

HouseCall

FROM YOUR FRIENDS AT NORTHEAST REGIONAL MEDICAL CENTER

**Breast cancer:
Early detection
is key**

**Move your body
to build your mind**

**Meet our
medical staff**

**Kids' sports
injuries on
the rise**
Keep your
child safe

**Are you
healthwise?**
Take our quiz!

**Healthy
Woman
celebrates!**

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Northeast
Regional Medical Center

www.nermc.com



Do you really need a primary care physician?

Sure, most health plans require a primary care physician (PCP) for specialist referrals. But that's just one reason it's a good idea to have one dedicated clinician to oversee all your health concerns.

THE KEY TO SUPERIOR CARE

Developing an ongoing relationship with one physician who knows you and your medical history leads to a better overall outcome and lower costs. The reason? Your PCP can counsel you on healthy lifestyle choices, such as exercise options, an eating plan and other prudent lifestyle adjustments and modifications. Plus, seeing your PCP regularly makes him or her better at evaluating your symptoms than practitioners who don't know you. Additionally, a PCP provides routine health screenings, which can find diseases early—when they're easier to treat (see “Screenings your PCP may provide”). This, in turn, translates into less invasive and less expensive treatments.

A GUIDING LIGHT

If you've ever wished you could go to one place for all your health concerns or worried whether you're approaching the right physician for a particular ailment, you're in luck. A PCP can be your primary contact to address most personal healthcare needs.

The healthcare system can be intimidating—especially when you're faced with a frightening symptom. A PCP can evaluate the problem and either manage it him- or herself or arrange for the appropriate referrals. And if you need specialist care, your PCP can guide you and coordinate all aspects of your care. Plus, he or she can sort through and help explain the advice of other physicians.

Who's who in the PCP world

When picking a PCP, you can choose from many different types of healthcare professionals:

- **Family practitioners.** Physicians who care for children and adults of all ages. They may also practice obstetrics and minor surgery.
- **General practitioners.** Physicians who provide basic care for all ages.
- **Internists.** Physicians who care for adults of all ages and can treat many different medical problems.
- **Obstetricians/gynecologists.** Physicians who specialize in reproductive health. They often serve as a PCP for women, especially those of childbearing age.
- **Hospitalists.** Physicians who care for people who are hospitalized. Most hospitalists are trained in internal medicine and work with a hospitalized patient's PCP to provide the best care.
- **Nurse practitioners and physician assistants.** Nonphysician providers of primary healthcare. Often referred to as “physician extenders,” they consult with physicians. They may see children, adults or women only and can prescribe medications and other treatments.
- **Pediatricians.** Physicians who treat newborns, infants, children and adolescents.

Screenings your PCP may provide

- | | | |
|--|--|--|
| <input type="checkbox"/> blood pressure | <input type="checkbox"/> cholesterol | <input type="checkbox"/> diabetes |
| <input type="checkbox"/> breast cancer | <input type="checkbox"/> colorectal cancer | <input type="checkbox"/> obesity |
| <input type="checkbox"/> cervical cancer | <input type="checkbox"/> depression | <input type="checkbox"/> prostate cancer |
| <input type="checkbox"/> chlamydia | | |

Strength-train your brain

The mental benefits of exercise

Exercise has long been touted for its physical health benefits, such as improving metabolism, lowering blood pressure and reducing your risk of heart disease, stroke and cancer. But working up a sweat is also good for your head. Here's how:

BEATS THE BLUES

In a review of 80 studies on exercise and depression, researchers concluded that getting physical can act like an antidepressant. The analysis found that exercise decreased depression more than relaxation training (such as meditation or breathing) or engaging in enjoyable activities did. Working out may boost levels of feel-good endorphins, natural painkillers that promote a heightened sense of well-being.

TAMES TENSION

Physical activity releases muscle tension, reduces levels of the stress hormone cortisol and raises body temperature, which may have calming effects. Additionally, it can shift your attention away from anxious thoughts to something more pleasant, like your surroundings or the music that gets you moving.

AMPS UP ENERGY

Often feel drained? Inactivity is the likely culprit. Yes, working out may make you tired in the short term, but it helps increase stamina and energy in the long run. And, according to the Centers for Disease Control and Prevention, staying active may improve sleep quality, which translates into more next-day pep.

CRANKS UP CONFIDENCE

If you're nervous, working up a sweat gives you a confidence boost. How does getting sweaty raise self-worth? The effect is thought to be brought about by the sense of accomplishment that comes from meeting fitness goals or challenges.

BOOSTS BRAIN POWER

Regular physical activity can help keep your thinking, learning and judgment skills sharp as you age. In one study of 62- to 70-year-olds, those who were still working and retirees who exercised sustained their levels of cerebral blood flow and performed better on cognition tests than inactive retirees. What's more, in a few studies of subjects older than age 65, those who worked out for at least 15 to 30 minutes three times a week were less likely to develop Alzheimer's disease.



How much is enough?

If you have a physical disability, talk with your physician before exercising. Once you get his or her OK, do the following activities to reap the mental and physical benefits:

- A minimum of 150 minutes of moderate-intensity aerobic activity (like brisk walking) each week. If you're just getting started, break your workout into three brisk 10-minute walks a day, five days a week. Not into walking? Do water aerobics, go for a bike ride, play doubles tennis or mow the lawn—anything that gets you moving.
- Muscle-strengthening activities that target all major muscle groups on two or more days a week. Try heavy gardening (digging, shoveling), yoga, lifting weights or other weight-bearing moves like push-ups or sit-ups. Aim for eight to 12 repetitions per activity.

FROM OUR HOUSE TO YOURS



Bob Moore, FACHE
Chief Executive Officer

Dear Northeast Missouri resident,

It takes many talented and skilled people to run any hospital properly. At Northeast Regional Medical Center (NRMC), we're not just any hospital. We're even more special because of the team of people who provide care for our friends and neighbors. As I look back over the past few years

of growth at NRMC, I think of the many things of which our employees, medical staff and community can be proud.

GIVING BACK

At NRMC, we're honored to give back to our community because we know the impact of advanced medical care, charity, education and wellness programs, corporate contributions and community partnerships on the lives of real people. Each program we support is chosen because of its ability to improve the health and quality of life of those who live and work there. We provide millions of dollars in uncompensated care and charity care each year. We use local businesses,

At Northeast Regional Medical Center, our patients come first. Our team of physicians, therapists, nurses and other professionals is committed to helping grow a healthy community.

support local charities and pay hundreds of thousands of dollars in taxes to our local hometown.

A BETTER PLACE TO LIVE AND WORK

As one of the major employers in Northeast Missouri, our hospital's success impacts the health of the people who live here and at the same time supports the local economy. We're committed to making Northeast Missouri a better place to live and work.

DEDICATED TO THE COMMUNITY

We've recruited new dedicated medical staff members, including cardiologists, hospitalists, primary care physicians, Ob/Gyns, surgeons, neurologists and many more, all of whom are experienced professionals with impressive credentials from some of the country's finest institutions.

WE'RE HERE FOR YOU

NRMC's employees and physicians are all committed to providing quality, compassionate care to the people of Northeast Missouri. Your support of NRMC helps us grow and meet your needs. Your support also helps strengthen our economy by keeping healthcare dollars right here in Northeast Missouri. Thanks for supporting Quality Care. Right Here. Close to Home.

Warmest regards,

BOB MOORE, FACHE
Chief Executive Officer
Northeast Regional Medical Center

PHYSICIAN SPOTLIGHTS

The experienced, dedicated medical staff members of Northeast Regional Medical Center (NRMC) can help keep you and your family healthy. We'd like to introduce two of them to you.



BRENT D. SPEAK, D.O.
Obstetrics and Gynecology

Kirkville Obstetrics and Gynecology
610 Rosewood Drive
Kirkville
(660) 627-5228

Kirkville native Brent D. Speak, D.O., offers a broad range of women's services tailored to meet the unique needs of each patient. Services include contraception, gynecological surgery, gynecology care, high- and low-risk obstetrics care, infertility treatment, laparoscopic and laser surgery, menopause and hormone therapy, treatment of abnormal Pap tests and urinary incontinence treatment.

Dr. Speak earned his undergraduate degree from Truman State University in 2001 and his medical degree from Kirkville College of Osteopathic Medicine of A.T. Still University in 2005. He completed an obstetrics/gynecology residency at Synergy Education Alliance in Saginaw, Mich., and is a member of the American Osteopathic Association and American College of Obstetrics and Gynecology.



JUSTIN D. PUCKETT, D.O.
Family Medicine

Complete Family Medicine, LLC
312 S. Elson St.
Kirkville
(660) 665-7575

Justin D. Puckett, D.O., provides care to the entire family, from newborns to seniors. He coordinates patient care, stays on top of preventive healthcare needs and provides osteopathic manipulative treatment. Dr. Puckett offers after-hour appointments on weeknights and Saturdays and accepts most major insurances.

Dr. Puckett graduated from Kirkville College of Osteopathic Medicine of A.T. Still University in 2006.

Dr. Puckett completed his family medicine residency at NRMC and is a member of the American Osteopathic Association, American College of Osteopathic Family Physicians and the American Academy of Family Physicians.



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

Is it benign or cancerous?

Less-invasive breast biopsy has the answer

In many cases, it's not possible to tell from a mammogram alone whether a growth is benign or cancerous. As an alternative to open surgical biopsy, which removes a larger specimen for analysis, Northeast Regional Medical Center (NRMC) offers stereotactic

breast biopsy, an efficient and minimally invasive technique.

Stereotactic biopsy is done with a less-invasive device that allows physicians to biopsy tissue through a tiny incision. During the procedure, the patient lies on the table while the surgeon places a probe through a tiny incision, about the size of a match head. Using ultrasound imaging, the physician can pinpoint the suspicious tissue and remove part of it for further exam. Only a small adhesive bandage is required to cover the incision. The procedure typically takes an hour, and patients can usually return to normal activity within 24 hours.



! Early detection is key

For more information about stereotactic breast biopsy, call NRMC mammography at (660) 785-1649.

HEALTHWISE QUIZ

How much do you know about breast cancer?

Take this quiz to find out.

- 1** Your risk of developing breast cancer is increased by which of the following?
 - a. radiation exposure to the chest as a child or a young adult
 - b. first pregnancy after age 30
 - c. use of estrogen and progesterone to treat menopausal symptoms for four or more years
 - d. all of the above
- 2** Which is not a risk factor for developing breast cancer?
 - a. having a family history of the disease
 - b. being overweight
 - c. antiperspirant use
 - d. excessive drinking
- 3** Symptoms of breast cancer typically don't include:
 - a. changes in the size or contour of the breast
 - b. breast pain
 - c. an indentation of the nipple
 - d. a clear or bloody discharge from the nipple
- 4** Which of the following is not true about male breast cancer?
 - a. One in five men with breast cancer has a close male or female relative with breast cancer.
 - b. The average male is 60 to 70 years old at diagnosis.
 - c. Being overweight doesn't increase breast cancer risk.
 - d. Health conditions that affect the testicles may increase risk.
- 5** An annual mammogram once you turn 40 is important because:
 - a. your chance of being diagnosed with breast cancer increases with age
 - b. you may have a small cancer that won't show up until your next annual screening
 - c. the sooner you're diagnosed with breast cancer, the easier it is to treat
 - d. all of the above

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



Living with heart disease

Being diagnosed with heart disease can be scary. You may wonder: Will I still be able to do the things I love? By making a few adjustments, you can control your condition and enjoy life to its fullest. Here's how:

Master your medications. If your physician prescribes cholesterol- or blood pressure-lowering pills, tape a note to your mirror, set an alarm—whatever's necessary—to ensure you take them as directed every day.

Learn food math. Don't worry: You can still eat delicious meals. But you'll have to learn to read labels and keep tabs on your daily intake of certain foods. The basics:

- Keep total fat to less than 35 percent of your calories (saturated fat should equal just 7 percent).
- Limit cholesterol to 200 mg a day.
- Restrict sodium to 2,400 mg or less a day.
- Eat just enough calories to maintain or achieve a healthy weight.

Move more. Joining a gym is great (if you'll go), but it's not a requirement. Cleaning your house, walking your dog briskly and biking to the store are all examples of valid activity. Just 30 minutes a day will help protect your heart—even if you do only 10 minutes at a time. Of course, always check with your physician before beginning any exercise program.

If you follow these recommendations, you'll drop any extra pounds slowly, which means your weight loss is more likely to stick. The great news: Losing even 5 to 10 percent of your current weight can reduce your risk of heart attack and improve your overall health.

Keeping little athletes safe



Kids love sports, and we love watching them play. But each year, more than 3.5 million children under age 15 are treated for sports-related injuries, according to the American Academy of Pediatrics (AAP). That number is on the rise. One reason: Many kids now play the same sport year-round, resulting in overuse injuries such as chronic muscle strains, stress fractures and tendonitis. Plus, some sports have gone more extreme. Cheer-leading alone injured almost 70,000 children in 2007. So how can you keep your child out of the ER?

- **Don't start too soon.** Don't let your child join a team until he or she is at least 6 years old, says the AAP.
- **Get a pre-season checkup.** Visit your pediatrician to make sure your son or daughter is indeed sports-ready.
- **Gear up correctly.** Make sure your child doesn't compete without the right sporting shoes, helmet and safety equipment.

- **Teach the wisdom of warming up and cooling down.** Insist that young athletes exercise lightly for at least three minutes, then stretch the muscles to be used for at least 30 seconds each before practice or a game.
- **Fill 'er up.** Make sure your child carries a water bottle and knows the importance of drinking frequently, even if he or she isn't thirsty. Dehydration can cause fatigue and sickness.
- **Watch carefully.** Discourage participation in just one sport. If your child shows sign of strain or injury, insist he or she stop playing immediately—then see your pediatrician.

Healthy eating on the run

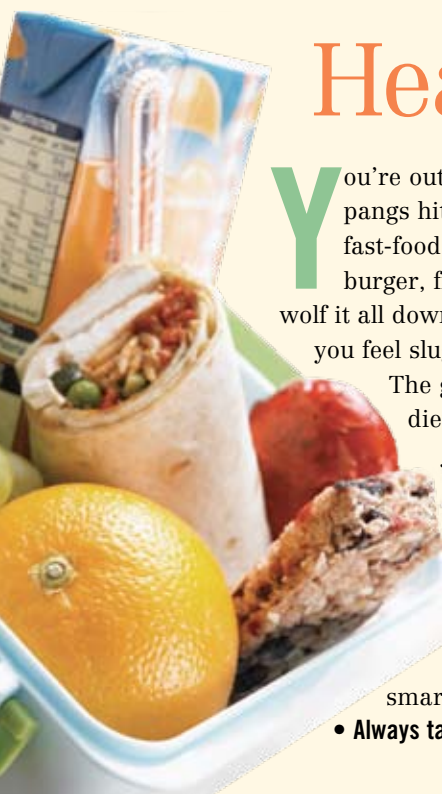
You're out and about when hunger pangs hit. Stopping at the nearest fast-food joint, you order a cheeseburger, fries and a soda and quickly wolf it all down in your car. Minutes later you feel sluggish, bloated—and guilty.

The good news: Your healthy diet doesn't have to suffer just because you're racing from one obligation to the next, spending the day running errands or hitting the road for a family vacation. Be prepared with these smart-snacking tips:

- **Always take water with you.** If it's too

bland, add a slice of fruit or a splash of juice.

- **For an on-the-run breakfast,** grab low-fat string cheese and a piece of fruit.
- **Fill an insulated lunch box with fresh fruit,** carrots, celery sticks, walnuts, yogurt or peanut butter on 100 percent whole-wheat bread for snacks during the day. Keep protein bars or snack bags of almonds or raisins in your purse, glove compartment or tote bag for hunger attacks.
- **If you must hit the drive-through,** opt for a kid-sized meal with fresh fruit or a side salad (with low-fat dressing) instead of fries, and a grilled chicken sandwich instead of one that's breaded and fried. Skip the mayo and other fatty spreads.
- **Need a coffee break?** Order the low-fat, sugar-free version of your favorite frozen coffee or latte and skip the whipped cream and caramel drizzle.



HouseCall is published as a community service of Northeast 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 healthcare provider.

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FALL 2009



Mark your calendar!

Healthy Woman wants to celebrate with you



After three years, Healthy Woman is still going strong. Join us on Saturday, October 17, to help us celebrate this milestone. Laugh and learn with Linda Larsen, dynamic speaker, author of “True Power” and professional actress, who will treat us to an inspiring talk entitled, “You ... SUPER Hero, SUPER Star, SUPER Exhausted!” Larsen helps people upgrade their thinking, improve their communication and better their quality of life.

Healthy Woman turns 3!

Saturday, October 17

Free women's expo, 4–5:45 p.m.

Truman State University Student Union Building (No registration required)

Dinner and motivational speaker, 6–8 p.m.

Truman State University Georgian Room \$15 (ticket required)

Dinner reservations required by Monday, October 5.



! Join us!

To learn more or to purchase tickets, call Mandy at (660) 785-1816 or Laura at (660) 785-1153.