

Health Connection

THE MAGAZINE OF SOUTHERN VIRGINIA
REGIONAL MEDICAL CENTER

**Bringing
specialty
physicians
to you**

General surgeon
joins SVRMC

**Be kind
to your heart**

**Hats off to
the team's
award winners!**

Kick the can
Don't indulge
in diet soda



**SOUTHERN VIRGINIA
REGIONAL MEDICAL CENTER**

HOMETOWN QUALITY CARE

www.svrmc.com

Keep your PROSTATE HEALTHY

Sens. Bob Dole and John Kerry, baseball team manager Joe Torre—what do all these men have in common? They're all prostate cancer survivors.

Cancer of the prostate—a walnut-shaped gland located below the bladder—is one of the most common cancers found in men. It may be slow growing and require little or no treatment, or it may be aggressive and spread quickly to other parts of the body.

THE PREVENTIVE APPROACH

While prostate cancer isn't completely avoidable, certain measures may help reduce your risk:

- **Stay active.** Daily exercise improves your overall health and helps keep your weight in check. Some research has shown that men who exercise regularly have a lower incidence of prostate cancer compared to men who don't.
- **Watch your weight.** A sobering fact: Men who are obese when diagnosed with prostate cancer are more likely to have advanced cases, which are more difficult to treat. But eating right and exercising can help you keep off excess pounds.
- **Talk with your physician.** Discuss any risk factors you have—being older than age 65, African-American or

obese, or having a family history of prostate cancer. Also, learn about the pros and cons of screening tests. A digital rectal exam and the prostate-specific antigen (PSA) test are two ways to identify cancer cases, but they can't tell a physician about the aggressiveness of the cancer. And prostate cancer treatments can have unpleasant side effects such as impotence and incontinence.

The American Cancer Society (ACS) recently revised its prostate cancer screening guidelines, encouraging more patient involvement in decisions about screenings:

- The ACS recommends that men at high risk of prostate cancer, including men with a family history of the disease, talk with their physicians sooner—as early as age 40.
- Men who do not have prostate cancer symptoms (trouble urinating, problems with urine stream, blood in urine or semen, leg swelling, pelvic discomfort, bone pain) and who are in relatively good health and are expected to live at least 10 more years should have the screening conversation with their physicians beginning at age 50.
- Men without symptoms who aren't expected to live 10 more years because of age or poor health shouldn't be offered the screening because the risks likely outweigh the benefits.

“
Daily exercise improves your overall health and helps keep your weight in check.
”



What to ask your physician about prostate health

Be prepared to ask some key questions at your next appointment:

- What is my risk of developing prostate cancer?
- Do you recommend I be tested?
- What is my PSA level (if you've had the test)?
- Will I need more tests? If so, which ones will I need?
- What do the test results mean?
- If I have cancer, what are my treatment options, and what are the pros and cons of each?

Mammogram confusion

Information on new screening guidelines



We've all heard that early detection of breast cancer with mammograms saves lives. So it was surprising when in 2009, the U.S. Preventive Services Task Force (USPSTF)—an independent panel that makes recommendations about which preventive services should routinely be offered and to whom—recommended against routine mammograms for women ages 40 to 49 who weren't at increased risk for breast cancer. Traditionally, all women ages 40 and older were encouraged to get the screening.

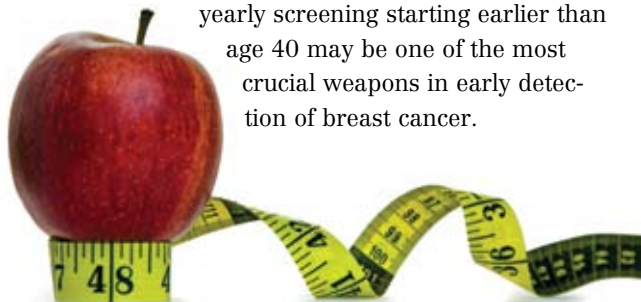
THE FLIP SIDE

In disagreement with the USPSTF's recommendations were major professional health care organizations including the American Cancer Society. "I have tremendous difficulty in not recommending an intervention [mammography]," says Otis Brawley, M.D., chief medical officer of the American Cancer Society. "Women ages 40 and older should have a mammogram every year."

NOW WHAT DO I DO?

Amid the confusion, you may be wondering about how to approach your own mammogram. Some words of advice: Talk with your physician.

The USPSTF's recommendations were just that—recommendations, not rules. Discuss your personal and family health history and how frequently you should get mammograms with your physician. And, if you're at high risk—see *Are you at risk?* at right—a yearly screening starting earlier than age 40 may be one of the most crucial weapons in early detection of breast cancer.



Mammogram comfort

Try these tips for a more comfortable mammogram, courtesy of the Centers for Disease Control and Prevention:

- Don't schedule your mammogram for the week before or during your period, which is when your breasts are likely to be tender or swollen, making mammograms less comfortable.
- Skip the deodorant, perfume and powder on the day of your mammogram. These may show up as white spots on the X-ray.
- For ease of undressing from the waist up, wear a blouse with a skirt or pants, instead of a dress.

Are you at risk?

According to the National Institutes of Health, breast cancer will affect one in eight women in their lifetime. Why breast cancer affects some women and not others isn't known; however, several known risk factors for the disease include:

- increasing age
- having the BRCA1 or BRCA2 genes; if your family members have had breast or ovarian cancer, talk with your physician about getting tested
- starting your period before age 12 or going through menopause after age 55
- being overweight
- using menopausal hormone therapy
- taking birth control pills
- drinking alcohol
- not having children or having your first child after age 35
- having dense breasts

Congratulations to SVRMC's 2010 Employee and Directors of the Year!

Dear friends,

We're pleased to announce Southern Virginia Regional Medical Center's (SVRMC) 2010 Employee and Directors of the Year, each selected by their peers. These awards recognize individuals who work tirelessly

to ensure all constituents have an excellent experience when using SVRMC.



Brit Phelps
Chief Executive Officer

to ensure all constituents have an excellent experience when using SVRMC.



LILY YOUNG
Employee of the Year

Lily Young, employed at SVRMC since July 2008, is a Nutritional Services Aide, primarily responsible for catering functions in the hospital. Young is best known

for her pleasant demeanor, positive attitude and knack for anticipating needs. One of Young's customers recently noted "how much better the service has been since Lily came on board." Other peer comments include:

- "Lily always goes the extra mile when preparing and setting up for an event."
- "Both the table and food presentation are always excellent."
- "Lily has made a positive impact on the department as well as the rest of the facility and a large portion of the community."
- "Lily is a great representative of the department and the entire facility."
- "Lily is a great person to work with."

Young's dedication to SVRMC's customer service culture is apparent in all she does.



KEITH JOHNSON
Clinical Director of the Year

Keith Johnson, Director of Pharmacy, has been employed at SVRMC since July 1986. Johnson is best known for his strong work ethic and teamwork. In

2010, Johnson managed a major upgrade to the Pyxis (medication control) system without issues. In addition, his department achieved very high physician satisfaction scores in the 2010 survey. Peer comments include:

- "Keith is the hardest worker at SVRMC."
- "You don't need to worry about a thing with Keith in control."
- "Keith and his staff are always available when needed."

Johnson also won the Clinical Director of the Year award in 2006.



DANIEL JENKINS
Non-Clinical Director of the Year

Daniel Jenkins, employed at SVRMC since August 2000, is the Director of Environmental Services. Jenkins is known for taking pride in his work

and having the initiative to get things done. In 2010, Jenkins' department achieved high physician satisfaction scores, with 100 percent of physicians completing the annual survey being "overall satisfied" with hospital cleanliness, and over 90 percent of them were "very satisfied." Peer comments include:

- "Daniel has a way of making SVRMC feel like it just opened."
- "Daniel is both professional and courteous and treats everyone with respect and dignity."
- "Daniel truly makes a difference at SVRMC."

Jenkins also won the Non-Clinical Director of the Year in 2004.

I appreciate SVRMC's entire team for their dedication to our community, and I thank you for your continued support.

Sincerely,

Brit Phelps

Chief Executive Officer
Southern Virginia Regional Medical Center

NEW TO THE MEDICAL STAFF

The experienced, dedicated physicians of Southern Virginia Regional Medical Center (SVRMC) can help keep you healthy. We'd like to introduce one of them to you.



PAUL S. HOGG, M.D.
Board Certified in
General Surgery

Southern Virginia Medical Group
511 Belfield Drive
Emporia
(434) 348-4680

A native of North Carolina, Paul S. Hogg, M.D., completed his undergraduate work at Davidson College in Davidson, N.C. Dr. Hogg then earned his Master of Arts in biology from The College of William & Mary in Williamsburg, followed by medical school at the Medical College of Virginia in Richmond. He completed his one-year surgical internship and a four-year surgical residency at the Medical University of South Carolina in Charleston, S.C. He's certified and a Diplomate of the American Board of Surgery.

Dr. Hogg joined the medical staff of SVRMC in November 2010. His practice, Southern Virginia Medical Group, is located at 511 Belfield Drive in Emporia. Dr. Hogg is accepting new patients and may be reached at **(434) 348-4660**.

To find a physician by specialty, visit www.svrmc.com.

About general surgery

Southern Virginia Regional Medical Center's medical staff cares for you. Here, learn about general surgery, Paul S. Hogg, M.D.'s specialty.

General surgery is a surgical specialty that focuses on the diagnosis and preoperative, operative and postoperative management of the alimentary tract, abdominal organs, breast, skin and soft tissues, endocrine system; head and neck and vascular surgery; and trauma and burns. Despite the term "general," surgeons who practice general surgery are highly skilled physicians trained in anatomy, physiology, metabolism, immunology, nutrition, pathology, wound healing, shock

and resuscitation and surgical intensive care.

To become a general surgeon, an individual must first have graduated from an accredited medical school and completed a minimum of five additional years of training in a surgical residency program, acquiring sufficient operative experience in the core areas of general surgery. After meeting these requirements, a physician may elect to take the certifying exam offered by the American Board of Surgery. Upon successful completion of the oral and written portions of this exam, the surgeon is known as a Diplomate of the American Board of Surgery.



! Need a surgeon?

Dr. Hogg is accepting new patients. Call **(434) 348-4680**.

HEALTHWISE QUIZ

How much do you know about **high blood pressure**?

Take this quiz to find out.

- 1** How many American adults have high blood pressure?
 - a. one in three
 - b. one in five
 - c. one in 10
 - d. one in 20
- 2** Most people with high blood pressure experience:
 - a. nausea
 - b. weakness
 - c. trouble concentrating
 - d. no symptoms
- 3** Healthy adults with no history of high blood pressure should have their blood pressure checked every:
 - a. six months
 - b. year
 - c. two years
 - d. 10 years
- 4** High blood pressure can increase your risk for:
 - a. dementia
 - b. eye damage
 - c. bone loss
 - d. all of the above
- 5** Which of the following statements is true?
 - a. After age 65, more women than men have high blood pressure.
 - b. After age 65, more men than women have high blood pressure.
 - c. After age 65, an equal number of men and women have high blood pressure.
 - d. After age 65, the number of men and women suffering from high blood pressure is unknown.

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

Show your heart a little love

Your heart works hard for you, pumping day in and day out to supply your body with the oxygen-rich blood you need for survival. So what are you doing to nurture it? Try these five tips to ensure better heart health:

➔ Choose good-for-you foods. Follow a diet such as Dietary Approaches to Stop Hypertension (DASH). This eating plan is centered on foods low in fat, cholesterol and salt; and rich in fruits and vegetables (aim for five to 10 servings a day), whole grains and low-fat dairy products. Foods that are good for the heart also include those with high levels of omega-3 fatty acids, a type of polyunsaturated fat, found in fish such as salmon, mackerel and sardines.

➔ Give your heart a workout. You don't need a gym membership to keep your heart in tip-top shape. Get the recommended 30 to 60 minutes of physical activity daily by walking, jogging or biking—and remember that everyday tasks such as gardening, vacuuming and taking the stairs count toward your activity goals. Activity, along with eating healthy foods, can help you maintain a healthy weight, which is another way that you can boost heart health.

➔ Consider aspirin therapy. A daily aspirin can benefit many people, but not everyone, so talk with your physician first about the risks and benefits. For example, aspirin can help prevent first and second heart attacks in older women and men of all ages, but only second heart attacks in women younger than age 65. Aspirin also may prevent certain types of strokes.

➔ Quit smoking. Tobacco smoke contains thousands of chemicals that damage the heart and blood vessels, including nicotine, which narrows blood vessels and makes your heart work harder. Within one year of quitting, you can expect to see your heart-disease risk drop dramatically.

➔ Get checked. Have your blood pressure and cholesterol checked regularly. Ask your physician how frequently you should be tested based on your health history.





CLEAN UP your health

It's easy to focus on all the bad things we breathe in the air outside, such as pollen and pollutants. But what about what's lurking inside our houses? Household dust, mold and various chemicals can make breathing difficult. Here's what might be stirring up trouble at home:

Dust mites. In dust around the home lie dust mites—microscopic insects that are the most common cause of dust allergies. They can also trigger asthma and flu-like symptoms.

Combat them: Wipe dusty surfaces with a damp cloth, and vacuum once a week. Wash bedding once a week in hot water, and cover mattresses, box springs and pillows in mite-proof covers.

Mold. Mold spores thrive in damp areas such as basements and bathrooms. Along with dust mites, mold is considered a biological pollutant and can also trigger allergies and asthma.

Combat it: Use ventilation fans and dehumidifiers to keep humidity at 30 percent to 50 percent. Treat moldy bathrooms, basement walls and furniture with diluted bleach or other disinfectants.

Volatile organic compounds (VOCs): These gases are emitted from products such as paints and cleaning supplies. Health effects range from ear, nose and throat irritation to central nervous system damage.

Combat them: Use chemicals only in well-ventilated areas. Consider purchasing low-VOC paint.

Don't let the bedbugs bite!



Bedbugs are one souvenir you don't want to take home with you from vacation. But these flat, little reddish-brown pests, which are more common in places such as hotels, may find a way into your home by hitching a ride in your suitcase. Waiting to strike, they hide out in beds, box springs, headboards and bed frames. When they do bite, they can cause red, itchy, clustered bite marks on the face, neck, arms and hands. The best way to eliminate them is with a professional exterminator.

DOUBTING diet soda

Diet soda: It's sugar and calorie free, so it must not be bad for you, right? Some recent research suggests otherwise. While most of these health concerns need further investigation, now might be a good time to either limit your diet-soda intake to the occasional indulgence, or switch to water, skim milk or diluted 100-percent fruit juice. Here's why:

Tough on teeth. Diet soda is just as acidic as regular soda, which can damage tooth enamel and promote decay.

Wicked to waistlines. Some studies have found that drinking diet soda regularly may be connected to obesity and type 2 diabetes. Researchers are unsure if diet soda actually causes obesity, but one study found that those who drank three or more of the beverages daily were more likely to gain weight than those who didn't.

Unkind to kidneys. One major study found that women who consumed two or more artificially sweetened sodas a day doubled their risk for kidney function decline. Drinking regular soda or only one diet soda daily did not decrease kidney function more than normal. However, for those prone to kidney stones, a separate study discovered that citrus-flavored diet sodas contain high levels of a compound that may inhibit stone formation.

Bad to the bones. According to the National Institutes of Health, people may be replacing bone-friendly, calcium-rich milk with soda, which may lead to decreased bone mass and an increased risk of fracture.





Southern Virginia Regional Medical Center
727 North Main St.
Emporia, VA 23847

PRSR STD
U.S. POSTAGE
PAID
Southern Virginia
Regional Medical Center

Health Connection is published as a community service of Southern Virginia Regional 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 © 2011 Southern Virginia Regional Medical Center

WINTER 2011



www.svrmc.com

70SVR



If your doctor starts
every visit with
"So, how was your drive?",

it's time to discover Southern Virginia's best-kept secret.

Sometimes the things you need most are right under your nose. Like skilled care close to home. Southern Virginia Regional Medical Center offers many of the same services and procedures you'll find in big-city hospitals, along with a genuine concern for your well-being. We treat our patients like friends and neighbors because most of the time, that's what they are. If you don't know about the great care available right here in your community, it's time to discover Southern Virginia Regional Medical Center for yourself. Learn more at www.svrmc.com.



**SOUTHERN VIRGINIA
REGIONAL MEDICAL CENTER**
727 North Main Street
434-348-4400