

Health Connection



www.parkwayregionalhospital.com

FROM YOUR FRIENDS AT PARKWAY REGIONAL HOSPITAL

Parkway Regional Hospital

One of Fulton's
greatest assets

When Parkway Regional Hospital (PRH) opened its doors in 1985, it became an instant staple in the Fulton community. We treat thousands of patients each year, and our name has become synonymous with satisfaction, quality and community commitment.

SATISFACTION

At PRH, our patient satisfaction is consistently above the national average, which is no surprise with the personal attention our patients receive from our experienced physicians and skilled staff. Not only are we proud to be the area's preferred healthcare provider, we're proud to be one of the area's preferred employers. PRH's physician and employee satisfaction rates are consistently high, and more employees choose to stay here each year.

QUALITY

Since implementing Medicare's Core Measures—criteria that determine whether the care we give for pneumonia,



Parkway Regional Hospital is dedicated to enhancing the health of West Kentucky and West Tennessee.

congestive heart failure, surgery and heart attack patients is appropriate, timely and preventive—we surpassed the goals set before us, beating state and national scores.

COMMUNITY COMMITMENT

In addition to treating patients, PRH is committed to our community's health. We recently introduced a speaker's bureau that allows our healthcare team members who have expertise in multiple areas to speak to various groups in our community at no cost.

We also offer Senior Circle to the community, designed especially for those ages 50 and better. The program promotes a healthy and active lifestyle through social activities, wellness and learning (see page 5 for details).

PRH is dedicated to enhancing the health of West Kentucky and West Tennessee. Given our satisfaction, quality and community commitment, it's plain to see that PRH is one of Fulton's greatest assets.

! Link to learn!

Visit www.parkwayregionalhospital.com and click on "Health Resources" to find a wealth of useful healthcare information for you and your family. Call us at (270) 472-2522 to learn more.

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.

Emergency!

Advanced care
is here at PRH



In an emergency, you deserve immediate treatment and care from a well-trained medical staff. While some emergency departments (ED) have average wait times of up to four hours, you won't find that at Parkway Regional Hospital (PRH). Our experienced ED staff is dedicated to ensuring shorter wait times for our patients. We streamline our evaluation process by offering bedside triage and registration. Our ED patients are moved to a bed upon arrival, when available, instead of being evaluated in an exam room and sent back to the waiting room.

VALUABLE TRAINING AND EQUIPMENT

With a skilled team of physicians and nurses, we offer reliable ED care around the clock. All of our ED staff members have been trained in advanced cardiac and pediatric care, and our physicians and some nursing staff members have also been trained in advanced trauma care. We train extensively because we strive to always be prepared for whatever emergency we may face.

Our recent defibrillator purchase has helped provide comprehensive care to patients needing emergency cardiac intervention. ED Medical Director Larry Hall, M.D.,

With a skilled team of physicians and nurses, we offer reliable emergency department care around the clock.

explains that defibrillators send electrical currents through the entire heart, allowing it to respond properly to its own internal beating. With our new defibrillators, we're always ready to care for patients who need instant cardiac intervention.

A TEAM EFFORT

To gather vital details, our ED staff consults with each patient's primary care physician. With this knowledge, we're better prepared to provide continued care after emergency treatment. Even after being discharged from our ED, our patients continue to benefit from our commitment to care. We make follow-up phone calls to allow our patients and their families to ask questions about discharge instructions, get assistance with making physician appointments or offer comments that help us refine our emergency services.

Our ED strives to offer comprehensive care in the event of an emergency and is dedicated to ensuring that efficiency and advanced treatment continue to be the hallmarks of emergency care here at PRH.



PRH ED team members: William Sanchez, M.D.; Larry Hall, M.D.; Randel Gibson, D.O.; Christy Stubblefield, R.N., M.S.N.; and Charles Waller, M.D.

! We're here when you need us!

Find out how PRH can help you or a family member in an emergency. To learn more, visit us at www.parkwayregionalhospital.com.

A message from our chief of staff

MESSAGE FROM THE CEO

As a Fulton native, I remember when Parkway Regional Hospital (PRH) opened its doors for business almost 25 years ago. After completing my residency in internal medicine 10 years ago, I moved back home and joined the staff of PRH, and I remember being amazed at how much the hospital had grown. The growth continues as we add services as dictated by our local community needs.

We strive to provide comprehensive quality care. PRH has received national recognition for our successes on Core Measures of quality care as set forth by the Centers for Medicare & Medicaid Services. However, we're most proud of our recognition for high patient and physician satisfaction scores.

A recent study performed by the Kentucky Hospital Association also highlighted PRH's importance to our local business community. PRH provides 9.4 percent of the county's salaries. Its employees spend about \$2.1 million locally each year, and PRH provides more than \$1.1 million annually in local and state tax revenues.

At a time when the nation debates how healthcare is provided, I invite each of you to visit our hospital and our clinics. I think you'll still find the same attentive and compassionate care you've come to expect from your small-town hospital. Like our motto says, "Quality Care. Right Here." That's the part of healthcare we don't intend to change.



F. GREGORY COX, M.D.
Chief of Staff
Internal Medicine Physician

2006 Holiday Lane
Fulton
(270) 472-1612

Dear friends,

As Parkway Regional Hospital's (PRH) chief executive officer, I'm privileged to meet many inspiring people each day as I serve on several community organizations. While economic times are difficult for our friends, neighbors and colleagues, PRH continues to provide comprehensive care to Fulton, South Fulton, Clinton and Hickman area residents.

It's my goal for PRH to become your healthcare provider of choice. With our talented physicians and staff, PRH will continue to grow and provide advanced services to our communities. Please visit and tell us your views about current and potential services we can provide. I promise, I'm listening.

Warmest regards,

Brenda Hamilton
Chief Executive Officer
Parkway Regional Hospital



Brenda Hamilton
Chief Executive Officer

Join the circle!



The Parkway Regional Hospital (PRH) Senior Circle chapter invites you to join our circle of friends. Senior Circle is committed to enriching the lives of adults ages 50 and better by encouraging healthy and active lifestyles through programs promoting continued learning, health and wellness, volunteering and social activities.

For just \$15 a year, we'll help you get more out of life. You'll enjoy health talks, discounts on prescriptions and

vision care, multiple benefits at PRH and local business bargains. You'll be treated to a full calendar of social events, exercise classes and travel opportunities. Senior Circle is an easy way to meet people and have fun!

! Start benefiting today!

To join the PRH Senior Circle chapter, call Jenny Thompson at (270) 472-8171 or e-mail Virginia_M_Thompson@chs.net.

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

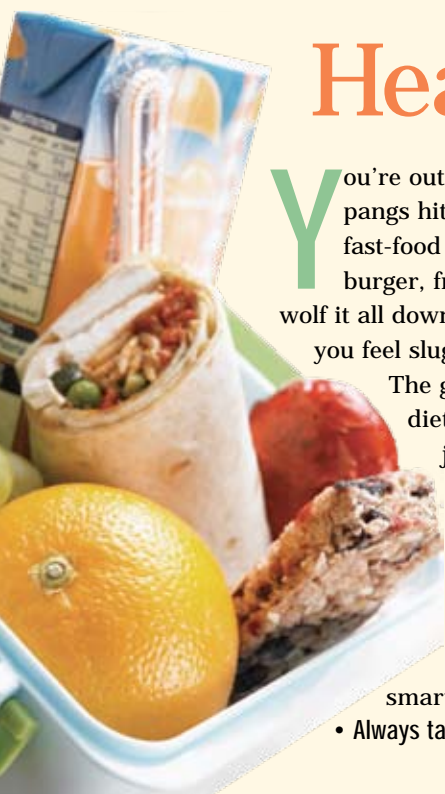
You're out and about when hunger pangs hit. Stopping at the nearest fast-food joint, you order a cheeseburger, fries and a soda and quickly wolf it all down in your car. Minutes later you feel sluggish, bloated—and guilty.

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.



Health Connection is published as a community service of Parkway Regional Hospital. 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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MEET OUR TEAM

The experienced, dedicated medical staff of Parkway Regional Hospital (PRH) can help you and your family stay healthy. We'd like to introduce you to two members of our team.



**BRUCE J.
ROWLAND, D.O.**
Otolaryngologist

2002 Holiday Lane
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(270) 472-8399

Bruce J. Rowland, D.O., the newest member of PRH's medical staff, is an experienced ear, nose and throat physician (otolaryngologist). He performs facial plastic surgery, hair transplants and skin cancer screenings and gives Botox injections.

Dr. Rowland earned his medical degree at the College of Osteopathic Medicine and Surgery in Des Moines, Iowa, and completed residencies at Mount Clemens Regional Medical Center in Mount Clemens, Mich.; Wayne State University in Detroit, Mich.; and at the University of Michigan in Ann Arbor. He started his own private practice in Ormond Beach, Fla., and later moved to Mayfield, where he continued his work. Dr. Rowland joined PRH in May.

Dr. Rowland enjoys spending time with his wife and dog. His favorite hobbies include home improvement, hockey, snow skiing, golf and tennis. He's currently accepting new patients in both his Mayfield and Fulton offices.



**ALLEN CHRISTOPHER
GOOCH, M.D.**
General Surgeon

2002 Holiday Lane
Fulton
(270) 472-8150

Allen Christopher Gooch, M.D., joined PRH last May and enjoys performing general surgery and the challenges that come with the job. Dr. Gooch provides comprehensive care for patients before, during and after surgery.

After earning his medical degree from the University of Tennessee in Memphis, he began an internal medicine residency at the Memphis VA Medical Center. He served his general surgery residency at the VA Medical Center, partnered by Baptist Memorial Hospital, LeBonheur Children's Medical Center and St. Jude Children's Research Hospital, all in Memphis. Dr. Gooch began general surgical practice at C.H. Hill Clinic in Troy, Tenn., and Baptist Memorial Hospital in Union City, Tenn. Dr. Gooch is a certified pilot and is chairman of the Everett Stewart Regional Airport. He performs Federal Aviation Administration physicals for pilots.

Dr. Gooch enjoys spending time with his wife and three children. His hobbies include cooking, scuba diving and snow skiing.