

# *The* HEALTHY ADVANTAGE

YOUR HEALTH, YOUR LIFE

PLAY IT  
**SAFE**  
in the  
**Game of Life**

**CHECK YOUR HEALTH —**  
IT'S NEVER TOO LATE

**YOUR LUNGS:**  
AN INSIDE LOOK



HEARTLAND REGIONAL  
MEDICAL CENTER




# NO EXCUSES

Mammograms save lives. That’s a fact. With the busyness of life, however, these screenings are the first to get cut from our schedules when time seems better served with our families, friends or at work.

The technological advancements with mammography, however, make getting a mammogram much simpler. Mammograms take less time than ever before, and new designs make them less painful. And since nearly all insurance plans will cover them, you will not have to spend money.

The Center for Breast Health at Heartland Regional Medical Center offers advanced 3D mammography, which helps detect breast cancer in its earliest stages. It also reduces the amount of callbacks, allowing you to spend your time doing what you enjoy most.



Call (618) 230-3198 to schedule your mammogram. Same- or next-day appointments are often available.

## BETTER LATE THAN NEVER!

You didn’t get your flu shot for how many years, now? No matter, because you never get the flu, right? Why not skip the 2018–19 season, too.

Sadly, this thinking isn’t grounded in reality. You don’t get vaccinations and screenings because you’re sure to get sick without them — you get them to prevent or mitigate the rare, but very possible, chance you might get sick.

Here are some screenings and shots that people typically avoid or forget — and why they’re important.

| SCREENING OR VACCINATION           | BENEFITS TO YOU   |
|------------------------------------|---|
| <b>Cervical cancer (Pap smear)</b> | Identifies abnormal cervical cells, precancerous lesions and early cervical cancer                    |
| <b>Mammogram</b>                   | Can reduce number of breast cancer deaths in women ages 40–74   |
| <b>Colorectal cancer</b>           | Can often detect and remove polyps before they become colon cancer                                    |
| <b>Tetanus</b>                     | Can prevent tetanus, a disease that requires immediate medical attention                              |
| <b>Hepatitis A</b>                 | Can prevent hepatitis A, a disease that may cause liver problems and death                            |
| <b>Pneumococcal</b>                | Can protect against pneumococcal disease that kills more than 16,000 adults age 65 and older annually |

\*Screening and immunization data from the Centers for Disease Control and Prevention

## LOVE *and Your Health*

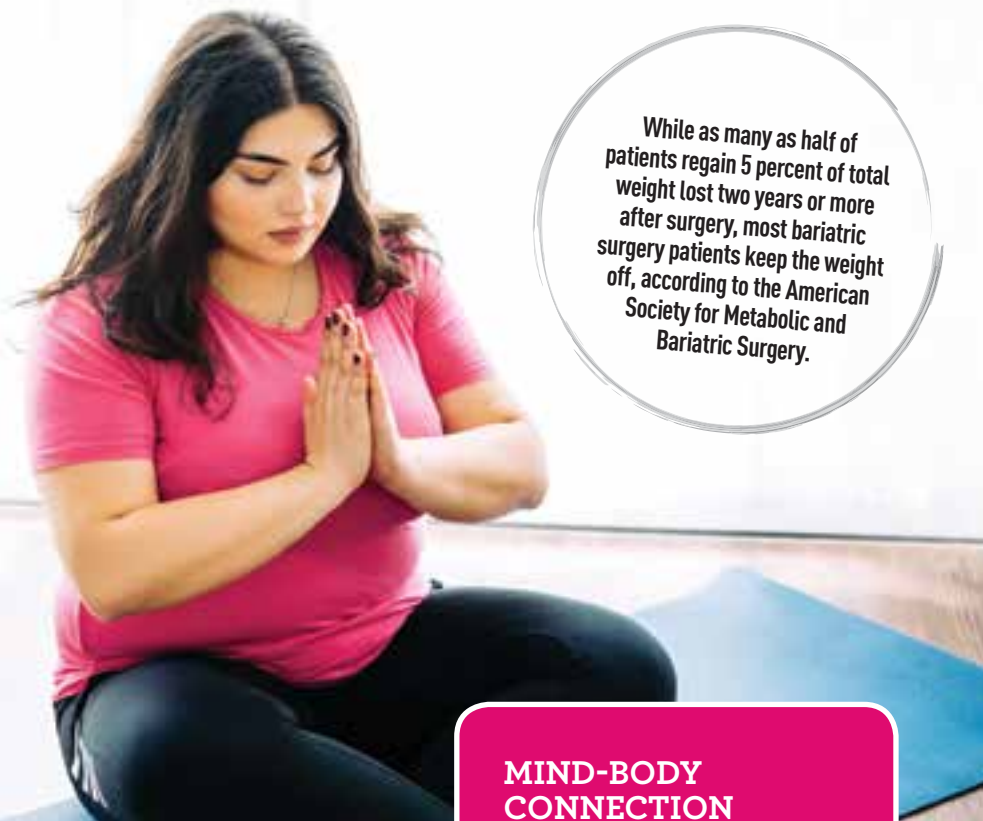
Love helps build healthy bodies. Doubt it?

- Extreme emotional distress can cause broken heart syndrome or lead to short-term heart muscle failure.
- Getting frequent hugs may improve immune response and reduce stress.
- For men, love and support from a significant other reduces their chances of duodenal ulcer and angina.
- The quality of intimate relationships (positive or negative) can raise or lower your risk for coronary heart disease.



What can you do to lose weight when you've tried everything else?

# SLIMMING DOWN for Better Health



While as many as half of patients regain 5 percent of total weight lost two years or more after surgery, most bariatric surgery patients keep the weight off, according to the American Society for Metabolic and Bariatric Surgery.

Over the years, it seems you've tried every diet out there, made significant lifestyle changes and gone to the gym for months at a time. Yet you still struggle to lose weight. Fortunately, there are other options.

With bariatric surgery, people who thought they had no hope of losing weight found themselves thinner, healthier and happier.

## IS BARIATRIC SURGERY FOR YOU?

Having a desire to lose weight isn't enough to make you a candidate for bariatric surgery. To undergo bariatric surgery, you must:

- be more than 100 pounds overweight or have a body mass index (BMI, which measures body fat based on height and weight) of 40 or higher or
- have a BMI of 35 or higher and at least one related chronic condition, such as Type 2 diabetes, obstructive sleep apnea or heart disease, and
- have documented weight-loss failure, despite healthy weight-loss methods.

## EXPLORE THE OPTIONS

If you meet the criteria, there are a number of options. You and your surgeon will pick the procedure for you based on your lifestyle and medical history. Here are the three most common:

**Gastric band** — An adjustable band is placed around the top of the stomach, creating a small pouch that causes you to feel full without needing to eat much.

**Gastric bypass** — After sectioning off the top part of the stomach, the lower part of the small intestine is attached to this part of the stomach, allowing food to bypass much of the stomach and small intestine, preventing nutrients and most calories from being absorbed.

**Gastric sleeve** — The majority of the stomach is surgically removed, leaving a banana-shaped segment that greatly limits the food you can eat before feeling full.

## BETTER HEALTH POST-SURGERY

In addition to helping patients lose weight, bariatric surgery has an array of benefits. From controlling diabetes better to improving fertility, as well as reducing joint pain, undergoing bariatric surgery can have an immediate and permanent impact on the rest of your life.

*Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment.*

## MIND-BODY CONNECTION

Because bariatric surgery is a tool that requires a lifelong commitment, losing weight is about more than just the surgery itself. To help every patient obtain an optimal outcome, potential surgical candidates must first be evaluated for mental fitness.

During this presurgery phase, patients are evaluated to determine whether they have the necessary mindset to help their surgeries be a success. Engaging in substance abuse, not controlling psychological conditions and showing a lack of follow-through are all red flags that can prevent a surgery from happening.

Once a candidate undergoes surgery, support is provided by the surgical team from that day forward to ensure optimal health and outcomes throughout life.



Clinical Dietitian Bradley Miller leads hands-on cooking classes at Marion High School's Culinary Arts Kitchen as part of The Heartland Regional Teaching Kitchen. Follow us on Facebook to learn more!



# SAFETY *Checkup*

Are you up to date on the latest safety precautions? Check out these tips to help safeguard your family's health.

## *Burn Notice*

Fire is not the only household burn hazard. Burns can also be caused by chemicals, steam, hot liquids, gases, friction or electrical current.



**First-degree burns** damage the top layer of skin, causing redness, swelling and pain.



**Second-degree burns** damage the outer skin and the dermis, the underlying skin layer.



**Third-degree burns** destroy both layers of skin and damage the tissue below. These serious burns require immediate emergency medical care.

## COOL, COVER, COMFORT

For minor burns, apply cool — not cold or icy — water. Bandage loosely with sterile gauze or a nonstick bandage. If needed, use over-the-counter medications, such as acetaminophen, ibuprofen or naproxen, to relieve pain.



## WHEN TO CALL THE DOCTOR

Most minor burns will heal on their own, but call 911 or head to the emergency room if the skin is broken or charred, the burn is larger than three inches across, or is located on the face, hands, feet, genitals or a major joint such as the knee or shoulder.

## *True or False?*

- Q:** Applying butter soothes a burn.
- A: False.** Greasy substances such as butter and oil do not make burns feel better and may increase the risk of infection.

## STEER CLEAR OF TROUBLE

Just about everyone knows that the safest course of action is to avoid using a cell phone while driving. Yet in a recent AT&T-sponsored survey, 61 percent of drivers admitted to texting, 28 percent reported surfing the internet and 17 percent said they take selfies behind the wheel.



## ARE YOU FLYING BLIND?

According to the Federal Motor Carrier Safety Administration, texting drivers take their eyes off the road for an average of 4.6 seconds. At 55 miles per hour, that's the length of a football field.



To check the laws in your state, visit the Governors Highway Safety Association (GHSA) website at [GHSA.org/State-Laws](http://GHSA.org/State-Laws).

Concerned state lawmakers are taking action to curtail these hazardous behaviors. While no state currently prohibits all cell phone use by all drivers, new and increasingly strict legislation is being added to the books every year.



## WOMEN ARE DIFFERENT FROM MEN

Ladies, watch for these less-common signs of heart attack, including:

- dizziness, light-headedness or fainting
- nausea or vomiting
- pain in the jaw, neck, back or stomach
- sudden indigestion, heartburn or persistent belching
- sweaty, clammy or chilled feeling
- unusual fatigue

Women are more likely to experience these signs of stroke:

- fast or fluttering heartbeat
- persistent hiccups
- nausea or vomiting
- shortness of breath
- overall weakness



## COMMON STROKE SYMPTOMS INCLUDE SUDDEN:

- confusion
- coordination problems, such as stumbling or losing balance
- difficulty seeing, such as blurriness or double vision
- severe headache
- trouble speaking or understanding others
- weakness or numbness on one side of the body

## TWO SIDES TO SAFE SLEEP

When it comes to the safest sleeping conditions for baby, there are two sides to the story.

According to new recommendations by the American Academy of Pediatrics, the safest sleep environment for baby is:

- a crib with only a tight-fitting sheet, no soft bedding, bumpers, pillows or toys
- in the parent's bedroom on a separate surface for at least the first six months and preferably the first 12 months of life
- on his or her back on a firm sleeping surface such as a crib or bassinet



## SEE SOMETHING, SAY SOMETHING

Quick treatment for heart attack or stroke can save a life. Know the signs and call 911 right away.

## COMMON HEART ATTACK SYMPTOMS INCLUDE:

- chest discomfort (pain, pressure, fullness or squeezing sensation)
- pain in one or both arms
- shortness of breath

## What's the Difference?

**Heart attack** occurs when blood flow to the heart is blocked and heart muscle cells begin to die. Restoring blood flow quickly stops the damage and preserves heart function.

**Stroke** occurs when blood flow is blocked to the brain. According to the National Stroke Association, two million brain cells die every minute during a stroke, making fast treatment essential to survival and recovery.



When you have an emergency, turn to Heartland Regional Medical Center Emergency Department with confidence. Visit [HeartlandRegional.com](http://HeartlandRegional.com) to learn more.

*We work diligently to have you initially seen by a medical professional within 30 minutes of your arrival in the ER.*

## PACK YOUR BAG

You can never predict when an emergency will occur. However, be prepared. Keep an emergency room (ER) go-bag in an easy-to-find location. Be sure to pack:

- a list of allergies
- a list of all medications, including over-the-counter medications and natural supplements
- a notebook and pen to keep track of important information, especially medication and discharge instructions
- a record of all medical conditions, diagnoses and any recent test or imaging results
- copies of legal documents pertaining to your care, such as a healthcare proxy
- insurance information and identification card
- names and phone numbers for all current doctors
- names and phone numbers of anyone else who may need to be contacted

Any medications you may need to take while at the ER, and important personal items, such as glasses and hearing aids, can be added when you leave for the hospital.



# Get Your Guy TO THE DOCTOR!

If a man in your life won't get to the doctor, don't give up.

There are countless important things to do every day, and getting to the doctor is one of them. Unfortunately, many men disagree and go years without a single visit to the doctor unless there is an immediate health problem that needs remedying.

Why should men see the doctor regularly, and what screenings should they undergo as they age?

## WHY IT'S HELPFUL

Talking with a stranger isn't easy. Talking with a stranger about the most intimate aspects of your health is even harder. But when men refuse to visit a physician year after year, that's what they will be forced to do when facing a health issue too big to ignore.

Seeing a doctor regularly is also a great way for men to be proactive about their health.

With annual or semi-annual visits, men can learn about specific steps they can take to prevent potential health problems for which they might be at risk.

## SCREEN TIME

There are certain screenings that help doctors detect diseases early, when they are in their most treatable forms. Screenings every man should undergo include:

- blood pressure (once every three to five years and then annually age 40 and older)
- blood sugar (once every three years after age 45)
- bone density (as your physician recommends after age 50)
- cholesterol (based on medical history and risk factors, at least every five years for adults age 20 and older)

- colon cancer (colonoscopy every 10 years starting at age 45)
- lung cancer (for smokers or former smokers)

New guidelines for prostate cancer screening in 2018 by the U.S. Preventive Services Task Force recommend men ages 55 to 69 have the discussion with their doctor about screening to determine if it's right for them.



Visit [HeartlandAnytime.com](https://www.heartlandanytime.com) to easily schedule an appointment from your computer or smartphone. You can select a date that is convenient for you.

## THE DOCTOR WILL SEE YOU NOW

We are dedicated to making health care more convenient and more accessible to you and your family members. And with our new online self-scheduling tool, we're putting more control in your hands — literally.

Now you can quickly schedule an appointment with a primary care provider.

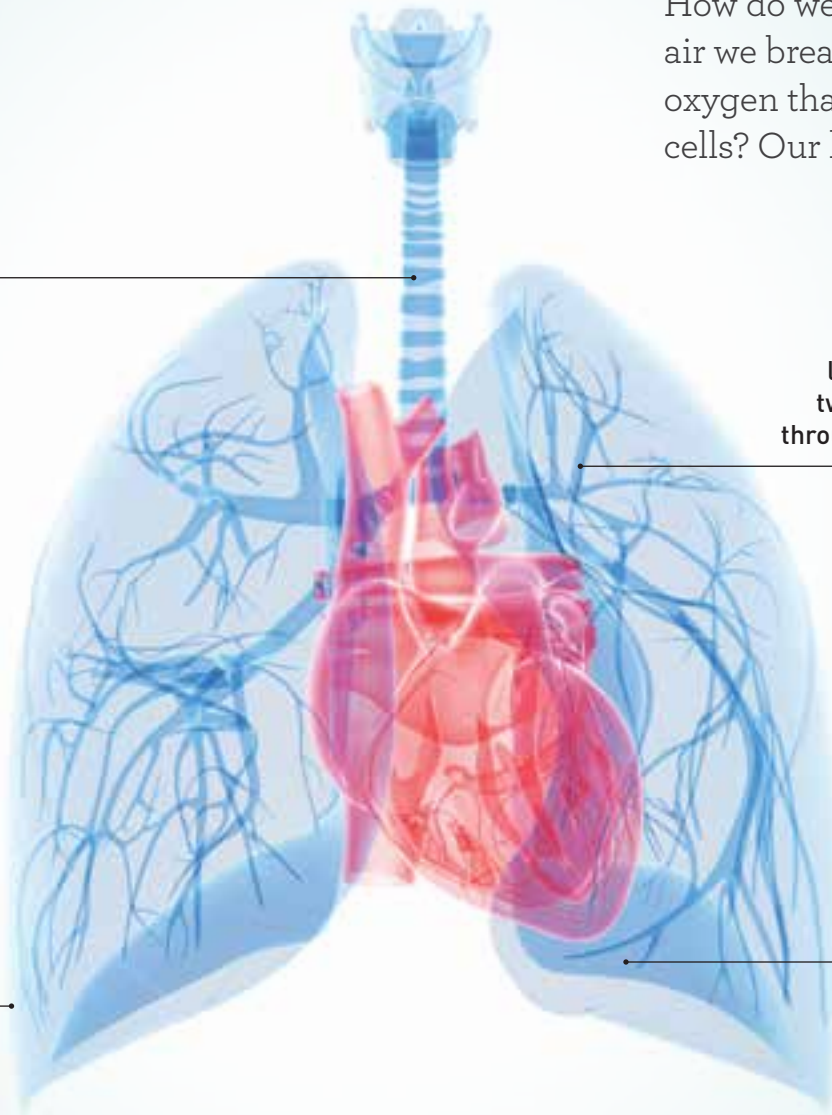
Find a provider that has an appointment available when your schedule is free, and book the appointment yourself. Just like that, you are scheduled for care.



## INCREASE THE ODDS

As many as one in five men go to the doctor because of the constant encouragement of a loved one.

# TRANSFORMATIONAL ORGANS: YOUR LUNGS



How do we turn the air we breathe into the oxygen that powers our cells? Our lungs!

**1.** Air enters our lungs through the trachea.

Each lung has a branched structure that provides plenty of surface area for oxygen to be taken from air and carbon dioxide to be released back into the air. The small “cells” that form the branches are called alveoli. Each alveolus is wrapped with tiny blood vessels, and this is where the oxygen/carbon dioxide exchange takes place — in the hemoglobin of the red blood cells in these vessels.

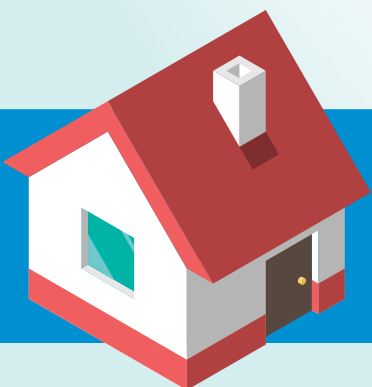
**3.**

Bronchi and bronchioles look like branches and twigs and carry air throughout the lungs.

**2.**

The movement of the diaphragm muscle works the lungs like a bellows, moving air in and out.

**4.**



The total absorptive surface area of the respiratory system including the lungs is between 70 to 100 square meters. That's as big as the floor space of a small house!



Better breathing means better living. At Heartland Regional Medical Center, pulmonary rehabilitation specialists help improve your condition and manage your chronic obstructive pulmonary disease, so you stay healthy. Call (618) 477-8604 to schedule an appointment.



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Visit [HeartlandRegional.com/signup](http://HeartlandRegional.com/signup) to receive other health and wellness articles and register for our eNewsletter.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (618) 998-7000 (TTY: (618) 998-7558).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod nume (618) 998-7000 (TTY: (618) 998-7558).

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This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

# PUT YOUR HEART → *First*

Heart disease is the No. 1 cause of death for women, according to the American Heart Association, but often its symptoms are chalked up to getting older or to acid reflux. Take care of your heart by eating healthy foods, exercising regularly, quitting smoking and talking with your doctor about your personal risk for heart disease.



Our free heart-risk assessment will calculate your heart age and offer advice on how to maintain or improve your heart health. Get started now. Visit [HeartlandHeart.com](http://HeartlandHeart.com).

