

# Health Connection

THE MAGAZINE OF SOUTHERN VIRGINIA REGIONAL MEDICAL CENTER

**Responding to your  
needs: More services  
for better care**

**Meet our newest doctor**

**Celebrating 45 years of  
volunteer service**

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Managing high cholesterol

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First aid for broken bones



**SOUTHERN VIRGINIA**  
**REGIONAL MEDICAL CENTER**  
HOMETOWN QUALITY CARE

# You've found a breast lump: Now what?

If the thought of finding a lump in your breast scares you, you're not alone. After all, many of us know someone who has had breast cancer. But some of us are so frightened that we avoid getting mammograms—the very habit that could save our lives if breast cancer develops. If you're in that group, you'll be glad to hear that four in five breast lumps turn out to be noncancerous. Here's a description of some common breast conditions:

**Fibroadenoma:** a smooth, solid, round painless lump that moves easily and can feel like a marble. Occurs most often in African-American women and women under age 30.

**Fibrocystic breast changes:** solid or fluid-filled lumps that

increase in size and tenderness five to seven days before each menstrual period.

**Cyst:** a smooth, fluid-filled lump often sensitive to the touch before the menstrual period. Typically appears in women between ages 35 and 50.

**Lipoma:** a soft and slow-growing painless lump that moves freely.

**Intraductal papilloma:** a small, wartlike growth near the nipple that may cause bleeding from the nipple. Occurs most often in women in their 40s.

**Mammary duct ectasia:** a thick, sticky, gray to green discharge from the nipple.

**Mastitis:** a warm, tender, lumpy area on the breast that appears red. Most often affects breast-feeding women.

**Traumatic fat necrosis:** painless, round, firm lumps that can result from a bruise or a blow to the breast. Occurs in older women and women with large breasts.

## WHAT HAPPENS IF YOU FIND A LUMP?

If you find a lump, see your healthcare provider. He or she will do a clinical breast exam and may recommend one or more of the following tests and procedures:

**Mammography,** or breast X-ray, may be recommended to determine the lump's size and location.

**Ultrasound** examination can determine whether the lump is a fluid-filled cyst or a solid mass.

**Fine-needle aspiration** is an in-office procedure. Fluid is drawn out of the lump with a thin needle. If the fluid is clear and the cyst disappears, you won't need a biopsy. If the fluid is bloody or the mass is solid, your doctor probably will recommend biopsy.

**Stereotactic biopsy** removes a small tissue sample with a thin needle for analysis. Computerized imaging guides the needle with pinpoint accuracy to the exact location to be sampled.

**Surgical biopsy** usually is performed on an outpatient basis. Normally, the surgeon removes the whole lump, but in certain cases he or she will remove only part of it. The tissue is sent to a lab where a pathologist will examine it for cancerous cells.



*The good news:*  
Four out of five  
breast lumps turn out  
to be noncancerous.



## IF PREVENTION DOESN'T WORK

Both a cold and the flu typically involve a runny nose, sneezing, sore throat, cough and fatigue, but only flu characteristically features headache, high fever and that all-over-achy feeling.

Some people are at higher risk for complications from the flu than others and should get prompt medical care instead of trying to self-treat. These include:

- people over age 65
- children and adults with a chronic health condition, such as asthma or diabetes, or a weakened immune system
- pregnant women
- infants and young children
- anyone who lives with children or others at high risk
- healthcare workers and caregivers who are in contact with children or others at high risk

Prescription antiviral medications such as oseltamivir (brand name: Tamiflu) can help shorten the duration of the flu and prevent you from getting sicker if taken within the first 48 hours of symptoms.

If symptoms suddenly worsen, linger more than a week and are accompanied by a dry, hacking cough, the flu might have developed into viral pneumonia. Thick, rust-colored mucus along with a cough may signal bacterial pneumonia. Both types of pneumonia require medical attention.

# Easing the sneezing

## Surviving cold and flu season

**A**utumn is almost upon us. Soon it will be time to rake the leaves, pull out the sweaters and pray the kids don't catch something at school that knocks the whole family out of commission for a week.

But with a few simple precautions, parents and children can keep colds and flu away—or at least from spreading. Here are some basic tips to avoid getting sick, whether you're 2 years old or 90:

- Wash your hands several times a day with soap and water—and even more frequently if you're around anyone with a cold.
- Keep your hands away from your eyes, nose and mouth.
- Cover your mouth and nose with a disposable tissue when you sneeze or cough. Then wash your hands.
- Protect and strengthen your immune system by getting enough rest, exercising regularly and eating a healthy diet that includes lots of fruits and vegetables.
- Don't share eating utensils or drinking glasses.
- Avoid crowds of people where germs may spread.
- Most important: Keep annual flu vaccinations up to date.

## Call your pediatrician or primary care provider if ...

Your sick child has any of these symptoms:

- labored breathing, often signaled by the abdomen rising and falling dramatically
- a fever of approximately 102° F that acetaminophen (brand name: Tylenol) can't control or that's present for more than three days
- inconsolable crying or irritability
- blood in vomit or stool
- recurring vomiting or loose stools
- greatly diminished food or fluid intake
- pulling or tugging at the ears, which may indicate an ear infection



## PHYSICIAN SPOTLIGHT



**MICHAEL S. GRILLON, M.D.**  
Board Certified in General Surgery

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**G**eneral surgeons acquire knowledge related to diagnosis and preoperative, operative and postoperative management of the alimentary tract, abdomen, breast, skin and soft tissue, endocrine system, head and neck, trauma and burns and vascular surgery. To earn distinction as a Diplomate of General Surgery by the American Board of Surgery, an individual must have graduated from an accredited medical school, completed a minimum of five additional years of training in a surgical residency program, acquired sufficient operative experience in the core areas of general surgery and received approval from a residency program director. The physician must pass a written qualifying, oral and certifying examination in surgery.

Michael S. Grillon, M.D., of Southern Virginia Medical Group, received his medical degree from the University of Massachusetts Medical School. He completed a general surgery residency at Waterbury Hospital Health Center in Waterbury, Conn., an affiliate of Yale-New Haven Hospital.

Board certified in surgery by the American Board of Surgery, Dr. Grillon joined the medical staff of Southern Virginia Regional Medical Center (SVRMC) in 1997 and has served the medical staff of SVRMC as chief of staff and chief of surgery. He, his wife, Cindy, and their two children, Rebecca and Justin, make their home in Emporia.

## SVRMC AUXILIARY:

# Celebrating 45 years of volunteer service



**T**he first 12 members of the Greenville Memorial Hospital (GMH) volunteer service organization, known as the Greenville Memorial Hospital Auxiliary, had their first meeting on May 15, 1961.

Since then, the auxiliary has

experienced much growth and change. In late 2003, the GMH Auxiliary, along with the hospital, moved its center of operations to our new facility and changed its name to the Southern Virginia Regional Medical Center (SVRMC) Auxiliary, Inc., a not-for-profit organization. Today, the auxiliary has approximately 100 active and honorary members. Each year during Volunteer Week, members are

recognized for their years of service at a luncheon and are presented with service-award pins.

During these 45 years, the auxiliary has served the hospital community with compassion in different capacities. Auxiliary members help in the oncology department with patient escort and registration and with the new patient balloon program. Members also assist with special projects and deliver weekly newspapers and mail to patients.

Through proceeds from the Auxiliary Gift Gallery and fundraising activities from the Hospital Follies and Grand Hospital Balls in the 1970s and 1980s to the more recent fine jewelry, book and handbag sales, the auxiliary has given the hospital much needed equipment and comfort items for patients. Since 1995, the auxiliary has offered a scholarship program for individuals pursuing careers in healthcare. The Julian and Mattie Hughes Watson Scholarship was made possible through the generous bequest of Mattie Hughes Watson, a loyal and dedicated auxiliary member.

SVRMC is proud of the auxiliary's 45-year tradition of excellence in volunteer services. The services members provide our hospital and the community are a testament to the good nature and giving spirit of their families.

**Join today!**

**F**or more information or to become a volunteer, call  
**(434) 348-4458.**

## Responding to change: More services for better care



Doug Arbour  
Chief Executive Officer

In the changing world of health-care, we ask ourselves every day, how can we improve care in the communities we serve?

Being a newly appointed CEO and relocating from Baton Rouge, La., have been big changes for my family and the leadership team at Southern Virginia Regional Medical Center (SVRMC). Settling into this new role and learning about the hospital and community, I'm excited

to announce several new programs and services, including expanded pain management, inpatient and structured outpatient behavioral health services, sleep disorders and cardiology. They're intended to match our patients' needs and complement our existing services.

With so many Americans suffering from chronic pain, we're fortunate to offer a wide range of treatments at SVRMC. Manhal Saleeby, M.D., board certified in anesthesiology and pain medicine, specializes in the treatment of chronic painful conditions such as migraines and back pain. Two of the latest treatments—spinal cord stimulator and radiofrequency lesion generator application—have minimal risk with tremendous success. For more information, please contact South Central Virginia Pain Center at **(434) 348-4653**.

Outpatient behavioral health is another new service offered by SVRMC. Since opening our 10-bed inpatient unit in February, we discovered a need to transition patients to an outpatient basis. This program provides group therapy with licensed therapists and/or clinical psychologists under the medical direction of a psychiatrist. SVRMC also will provide transportation for treated patients. The program brings quality treatment for both inpatients and outpatients closer to home.

Are you having trouble getting a good night's sleep? Do you snore a lot? SVRMC now offers diagnostic testing for patients with sleep disorders. Sleep apnea, or

irregular breathing during sleep, is the most common sleep disorder. Sleep patterns are disrupted, resulting in daytime sleepiness and fatigue. Snoring is a warning sign, and patients run the risk of high blood pressure, congestive heart failure, stroke and auto/work-related accidents. The good news is that sleep apnea and snoring can be easily treated. If you or someone you know has a sleep disorder, consult your physician. Treatment is fast, simple and will improve your quality of life.

Lastly, I'm proud to announce that our cardiologist, Inna Tchoukina, M.D., has earned her third board certification. The American Board of Internal Medicine announced that Dr. Tchoukina has earned the distinction of Diplomate of the Board of Cardiovascular Disease, the subspecialty that deals with diseases and medical conditions of the heart and blood vessels. She also is board certified in nuclear cardiology and internal medicine. We're indeed fortunate to have a full-time cardiologist here in Emporia.

Best regards,

DOUG ARBOUR  
Chief Executive Officer  
Southern Virginia Regional Medical Center



## HEALTHWISE QUIZ

### How much do you know about Alzheimer's disease?

Take this quiz to find out.

**1** Which example of memory loss may be a sign of Alzheimer's disease?

- a. forgetting where your keys are
- b. forgetting what month and year it is
- c. forgetting the name of a person you just met
- d. forgetting to return a phone call

**2** British researchers have recently learned that drinking this beverage can inhibit enzymes associated with the development of Alzheimer's:

- a. orange juice
- b. coffee
- c. tea
- d. white wine

**3** All the following may be early warning signs of Alzheimer's *except*:

- a. speaking in jumbled sentences
- b. getting lost in familiar areas
- c. having rapid mood swings for no apparent reason
- d. losing sense of balance or experiencing vertigo

**4** Which health condition is suspected of increasing the risk of Alzheimer's?

- a. yo-yo dieting
- b. high blood pressure
- c. asthma
- d. low bone density

**5** Which is the most misdiagnosed mental disorder in older adults?

- a. Alzheimer's disease
- b. depression
- c. anxiety attacks
- d. insomnia

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

## NUMBER CRUNCHING

# Managing high cholesterol



**T**he bad news: High cholesterol plays a key role in whether you develop heart disease or suffer a heart attack or stroke. Excess cholesterol, a waxy, fatlike substance in your blood, builds up on artery walls, reducing blood flow. The good news: You can do something about it.

Many factors contribute to high cholesterol. While you can't change your genes, age or gender—which all affect cholesterol—you can take the following steps to improve your cholesterol levels and your health.

To lower your LDL, or bad, cholesterol and raise your HDL, or good, cholesterol:

- **Eat smart.** Saturated fat and trans fats raise LDL cholesterol levels. Instead, use polyunsaturated or mono-unsaturated fats like olive, safflower, sesame, soybean, canola and peanut oils. Eat no more than six ounces of lean meat, fish or skinless poultry a day. Choose plenty of fruits, vegetables and whole-grain foods. Switch to fat-free or low-fat dairy products and increase soluble fiber found in foods like oats, beans and citrus fruits.
- **Get regular exercise**—at least 30 to 60 minutes of physical activity a day.
- **If you smoke, quit.** Smoking lowers HDL cholesterol and increases the blood's tendency to clot.
- **Consider medication.** If lifestyle changes aren't enough, your healthcare provider may prescribe cholesterol-lowering drugs.

## Leveling off your numbers

**A**im for these desired cholesterol levels. If you already have heart disease or other risk factors, your doctor may set different goals for you.

Total cholesterol      less than 200 mg/dL

HDL cholesterol      greater than 50 mg/dL

LDL cholesterol      less than 100 mg/dL

Triglycerides      less than 150 mg/dL

# Bad breaks

## First aid for broken bones

If your child were to take a spill from a bike or your best friend turned an ankle while stepping off the curb and you suspected a bone is broken, would you know what to do? Try taking these actions:

- **Determine whether you need emergency help.** All fractures will need medical attention, but call for emergency help if the injury involves the head, neck, back, pelvis or upper leg; there's heavy bleeding; bone has pierced the skin; or a toe or finger on the injured arm or leg is numb or blue at the tip. Also, call for help if you can't transport the injured person by car because he or she can't sit upright or use safety or seat belts.
- **Remove clothing from the injured part.** Use scissors to cut clothing away; don't try to pull the limb out of clothes.
- **Stop any bleeding.** Use a sterile bandage or clean cloth



and apply constant pressure to the wound. Have the person lie down and don't wash the wound or poke the bone back into the skin.

- **Make a splint.** Keep the limb in the position you find it. Place soft padding around the injury with something firm (like a board or rolled-up newspaper) next to it, using first-aid tape. Make sure the splint extends past the joints above and below the injury.
- **Apply cold packs.** Wrap ice in a towel and place it on the injured area to control swelling and pain until help arrives.

### In case of emergency ... We're here for you

**T**here's no telling when an accident or a sudden illness will occur. But when it does happen, turn to us, the clear choice for emergency assistance. Our emergency department provides patients with fast, dedicated and compassionate care. What's more, our ER is backed and supported by an entire hospital dedicated to helping you get well.

**In an emergency, every second counts. Call us for emergency help anytime you suspect someone needs urgent care.**



## The whole-grain truth

### Think outside the breadbox to include more healthy foods in your diet

**G**rains like wheat, rice, oats and corn are a staple in the American diet and for much of the world. Whole grains

and foods made from whole grains are an important source of fiber, vitamins, minerals and other nutrients. When refined grains like white flour and white rice are processed, much of the fiber and nutrients are lost.

Eating more whole grains can help you lower cholesterol and control your weight, reducing risk of heart disease, stroke, diabetes, gastrointestinal problems and cancer. Aim to eat at least three servings of whole grains each day. The earthy, nutty flavors and chewy textures are a great way to add a new dimension to your menu. Whole-grain breads, cereals, tortillas and crackers are just the beginning. Explore a variety of whole grains like barley, groats, wheat berries, buckwheat, triticale, bulgur, millet and quinoa.

#### HOP ABOARD THE GRAIN TRAIN

Upping your intake of whole grains is easier than you think. Try making some of these simple diet switches:

- Start your day with a bowl of bran flakes, shredded wheat or oatmeal.
- Buy whole-grain breads, bagels, rolls, tortillas, muffins, waffles and pancakes.
- Substitute rolled oats or crushed bran flakes for bread crumbs in recipes.
- Switch to whole-wheat pasta.
- Bypass the potatoes and try bulgur, barley, quinoa or brown or wild rice.
- Snack on unbuttered popcorn or whole-wheat crackers or pretzels.
- Substitute barley or brown or wild rice for pasta or noodles in soups, stews, casseroles and salads.
- Use whole-wheat pastry flour in place of much of the all-purpose flour in recipes.

# Get healthy. Stay healthy.

Find out how on Tuesday, Nov. 14

**S**outhern Virginia Regional Medical Center is proud to announce the launch of a new program for women in our community—**Healthy Woman**. The program will feature a series of monthly free seminars, health fairs, educational programs and interactive events that focus on the emotional, physical and fiscal well-being of women. The Healthy Woman co-chairs, Tracy Mitchell, Senior Circle advisor, and Sandy Webb, director of marketing and public relations, will lead this effort in conjunction with the Healthy Woman Advisory Council, a group of community leaders and volunteers.

The kick-off, scheduled for Tuesday, Nov. 14, will include dinner and feature nationally noted motivational speaker, Suzanne Metzger, Ph.D. For more than 15 years, Dr. Metzger has captivated audiences with humorous yet provocative speeches.



She knows the importance of the right attitude and the power of “soft skills” in building a healthy and happy approach to life. The author of “Learning Through Living ... Some Assembly Required” and co-author of “The Complete Idiot’s Guide to Living with Breast Cancer,” Dr. Metzger leads workshops and writes columns about self-motivation to help others get themselves on the right track. Her story will inspire you to gain self-acceptance and learn the value of a positive attitude.

**HEALTHY WOMAN**  
A SOUTHERN VIRGINIA REGIONAL MEDICAL CENTER RESOURCE

Join the kick-off event!

**F**or more information about the Healthy Woman kick-off, call Sandy Webb, director of marketing and public relations, at (434) 348-4447.

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