there are foods that can help get you back on "tract."

Yogurt

Yogurt contains "good bacteria" called probiotics, which some research suggests may curb diarrhea and tackle the symptoms of irritable bowel syndrome (IBS).

It's also a good source of calcium, which, along with vitamin D, may protect against colon polyps and colon cancer.



Veggies, whole grains and legumes

These are all sources of insoluble fiber, which can ease or prevent constipation by bulking up and softening your stool. On the flip side, fiber can add substance to loose stool, relieving diarrhea, and may ease IBS symptoms. Fiber may reduce the risk of diverticular disease, a condition that causes small pouches in the colon.

Don't forget that legumes, potatoes, brown rice and whole grains are also good sources of vitamin B-6, which some research has shown may help prevent colon cancer in women.



Low-fat foods

Eating a lot of fat—especially saturated fats from red meat and foods such as hot dogs—can increase your colon cancer risk.

Increasing low-fat or nonfat dairy and vegetable intake are great additions to your diet. Reduce the fat by making other substitutions: lean poultry, pork or fish instead of red meat; frozen fruit instead of ice cream; or tub margarine instead of stick margarine or butter. Since not all margarines are created equal (some can be worse than butter), it's important to check the nutrition label for the amount of saturated and trans fats. ●



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 health care provider.

Copyright © 2012 Lake Wales Medical Center

WINTER 2012



www.LakeWalesMedicalCenter.com

70LWM

Getting a leg up on **varicose veins**

There's renewed hope for those suffering painful, unsightly varicose veins. Christopher Meyer, M.D., FACS, and Snehal Patel, M.D., board-certified surgeons, have opened the Florida Vein Care Center and offer patients a procedure called endovenous laser treatment (EVLT) for treating varicose veins without the need for a hospital stay, general anesthesia or even stitches.

The EVLT procedure uses a minimally invasive endovenous laser to treat varicose veins and is a clinically proven alternative to traditional and painful ligation and stripping surgery. EVLT may offer less risk and a shorter recovery time. The procedure can take less than one hour.

What causes varicose veins?

To counteract the forces of gravity, veins

have valves that prevent blood from flowing backward as it's pumped toward the heart. Over time, these valves can weaken, allowing the blood to pool inside a vein. This can cause the vein to distend, resulting in the "rope-like" appearance commonly associated with varicose veins. This condition can lead to a range of serious circulatory problems, including blood clots, leg ulcers and poor circulation.

"Varicose veins are a common problem—approximately 40 percent of women and 25 percent of men in the United States suffer from this condition," Dr. Meyer says. "Women are more prone to suffer from varicose veins because of pregnancy, and heredity has been shown to be a contributory factor, as well. We're pleased to offer this new treatment which helps men and women improve their condition and overall health."

Most insurance carriers, including Medicare, cover EVLT procedures when medically necessary. ●



CHRISTOPHER MEYER, M.D., FACS
 General Surgeon



SNEHAL PATEL, M.D.
 General Surgeon

FLORIDA VEIN CARE CENTER



Have varicose or spider veins?

Call the Florida Vein Care Center today at **(863) 679-2707** to schedule a consultation with Christopher Meyer, M.D., FACS, or Snehal Patel, M.D.