

HEALTH *Connections*

— 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

 **RED BUD**
REGIONAL HOSPITAL



LOVING Your Doctor

Relationships are important to your mental and physical well-being. Surround yourself with people who will love and support you — including your doctor, too.

Finding the right doctor is important to your healthcare journey. Consider these factors when looking for a doctor:

- 1. Primary vs. specialty:** What is your health status? Do you have seasonal allergies that can be treated by your primary care physician or does your ailment require a specialist? Understanding a doctor's services is key to finding the right fit for your needs.
- 2. Location and hours:** Does your doctor offer appointment times that fit your schedule? Is he or she located close to home or do you have to travel? Drive time is important when taking children out of school or leaving work early for an appointment.
- 3. Partnership:** Does he or she listen, ask questions and offer solutions for your concerns? You should feel comfortable during your consultations and confident in your doctor's decisions because your best interests are always his or her top priority.



Your doctor is your healthcare partner. If you're looking for a doctor you'll love, visit RedBudAnytime.com or call (618) 388-3600.

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
Cervical cancer (Pap smear)	Identifies abnormal cervical cells, precancerous lesions and early cervical cancer
Mammogram	Can reduce number of breast cancer deaths in women ages 40–74
Colorectal cancer	Can often detect and remove polyps before they become colon cancer
Tetanus	Can prevent tetanus, a disease that requires immediate medical attention
Hepatitis A	Can prevent hepatitis A, a disease that may cause liver problems and death
Pneumococcal	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.





Favorite Things

Chocolate, citrus fruits, mints, coffee, caffeinated sodas, tea, onions, tomato products, and spicy or fried foods can cause heartburn.

HEARTBURN

A Burning Question

Heartburn, or the feeling of burning in the chest, is the body's common response to eating too much or eating certain foods. Lifestyle changes can limit your reliance on antacids for relief.

WISHING YOU A HEARTBURN-FREE NEW YEAR

This heartburn-friendly recipe from Charmaine Edwards, M.D., Gastroenterologist and Hepatologist, will get your New Year off to the right start.

GREEN GOODNESS PASTA

Serves 2

INGREDIENTS

- 4 ounces rigatoni (or other pasta)
- 2 teaspoons olive oil
- ½ teaspoon minced garlic
- 1 medium zucchini, sliced
- 4 cups spinach, packed
- ⅛ teaspoon salt
- ¼ cup walnuts, roughly chopped

DIRECTIONS

1. Follow package directions to cook pasta. Do not add salt or fat. Reserve ½ cup of the pasta water, drain pasta and set aside.
2. On medium-high, heat olive oil in a large nonstick skillet. Add garlic, sautéing for 1 minute before adding zucchini, cooking until golden, 3 to 4 minutes more.
3. Reduce heat to low and add spinach and the drained pasta. Combine until the spinach is wilted and the zucchini is evenly distributed. If the mixture is dry, add reserved pasta water.
4. Season to taste. Serve topped with walnuts, if desired.



Charmaine Edwards, M.D.

You may be all too familiar with the burning sensation of heartburn and having to take antacids to soothe the pain. The American College of Gastroenterology estimates that more than 60 million people in the U.S. experience heartburn symptoms at least once a month, and more than a quarter of those have heartburn daily.

LOW DOWN ON YOUR ESOPHAGUS

The sensation occurs when the acidic liquid from your stomach backs into the esophagus. A ring of muscle prevents this from happening, unless other factors loosen the seal.

Pregnant women are more at risk for heartburn due to hormones that slow digestion, according to the Office on Women's Health. People who have a hiatal hernia — part of the stomach is pushing through the diaphragm — or are obese or overweight are more at risk for heartburn symptoms as well.

Heartburn pain can last a few minutes or for hours. For many, spicy food,

overeating, wearing tight clothes or lying down too soon after eating is the cause.

PREVENTING HEARTBURN SYMPTOMS

The best treatment is prevention. To curb heartburn symptoms, try these lifestyle changes:

- Avoid wearing tight belts or clothing.
- Choose high-protein, low-fat foods.
- Don't eat a lot of spicy food.
- Eat several hours before lying down.
- Limit coffee, alcohol and carbonated drinks.
- Quit smoking if you do smoke.
- Reach and maintain a healthy weight.
- Stop eating when you are pleasantly full.

FEELING BETTER

For occasional heartburn symptoms, taking an over-the-counter antacid can manage discomfort. According to the American Academy of Family Physicians, raising the head of your bed six to nine inches can help reduce your risk for acid reflux when you sleep.



For digestive help, call Charmaine Edwards, M.D., Gastroenterologist and Hepatologist at Red Bud Regional Hospital at (618) 505-1849. Learn what Dr. Edwards and the Red Bud Regional Hospital team offer by visiting RedBudRegional.com

Dr. Edwards is a member of the medical staff at Red Bud Regional Hospital.

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.

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.



Check out Red Bud Regional Hospital's average Emergency Room wait time at RedBudRegional.com.

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

PACK YOUR BAG



Julie Kelley, M.D.

Julie Kelley, M.D., Emergency Room (ER) Medical Director at Red Bud Regional Hospital, recommends keeping an ER go-bag in an easy-to-find location. Be sure to pack:

- copies of legal documents pertaining to your care, such as a healthcare proxy
- insurance information and identification card
- a list of all medications, including over-the-counter medications and natural supplements
- a list of allergies
- names and phone numbers for all current doctors
- names and phone numbers of anyone else who may need to be contacted
- 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

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.

Dr. Kelley is a member of the medical staff at Red Bud Regional 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.

Welcome Vivek Manchanda, M.D., triple board-certified physician in pain medicine, anesthesiology and internal medicine.



To learn about the interventional pain management clinic at Red Bud Regional Hospital, call (618) 627-7815.

Dr. Manchanda is an independent member of the medical staff at Red Bud Regional Hospital.

WHAT'S YOUR AILMENT?

Everyone has an ailment. What's yours? Aches and pains, tired feet, upset belly? Know that Red Bud Regional Hospital (RBRH) has a large network of services to cover your many needs.

"Everyone needs a healthcare resource they can trust," says Ziya Baghmanli, M.D., board-certified General Surgeon at RBRH. "With small children, parents need good resources. With aging parents, children need good resources."

"Red Bud Regional Hospital has been part of our community since 1900. I'm proud to be part of a team that continues to surround their patients with caring staff, talented specialists and trusted services."

RBRH's network includes primary care clinics in Red Bud, Waterloo and Columbia. Specialists work within RBRH to provide services in cardiology, ENT, dermatology, pain management, gastroenterology/hepatology, general surgery, nephrology, podiatry, orthopedics, wound care, urology and sleep. RBRH also has a 115-bed nursing home/long-term care and rehab center physically connected to provide easy transport to emergency and specialty care.

Learn what's offered by Dr. Baghmanli and the Red Bud Regional Hospital Team by visiting RedBudRegional.com

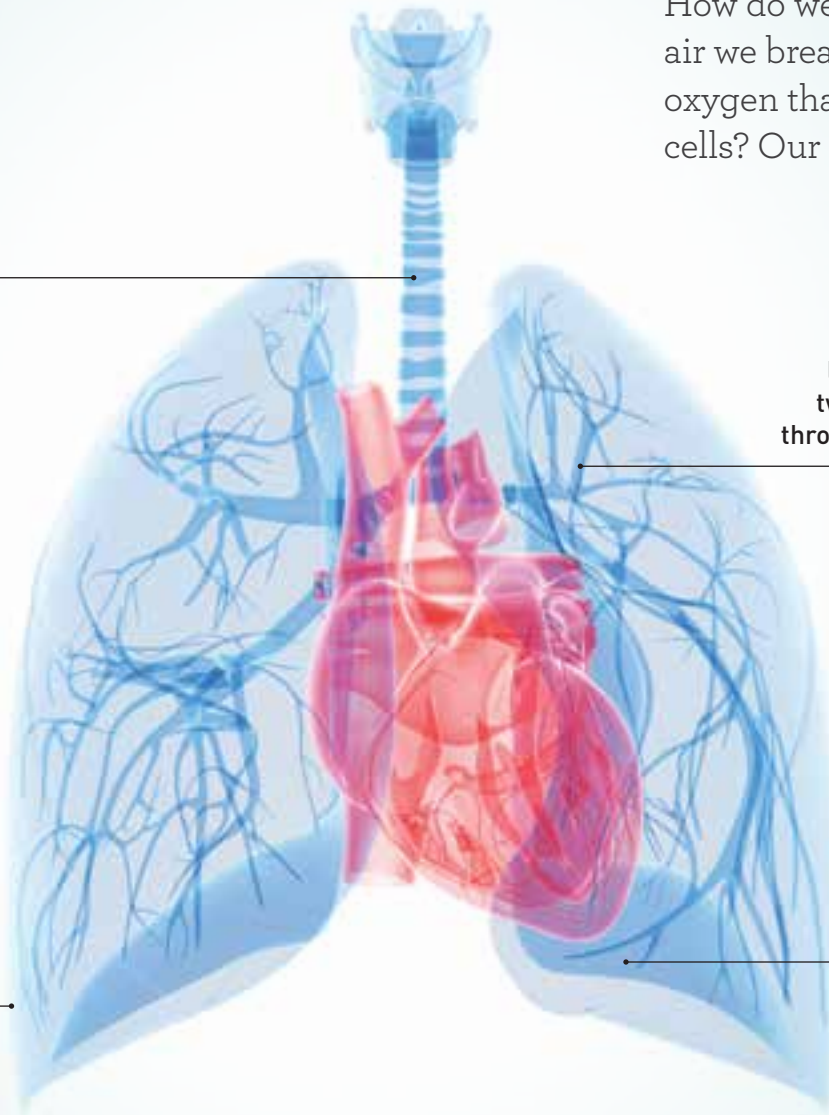
Dr. Baghmanli is a member of the medical staff at Red Bud Regional Hospital.



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.

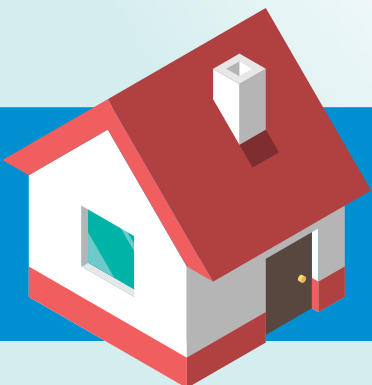
3.

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!



Learn about Red Bud Regional Hospital's comprehensive services at RedBudRegional.com.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (618) 282-3831.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer (618) 282-3831.

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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.



Get to the heart of it with Matt Jones, N.P. For cardiac concerns, Matt is available to consult with your primary care provider or see you in his Red Bud clinic. Call (618) 627-7815 to schedule an appointment.

Matt Jones, nurse practitioner and a member of the allied health staff at Red Bud Regional Hospital, treats adult patients.

