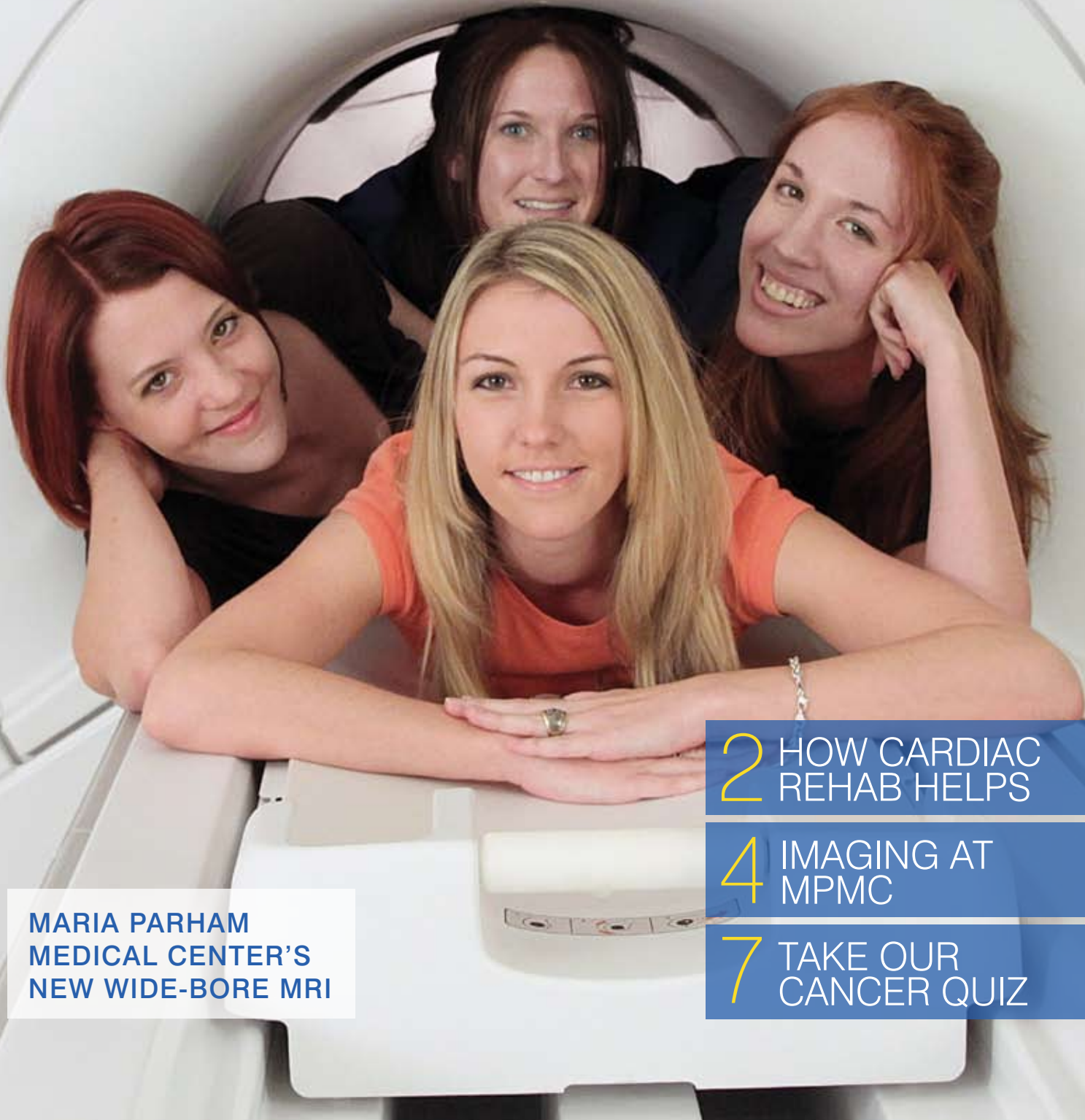




It's Your Life

MARIA PARHAM
MEDICAL CENTER




MARIA PARHAM
MEDICAL CENTER'S
NEW WIDE-BORE MRI

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REHAB HELPS

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Cardiac rehab: It's the heart of the matter

 **You're in the intensive cardiac care unit when you realize how lucky you are: You've survived a heart attack.** But soon, your thoughts race to what's ahead—months out of work, a difficult recuperation, perhaps more heart trouble?

Not necessarily. The fact is, you can sidestep more cardiac trouble and return to a normal life in about six to 12 weeks. How? With cardiac rehabilitation (rehab)—a program of closely monitored exercises, medications and lifestyle education. There's no waiting for the program to start; most rehab begins within 48 hours of the attack itself.

Wait a minute ... exercise right after a heart attack? Absolutely! Although it may sound counterintuitive, cardiologists know that cardiac rehab significantly reduces a patient's chance of suffering another heart-related episode.

TEACHING YOU A NEW WAY OF LIFE

Heart Wise is Maria Parham Medical Center's 12-week, medically supervised cardiac rehab program designed to help patients with heart disease recover

faster and return to full and productive lives. You can benefit from rehab if you've had a heart attack, angina pectoris, recent coronary artery bypass surgery, recent angioplasty and/or stent placement. Cardiac rehab is covered by Medicare and most major medical insurance companies. We'll work with you to verify your coverage before starting the program.

The program offers individually prescribed exercises, education and counseling to help participants begin heart-healthy living.

The goals of cardiac rehab include:

- reducing the risk of future heart problems
- controlling cardiac symptoms
- stabilizing or reversing the heart disease process
- improving the quality of life
- returning the participant to gainful employment when possible
- increasing exercise tolerance
- reducing hospitalizations
- reducing stress




WE'RE GETTING YOU MOVING

With Maria Parham Medical Center's (MPMC's) Heart Wise, you'll find a fun and supportive atmosphere where our caring staff works to help each patient reach his or her goals. Our group members walk and bike to their favorite oldies music, helping make exercise fun. After their cardio workout, participants can work with our staff on resistance training or strength-training exercises. Our participants all look forward to coming each week not only to work out, but to see their friends and our staff. Many of our program members have seen such substantial positive results in their lives that they continue participation through our maintenance program. For more information about cardiac rehab at MPMC, call (252) 436-1570.

Your child's annual checkup

HOW TO MAKE THE MOST OF FACE TIME WITH THE DOCTOR

 **At some point, nearly every parent feels he or she has seen more than enough of the pediatrician.** Between winter colds and springtime sprains, you may feel as if you qualify for frequent flyer status. But while your child might have had several appointments with the doctor this year, don't forget to schedule and keep the appointment for an annual physical exam.

Dubbed “well-child” visits, these physicals are about more than height and weight checks or getting the OK to play soccer. They're a time for the doctor to assess your child's development, nutrition and fitness; screen for illnesses or conditions; and counsel on emotional problems, learning difficulties and puberty. Go with a list of questions or concerns and encourage your child, if he or she is old enough, to do the same.

Specifically, an annual checkup allows the doctor to:

■ **CONDUCT A THOROUGH PHYSICAL EXAM.**

In addition to measuring and assessing your child's height, weight and head circumference, the doctor will examine his or her skin, eyes, ears, heart, lungs and



musculoskeletal and neurological development. The doctor also will review your child's health history and update immunization records.

■ **ORDER SCREENINGS AND TESTS.** The doctor may prescribe vision and hearing tests. Other diagnostics may include a lead screening; a tuberculin test; a urinalysis; and tests to check for anemia and cholesterol and blood sugar levels.

■ **UPDATE YOUR PLAN FOR CHRONIC CONDITIONS.** Does your child have asthma, diabetes or another health concern? Review how you manage it. Have any symptoms changed? Discuss with the doctor how the condition affects your child emotionally and academically.

■ **PROMOTE HEALTHY LIFESTYLE CHOICES.** Does your child hound you for too much candy or fast food or battle you over computer time? Your doctor can explain the importance of healthful eating and suggest appropriate sports and physical activities.

■ **TACKLE TOUGH TOPICS.** It can be hard for parents to talk about alcohol or drug use, smoking, sexuality, depression and other difficult subjects. Your doctor can discuss injury and violence prevention and explain the changes of puberty—especially important for a middle schooler or teen who seeks advice from peers and others outside your family.

Yearly physicals offer a chance for your child to build a trusting relationship with another adult and establish a lifetime of healthy habits.




REACH OUT

If you have concerns about your child's health, be sure to consult with your pediatrician or family physician. For a listing of pediatricians and family physicians in the area, go to Maria Parham Medical Center's website at www.mariaparham.com, or for additional information, call (252) 436-1800.

A closer look

HIGH-QUALITY MRI SERVICES AID IN DIAGNOSIS

 **Magnetic resonance imaging (MRI) is one of the fastest growing diagnostic tools in healthcare today.** With the ability to produce remarkably clear pictures of organs and tissues, MRI has proved itself valuable for the diagnosis of a broad range of conditions in all parts of the body. Of course, it takes more than a great machine to help patients get better—it also takes a talented team of doctors and technologists. Maria Parham Medical Center (MPMC) offers the perfect combination of resources—the region’s only facility-based wide-bore MRI, certified MRI technologists and board-certified radiologists (physicians) who specialize in reading MRI scans.

WHAT IS AN MRI?

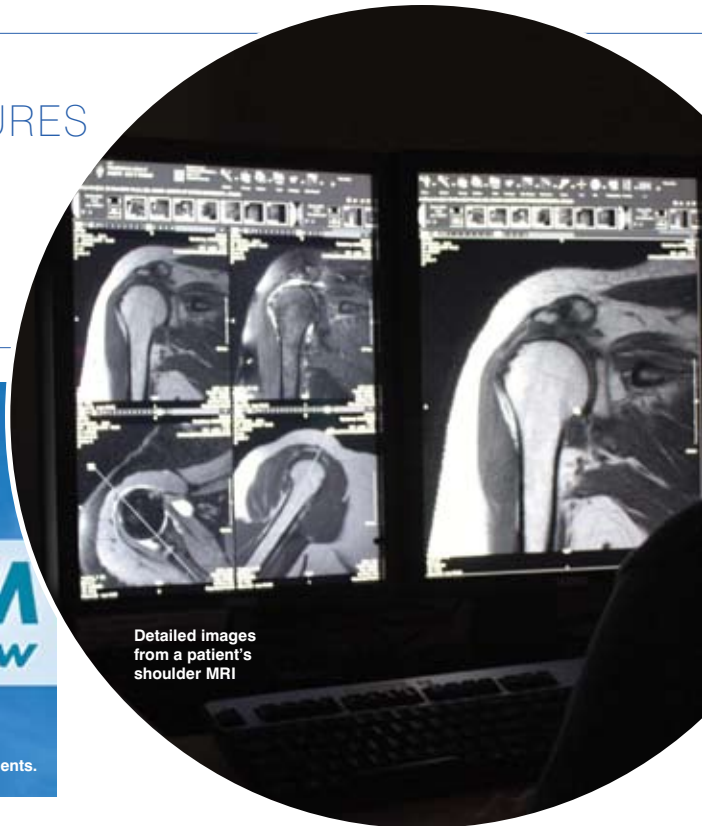
MRI differs from more common procedures such as X-ray and computed tomography (CT) scans in that it doesn’t use radiation, but instead, uses radio frequency waves that detect hydrogen atoms in the water in your body. Sound complicated? It is and requires computers, complex software and image sequencing to produce the remarkably clear and detailed digital pictures that are the final product of the MRI process.

MRI can provide a clear picture of soft as well as hard tissue, so it’s widely used to diagnose injuries to the joints (knees, hips, shoulders, etc.) as well as to ligaments, tendons and even muscles. MRI is also an effective tool to look at organs such as your lungs, liver, pancreas, kidneys and heart. Irregularities with a patient’s veins and arteries such as wall thickness and blockage can also be observed with MRI.



Our equipment can comfortably accommodate larger patients.

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RANGE OF CONDITIONS IN ALL
PARTS OF THE BODY.



WHAT TO EXPECT

As the day of your MRI gets closer, you may need to prepare for the procedure. You may have received an instruction sheet that tells you of any special preparations. Make sure that you advise your physician and also the MRI technologist if you have a prosthesis, a pacemaker, an artificial heart valve, an implanted catheter or port, recent surgical staples or screws, tattoos or other metal objects that may possibly be inside your body. As with any medical procedure, tell your doctor and the technologist if you are or suspect that you may be pregnant. On the day of your test, leave your jewelry at home, don't wear hairpins or clips and wear clothing that is easy to remove in case you need to wear a gown. MPMC's MRI suite has a dressing area with lockers and a private waiting area for your privacy and comfort.

When the time comes for your test, the MRI technologist or the radiology assistant will meet you and likely ask you more questions. This is the time to ask any questions, mention any allergies and repeat any conditions that you have that you feel may be relevant to your procedure.

When you enter the MRI room, you'll notice a large machine with a stretcher bed that enters a tunnel-like opening. Depending on what part of your body needs to be imaged, you'll go in feet or head first. If you go in

head first, you may feel a little closed in initially. Just relax. The technologist will observe you throughout the procedure. He or she can hear everything you say and will talk to you during the test. The technologist will tell you how long the process will take, which is usually 20 minutes to 45 minutes.

During the actual test, you'll probably not notice anything except for the humming and/or knocking noise of the machine. You need to remain still during the entire test, but the technologist may remind you of crucial times to stay absolutely still.

When the test is completed, you may leave. Your data will be sent to a physician who interprets the results and issues a report to the ordering doctor. MRI performed at MPMC is read by board-certified radiologists who have additional training with MRI as a subspecialty.



CHECK US OUT

Maria Parham Medical Center (MPMC) wants to be your preferred MRI location. For more information about MRI services at MPMC, call (252) 436-1730.

A tender gift: Mother's milk

➔ It's one of nature's greatest gifts. Breast milk is a complete food that provides all the nutrients your newborn needs. Better yet, it's free, easily available and the temperature is always right.

So unique is breast milk that its composition actually changes during the course of a feeding to meet baby's needs: The milk that comes in first (the foremilk) is packed with the protein baby needs for growth. Toward the end of the feeding comes the hindmilk, which supplies fat for energy. From the very first feeding, breast milk supplies baby with antibodies that help fight common childhood illnesses. What's more, breast milk is easily digested and protects baby against gastrointestinal infections.

Breastfeeding benefits mom, too. Besides fostering a unique bond between mother and child, nursing stimulates the production of oxytocin, a hormone that causes your uterus to contract and return to its prepregnancy size. Breastfeeding mothers also can expect to lose about 1 to 4 pounds a month as long as they continue nursing.

PATIENCE REQUIRED

Breastfeeding seems as if it should come naturally. In fact, it's a learned process. Your baby may need help figuring out how to properly latch onto your nipple and areola properly. Sometimes, finding a comfortable nursing position takes practice. For the first few weeks, you may feel some discomfort each time baby stretches your nipple into his or her little mouth. And nursing round-the-clock can be challenging.

When it comes to a feeding schedule, many experts believe it's best to take your cue from baby. Listen for



Jacqueline Ross, RN, CBC, (left) shows fellow breastfeeding team members, Sandy Arnold (standing) and Ginny Brummitt, CLC, proper positioning techniques.

cries and watch for the sucking reflex—signs that your little one is hungry. Expect hunger cues every two to three hours, particularly during the first few weeks. Baby should nurse from each breast for about 10 to 20 minutes. (Alternate starting sides at each feeding.)

IS BABY GETTING ENOUGH?

If you're concerned that your little one isn't eating enough, watch for signs that he or she is being nourished. Your breasts, for example, should be softer after a feeding. And during the feeding itself, you'll be able to see baby swallowing. As his or her tummy grows full, baby will turn away from the breast. Of course, frequent wet diapers and periodic weigh-ins provide further confirmation that baby is eating.

Although it happens rarely, breastfeeding is impossible for some mothers. Serious infection or a chronic disease may prohibit it, for example. If you must bottle feed, rest assured that your baby will receive the necessary nutrients.



OUR CLASSES CAN HELP

Maria Parham Medical Center offers free breastfeeding classes for moms, dads and other support people to learn breastfeeding basics and challenges. To learn more, call the Lactation Department at (252) 436-1414.

Test your cancer prevention know-how

ACE THIS QUIZ AND YOU MAY ADD YEARS TO YOUR LIFE

➔ Understanding as much as you can about cancer is an important tool in helping cure or prevent it. See how much you know (or don't know) by taking this quiz:

Q. Which of these four leading causes of cancer death—lung, prostate, breast and colorectal—doesn't have a screening test for early detection?

A. As yet, there's no standard screening for lung cancer, although some hospitals are using techniques like spiral computed tomography (CT) that can detect tumors at a much earlier stage than a standard chest X-ray.

Q. Can you describe the National Cancer Institute's (NCI's) "Fruits & Veggies: More Matters" program?

A. "Fruits & Veggies: More Matters" is an NCI program in partnership with other governmental agencies to promote the benefits of eating more fruits and vegetables. They're packed with vitamins, minerals and fiber that may help protect against many diseases including cancer.



Q. Which is the most preventable form of cancer?

A. Of the more than 100 known cancers, lung cancer is the most preventable. Ironically, it also happens to be the No. 1 cancer killer. Researchers say tobacco causes more than one-third of the nation's 560,000 cancer deaths each year. If every smoker quit, lung cancer deaths would fall 87 percent, according to the American Lung Association.

Q. True or false: Obesity is a risk factor for some types of cancer.

A. True. An estimated 32 percent of the adult population is now considered obese. Obesity is linked to cancers of the breast, colon, prostate, uterus, cervix, ovary, kidney, gallbladder, liver, pancreas, rectum and esophagus. Lack of exercise, which contributes to obesity, is also linked to breast and colon cancer.



Q. Why is it a good idea to know your family history of cancer?

A. If your family suffers a high incidence of a specific cancer, that's a warning that you too may be at high risk for this disease. But knowing its symptoms and taking preventive measures can help you sidestep your family's cancer curse. If you have a family history, share this information with your doctor. He or she may have you begin screenings earlier.



COMING SOON!

Need more answers to your cancer questions? Maria Parham Medical Center is pleased to introduce our American Cancer Society (ACS) Cancer Resource Center. Along with having literature and videos about different types of cancer, the ACS Cancer Resource Center will also have information about support groups and other resources for cancer patients and their families. The Center will open in early 2011 and will be located in the Medical Oncology side of the Maria Parham Oncology Center.



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Maria Parham Medical Center
566 Ruin Creek Road
P.O. Drawer 59
Henderson, NC 27536

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Stir it up!

The Asian technique of stir-frying makes cooking this meal quick and healthy.

Serves 8.



VEGETABLE STIR-FRY

- 1 lb. fresh broccoli
- 1 tsp. acceptable margarine (no more than 2 g saturated fat per tablespoon)
- 1 tsp. acceptable vegetable oil (no more than 2 g saturated fat per tablespoon, such as corn, canola, olive, safflower, sunflower, soybean, walnut or almond)
- 1 lb. carrots, peeled and thinly sliced
- 12 oz. fresh mushrooms, thinly sliced (3½ to 4 cups)
- 2 to 3 medium green onions, thinly sliced (about ⅓ cup)
- 2 Tbsp. dry sherry
- 1 Tbsp. fresh lemon juice
- 1 tsp. ground nutmeg
- 1 tsp. dried thyme, crumbled
- pepper to taste

- Separate broccoli florets so they're of small, uniform size. Peel tough stems; cut stems into 2-inch pieces.
- In large skillet or wok, heat margarine and oil over medium heat, swirling to coat bottom.
- Stir-fry broccoli, carrots, mushrooms and green onions for 5 minutes, or until vegetables are tender-crisp, stirring constantly. Stir in remaining ingredients.

Nutritional information per serving:

65 calories, 3 g protein, 11 g carbohydrates, 0 mg cholesterol, 2 g total fat (0 g saturated, 1 g polyunsaturated, 0 g monounsaturated), 4 g fiber, 57 mg sodium

Recipe reproduced with permission from The New American Heart Association Cookbook, 25th Anniversary Edition, ©2001 Clarkson Potter/Publishers



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