

The HEALTHY ADVANTAGE

YOUR HEALTH, YOUR LIFE

**CONCERNING
SYMPTOMS?
CONFIDE IN
YOUR DOCTOR**

**RECOGNIZE
THE SIGNS OF
VASCULAR
DISEASE**

**DIABETIC
FOOT ULCERS:
Watch Your Step**

 **HEARTLAND REGIONAL
MEDICAL CENTER**

THE POWER OF Oxygen

A treatment known as hyperbaric oxygen therapy enhances the flow of oxygen in your body and can help wounds heal more quickly.

The human body is designed to heal itself, but sometimes it needs a little help to complete the process. Hyperbaric Oxygen Therapy (HBOT) provides that healing assistance by nourishing the body with 100 percent oxygen delivered in a highly pressurized environment. This added pressure aids in the efficient delivery of oxygen to your body's organs and tissues.

Your healthcare provider may recommend HBOT to manage a variety of conditions, including:

- air embolisms created during deep water diving
- bone infections
- burns
- carbon monoxide poisoning
- frost bite
- gas gangrene
- radiation-caused tissue damage
- nonhealing wounds caused by injuries or illnesses, such as diabetes

The benefits of hyperbaric oxygen therapy include reduced swelling and decreased risk of wound-related infection.

THE TREATMENT PROCESS

To receive hyperbaric oxygen therapy, you will spend time in a sophisticated oxygen chamber in which the pressure is between 250 and 280 kilopascals (kPa), units that measure pressure. This level of pressure is roughly two and a half times higher atmospheric pressure at sea level (101.325 kPa), according to the National Institutes of Health.

Each session in the chamber can last between 45 minutes to 300 minutes at a time, and your healthcare provider can recommend as many as 40 treatments. During the treatment, you may notice a feeling of fullness and pressure in the ears. Your ears may also pop when you exit the chamber.



If you have a wound that won't heal, seek help as soon as possible. To learn more about wound care services at Heartland Regional, call (618) 998-7182 or visit HeartlandRegional.com/WoundCare.

WHAT IS A DIABETIC FOOT ULCER?



Asim Qureshi, DPM

A diabetic foot ulcer is an open sore or wound that occurs in approximately 15 percent of patients with diabetes and is commonly located on the bottom of the foot. Symptoms include redness, swelling, drainage and a foul odor.

Once an ulcer is noticed, seek podiatry medical care immediately.

"Ulcers are such a complicated entity," says Podiatrist Asim Qureshi, DPM. "It's almost like a cancer that we treat and it takes time. But, with diligence, collaboration and teamwork with the patient, we are able to see these wounds heal."

If you have diabetes and notice a nonhealing wound on your foot, call (618) 998-7062 or go to MyHeartlandPodiatry.com to schedule an appointment with Podiatrist Dr. Qureshi.

Dr. Qureshi is a member of the medical staff at Heartland Regional Medical Center.

If you have diabetes, daily foot checks help prevent complications from nonhealing wounds. Wash and dry feet completely, checking between toes, and speak with your provider if you notice an ulcer, blister, redness, warmth or changes in callouses.

HANDLING BEE STINGS AND OTHER EMERGENCIES

Prepare for the worst and know when you should head to the ER.

As the weather warms, there are more opportunities to head outside. But enjoying the great outdoors presents health risks, such as bees working to collect pollen and snakes coming out from their winter burrows. Whether your outdoor plans involve long hikes or just time in the backyard, you need to know what to do if faced with an emergency bite or sting.

MOST STINGS ARE MINOR

If you're stung by a bee, remove the stinger by flicking or scraping off the stinger, rather than pinching the area. Bees leave a venom pouch which contracts for about 20 to 30 seconds. When you pinch the stinger area, it injects the venom, whereas quickly flicking or scraping off the stinger limits the amount of venom that can enter the body. An ice pack can help reduce swelling.

WHAT ABOUT ANAPHYLAXIS?

Anaphylaxis is a severe allergic reaction that can be life-threatening. In some people, this

reaction is caused by ingesting certain foods like peanuts, being exposed to latex, taking certain medications or being stung by an insect.

If you or a family member has severe allergies to foods, insects or other materials, it's important to carry an epinephrine injector at all times. If an insect sting happens, go to an emergency room immediately if you experience or witness the following symptoms of anaphylaxis:

- difficulty breathing
- dizziness
- hives
- nausea or stomach cramps
- swelling of the face, throat or tongue

SNAKE VENOM CAN KILL

Snakes really don't like to bite people, contrary to public opinion. If you see one and back away, it's unlikely to chase you. But if you are bitten, immediately go to an emergency room or call 9-1-1.

Do not try to trap the snake, tourniquet the limb or suck the venom out, like you see in the movies. Keep the bite below the heart, if feasible, until medical help arrives. And watch out for your pets, too — their smaller size makes snake bites more dangerous.



In a medical emergency, every minute matters. At Heartland Regional Medical Center, we work diligently to have you initially seen by a medical professional within 30 minutes of your arrival in the ER. For more information about safety protocols or the current average wait time, visit HeartlandRegional.com/ER.



PREPARING FOR AN ER VISIT

Millions of people find themselves in a hospital emergency room each year. Whether you dial 9-1-1 and ride by ambulance, or if a friend or loved one rushes you there, a trip to the ER can often be stressful or scary – but it doesn't have to be. A few minor preparations can help your visit go smoothly.

- Bring support
- Be prepared to wait
- Honestly describe your illness
- Don't be afraid

In addition, it's helpful to bring the following items with you to the ER:

- Doctors information
- List of any allergies
- Detailed medical history and current condition information
- Names and doses of current medications
- Health insurance and photo ID

Before leaving the ER, it's important that you, or a trusted family member or friend, completely understands the information given to you by the ER staff. Understanding and following discharge instructions, including medications and/or home care procedures, are vital to helping your condition improve. If you do not understand any information given to you by the ER staff, speak up and ask for clarification.

At Heartland Regional, our Emergency Department is safe and ready to take care of you or a loved one in the event of an emergency in an environment specifically designed to keep you safe. If you are experiencing a medical emergency, call 9-1-1.



Why Do Kidney Stones AFFECT MEN?

For healthy adults, normal kidney function eliminates minerals not used by the body through the urine. Kidney stones are the result of those excess minerals hardening and remaining in the kidney. Kidney stones send more than half a million people to the emergency room every year, according to the National Kidney Foundation.

There are several different types of kidney stones, including:

- **Calcium stones** — the most common
- **Cystine stones** — result from a rare hereditary disorder called cystinuria, which causes an amino acid to leak into urine through the kidneys
- **Struvite stones** — may form after urinary tract infections
- **Uric acid stones** — caused by high uric acid levels in urine

Some stones are small enough to pass through urine, or they may remain in the kidneys without causing problems. However, larger stones that travel from the kidney to the ureter and into the bladder can be very painful, particularly if the stone blocks the flow of urine. Larger stones may need to be broken up by a doctor before they can be passed in the urine.

ADDRESS KIDNEY STONE RISK FACTORS

While there is no specific reason why men are slightly more prone to kidney stones than women, eating a diet high in animal protein and sodium may be a contributing factor. Follow these tips to reduce your risk for kidney stones.

- Avoid sugar and high-fructose corn syrup. High fructose consumption increases kidney stone risk.
- Drink mostly water — at least 12 cups per day. Try drinking one glass before bed to limit crystal formation at night.
- Eat more vegetables and fruit and less animal protein to reduce urine acidity.
- Limit foods high in sodium, such as french fries, canned soup, sandwich meat, packaged meals and sports drinks.
- Reach and maintain a healthy weight.

ASK THE UROLOGIST

Q: I SAW BLOOD IN MY URINE. IS THAT SERIOUS?

A: “A lot of things can cause blood in the urine,” says Urologist R. Lawrence Hatchett, M.D.

“Sometimes, we digest things that have dyes which appear as if there is blood in the urine.”

An in-office urinalysis can help determine whether or not there is truly blood in the urine, also known as hematuria.

“Hematuria can be caused by inflammation of the bladder or prostate, kidney stones, or even cancer,” Dr. Hatchett says.

Due to the risk of cancer, even intermittent or periodic hematuria should be investigated by a urologist. A preliminary risk assessment will determine if any additional tests need to be done.

Dr. Hatchett is a member of the medical staff at Heartland Regional Medical Center.



If you suffer with kidney stones, don't wait. A urological evaluation can prevent long-term damage to the kidneys. To schedule an appointment with Dr. Hatchett, visit HeartlandUrology.com or call (618) 998-8884.

Unusual Symptoms of Vascular Disease

Keeping your veins and arteries healthy can prevent serious conditions. Know these not-so-obvious signs that your vascular system is in distress.

Vascular diseases affect the veins, capillaries and arteries that supply your tissues and organs with the blood they need to function. When those vital blood supplies get disrupted, serious illnesses, such as stroke, heart attack, kidney failure and vascular dementia, can occur.

Other less-serious forms of vascular disease can still impact quality of life. For example, varicose veins and Raynaud's, a rare condition in which blood vessels, usually in the fingers and toes, constrict when a person is cold or stressed, are both forms of the condition.

Risk factors for vascular disease include age, inactivity, and conditions such as diabetes, high cholesterol and obesity.

SILENT SYMPTOMS

Symptoms will vary depending on the type of vascular disease a person has, but here are some common — often overlooked — signs of poor vascular health.

- **Cold hands and feet:** Cold hands may be a sign of blocked blood vessels in your hands or arms. Cold feet could be a sign of peripheral artery disease (PAD). (See “What Is Peripheral Artery Disease?”)
- **Tingling or numbness in your limbs:** Tingling or numbness can indicate neuropathy, or nerve damage. Neuropathy can occur when the small vessels that supply your nerves with blood get damaged. The condition is common in people with

diabetes, because high blood sugar levels can harm blood vessels and nerves.

- **Swollen legs:** When veins in the legs don't properly circulate blood, fluid can build up in the feet and lower legs. Swollen legs are common with a type of vascular disease known as chronic venous insufficiency.
- **Legs with tight, shiny or bruised-looking skin:** Legs that look blue or purple and skin that looks tight or shiny are symptoms of PAD. A lack of blood flow to your legs causes the skin to look bruised, shiny or tight.

To prevent vascular disease, live a heart-healthy lifestyle that includes a healthy diet, regular exercise, stress management and giving up cigarettes if you smoke. Have your blood pressure and cholesterol levels monitored. High levels of both can contribute to vascular diseases.



Ask your primary care provider if a vascular surgery referral is appropriate for you. Or, for more information, call (618) 998-7089.



Sergio Casillas, M.D.,
RPVI, FACS

NUMBNESS, CRAMPING OR WEAKNESS IN YOUR LEGS? IT COULD BE A BLOCKED ARTERY.

Do you suffer from cramping, fatigue or numbness in your legs, or discoloration and pain in your feet? This could indicate blocked blood flow to your legs, also known as peripheral artery disease (PAD).

“It may also be a sign of blocked arteries elsewhere in your body, including your heart,” says Vascular Specialist Sergio Casillas, M.D., RPVI, FACS.

Dr. Casillas partners with patients to develop appropriate treatment plans. He takes the time to listen to patients and helps translate medical terms in a way that makes it easier to understand choices.

Treatments include medical or noninterventional, minimally invasive, and open surgical procedures.

Talk to your primary care provider today about your symptoms, or learn more from a specialist online at MyHeartlandVascular.com

Dr. Casillas is a member of the medical staff at Heartland Regional Medical Center.



Heart to Doc TALK

It's important to speak openly with your healthcare provider each visit so he or she can fully address your health concerns.

You already know that getting an annual checkup with your primary care provider (PCP) is important for your health. But what good is a checkup if you don't talk about all of your health concerns with your provider? Even if you think your concern is minor, your provider needs all the information in order to offer proper care or guidance.

SHARE WITH YOUR DOCTOR

If you've had any chronic issues since your last visit, you should mention them, no matter how embarrassing. For example, gastrointestinal problems could be a sign of something serious, as could a spot on your back that won't stop itching.

You also need to be honest with your provider about your eating habits and how much you exercise. If you drink alcohol, use drugs or smoke, your doctor needs to know how much and how often, and the same goes for your sex life. Make sure your PCP has an accurate list of your medications and their

dosages — write down a list beforehand if you don't think you'll remember.

If you've had a major life change in the past year, like a divorce or death in the family, you should also share this with your doctor. Your mental health can affect your physical health, and vice versa.

ASK YOUR DOCTOR

PCPs are used to treating all kinds of patients and conditions, so there really is no such thing as a dumb question. Don't be afraid to ask anything that you want to know or to follow up with questions about a diagnosis or medication that you don't fully understand.

If you have questions about your health or symptoms you're experiencing in the weeks before your appointment, write them down so you won't forget to ask. Make sure to note if the symptoms are constant or if they come and go, and whether they're affecting your daily activities.

WHY DO YOU NEED A FAMILY MEDICINE PROVIDER?

Staying healthy is best done with expert help, and we all need medical care at some point. Whether you need a flu shot, care for a sore throat or ongoing support managing a chronic condition such as asthma or diabetes, family medicine providers offer convenient, accessible care for your whole family.

"As you develop relationships with each of these patients, then you start to develop relationships with their family members as well," says Heartland Regional Family Medicine Specialist Eric Graham, M.D.

Services include:

- diabetes management
- geriatric medicine
- preventive care
- telehealth
- weight management
- wellness visits

Family medicine specialists can address the entire person, considering their values, beliefs, and preferences. Physician Assistant Sherri Parr says, "We see anywhere from rashes to acute sinusitis to diabetes, hypertension, well woman exams, menopause, contraceptive counseling, family planning and osteoporosis."

To set up a primary care appointment at one of Heartland Regional's three family medicine clinics, go to HeartlandAnytime.com. Find a provider that has a time slot available and book the appointment yourself.



If you are currently healthy and don't have extensive medical needs, now is a great time to establish a relationship with a specialist. Get to know your providers by visiting HeartlandMedicalGroup.com. We are accepting new patients.

Dr. Graham is a member of the medical staff at Heartland Regional Medical Center. Sherri Parr, Physician Assistant and member of the allied health staff, sees patients of all ages.

TEMPERATURES RISING

Screening for COVID-19 has made taking a temperature a daily occurrence for some. Here's how to check for a fever and what that means.



98.6

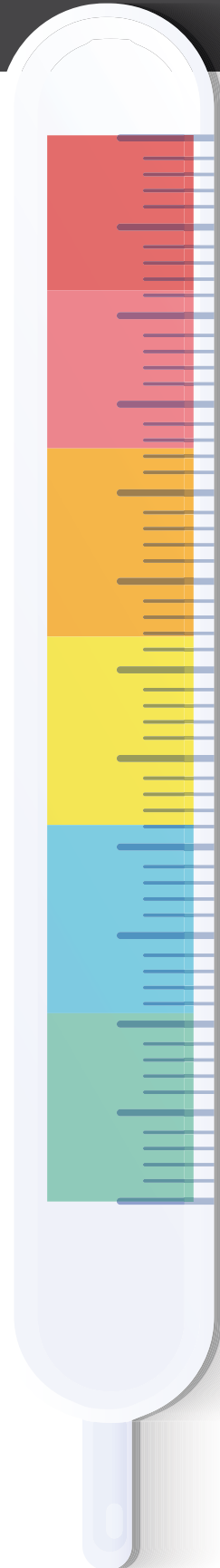
In the mid-1800s, German physician Carl Wunderlich established 98.6 degrees Fahrenheit as the standard healthy temperature after measuring the temperatures of roughly 25,000 people, using the armpit method.

TAKING YOUR TEMP

- Read the thermometer immediately after removing.
- Call your doctor or urgent care center if body temperature readings are at or above the top number for each method (see *The New Normal*, right).



Heartland Regional's Drive-Through COVID-19 Testing Site is open Monday through Friday from 7:30 a.m. until 5:30 p.m. It's located behind the hospital on Route 13 in Marion. No appointment or pre-registration is required. For more information, call Heartland Regional's COVID-19 Hotline at (888) 543-2786.



FEVERS AT WORK

- Most bacteria and viruses that cause illness thrive at 98.6 F.
- Fevers destroy harmful bacteria and viruses and activate the immune system.



THE NEW NORMAL

Body temperatures vary by location of measurement and from person to person.

- 95.9–99.5 F adults (mouth)
- 97.8–99.5 F children and adults (armpit)
- 97–99 F for adults (forehead)
- 96.4–100.4 F for children (ear)
- 97.9–100.4 F for children (rectal)

TEMPERATURE SPIKES

High temperature readings could also signal:

- hot outdoor conditions
- eating hot foods
- menstrual cycle
- medication reactions
- overdressing
- physical activity
- time of day



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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.

STAND STRONG

The knees are your body's strongest joints, but the strain they endure makes them prone to pain. Joint replacement surgery can restore knee function, relieve chronic joint pain and allow you to be more active.



Don't let chronic knee pain limit your life. Go to HeartlandMedicalGroup.com/orthopedics or call (618) 998-7177 and schedule a consultation with one of our board-certified orthopedic surgeons. Same-day appointments often available.

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