

# Health Connection

THE MAGAZINE OF WESTERN ARIZONA REGIONAL MEDICAL CENTER

Happy anniversary,  
Healthy Woman!

The right doctors  
for you

Imaging is everything  
WARMC offers open MRI

Join the fun with  
Senior Circle

Preventing diabetes  
in your child



WESTERN ARIZONA  
REGIONAL MEDICAL CENTER

# WHEN IT'S AN EMERGENCY

Take action when every second counts

**W**hen medical emergencies arise, it's not always easy to think clearly. But, when someone is hurt or in danger and needs immediate help, calling for emergency medical assistance is the best way to get that help—for you or someone else.

A crisis demands that you act quickly rather than waste time deciding whether to call for assistance. Sometimes people have difficulty assessing the level of urgency in an emergency situation. It's better to err on the side of caution and make that phone call. Always consider a situation more serious rather than less serious, especially if you aren't sure of the medical implications.

The best time to prepare for an emergency is before it happens. Make sure you keep all emergency numbers posted near your phone where family members can see them. When you call for immediate medical assistance, be prepared to tell the dispatcher about the emergency.

## SPECIFIC QUESTIONS THE DISPATCHER MAY ASK

- **Where is the emergency?** Give your exact whereabouts such as street address, building number, apartment number, floor, nearest intersection and town.
- **What is the emergency?** Tell the dispatcher exactly what's wrong.
- **What is your name?**
- **What is the phone number** you are calling from?
- **Who needs help?** Be sure to give the approximate age of the injured and the number of people who need emergency care.
- **What is the condition of the victim(s)?** For example, is the person(s) conscious or unconscious, breathing normally, able to talk and so on.

## ADDITIONAL INFORMATION TO ASSIST WITH THE CALL

- Listen to the specific instructions the dispatcher gives you on how to care for the injured until an ambulance arrives. Your ability to communicate the facts clearly and take instruction carefully could mean the difference between life and death.
- Don't hang up! Stay on the line and remain calm until the dispatcher tells you it's OK to hang up.

Sometimes people are confused about when to call for emergency assistance. Remember, when in doubt, call for help!



## Be prepared



1. Know basic choking rescue techniques, such as the Heimlich maneuver.
2. Take a CPR class.
3. Cover burns with cool (not cold) wet cloths. Never apply home remedies (butter, ice, petroleum jelly). Never break blisters or remove burned skin.
4. Never move a person who has a back or neck injury.
5. Know how to stop a wound from bleeding. (A first-aid class can help.)
6. Keep individual medical history information handy.



# When there's no lump

## What you need to know about inflammatory breast cancer

**W**hile a breast lump is one of the classic signs of breast cancer, not every form of the disease bears this warning sign. Inflammatory breast cancer (IBC) is a rare but deadly form of cancer that often remains silent until it has spread.

IBC appears in women at an earlier average age than other forms of breast cancer—about age 52 versus 62—and accounts for up to 5 percent of all breast cancer cases in the United States. Although its prognosis has improved over the years, its five-year survival rate is still only about half that of non-IBC cases, or about 40 percent. While its cause is not entirely known, some studies have suggested family history may play a role in a woman's risk of developing the aggressive disease.

Despite its name, IBC isn't a product of inflammation. Rather, the disease occurs when cancerous cells block the lymphatic vessels in the breast's skin. Instead of a lump, you may notice that certain areas of the skin feel warm, appear red or bruised or look thicker. Your breast may also feel heavy. Other symptoms that develop in an affected breast include:

- tenderness or swelling
- itching
- pain
- skin texture like an orange peel
- enlarged lymph nodes under the arm, above or below the collarbone

- flattened or inverted nipple
- swollen or crusty nipple skin
- discoloration of skin around the nipple (areola)

IBC symptoms can easily be confused with a breast infection. However, it doesn't cause a fever and doesn't respond to antibiotics like an infection does. If you're experiencing any of the symptoms listed, contact your healthcare provider immediately. Because the disease spreads rapidly—changes in your breast can become noticeable in a matter of days—many women are already in advanced stages of IBC by the time they're diagnosed. If your healthcare provider suspects cancer, he or she will perform a biopsy to analyze a sample of your skin and tissue.

### TREATMENT

Chemotherapy, surgery and radiation therapy are often combined to treat cases of IBC. Removal of the affected breast is often recommended following a treatment such as chemotherapy.

The chances of recurrence for this type of cancer are high. Further chemotherapy or hormone therapy, such as tamoxifen or anastrozole, may be necessary to help prevent the cancer from returning.

IBC is a scary diagnosis, but you can empower yourself against the disease by becoming educated. Talk to your healthcare provider about what to expect before and after treatment.



Lee Christenson  
Chief Executive Officer

## Dear neighbors,

**W**e hope this issue of *Health Connection* finds you well as you gear up for the busy holiday season.

### ADVANCEMENTS IN CARE

As you'll read in this issue, we've been busy bringing medical advancements to the area. You'll learn about our new open magnetic resonance imaging services and meet the county's newest and only infectious disease specialist, Anayochukwu Uche, M.D. You'll also read about Senior Circle's seventh-anniversary party and Healthy Woman's second-anniversary celebration, which brought more than 300 women together for a health fair and motivational presentation.

We wish you continued good health in the new year and look forward to serving you and your families in the years to come. As always, we thank you for making Western Arizona Regional Medical Center your hospital of choice.

Sincerely,

LEE CHRISTENSON  
Chief Executive Officer  
Western Arizona Regional Medical Center



## MEET OUR NEW DOCTOR

The experienced, dedicated physicians of Western Arizona Regional Medical Center can help keep your family healthy. We'd like to introduce one of them to you.



**ANAYOCHUKWU UCHE, M.D.**  
Infectious Disease Specialist

**Desert Oasis Medical Center**  
1225 E. Hancock Road  
Module C  
Bullhead City  
(928) 758-0121

**A**n infectious disease specialist, Anayochukwu Uche, M.D., joined the medical staff at Western Arizona Regional Medical Center (WARMC) after finishing a fellowship at the University of Maryland in Baltimore in June.

Dr. Uche provides inpatient consultations and sees outpatients at his clinic. His expertise in general infectious diseases includes HIV, hepatitis B and C, sexually transmitted diseases, surgical wound infections, methicillin-resistant staphylococcus aureus (MRSA), infection control, antibiotic management and travel medicine.

Dr. Uche received his medical degree from the University of Benin in Nigeria and completed his residency at Westlake Hospital in Melrose Park, Ill.

"My family and I are excited to call Bullhead City our home, not only for the warm weather but also to be a part of a community that's extremely receptive to varied cultures and has tremendous potential for growth," says Dr. Uche.

When Dr. Uche isn't working, he enjoys watching ESPN, playing Scrabble and spending time with his wife and young son.

# Imaging just got better

## WARMC offers open MRI

**W**estern Arizona Regional Medical Center (WARMC) has expanded its full range of imaging services for tri-state area residents. Hitachi's AIRIS® Elite open magnetic resonance imaging (MRI) features advanced technology that produces clearer, more detailed pictures of the body.

The MRI is open on all four sides, which helps minimize anxiety and claustrophobia, and offers patients a spacious environment and increased comfort while delivering high-quality images.

"The open MRI can detect many abnormalities CT scanning and X-rays can't, especially those involving soft tissue," says James Lash, D.O., chief radiologist for WARMC. "In addition, it was designed to meet the needs of larger patients and children."



WARMC's new open MRI produces clearer, more detailed pictures of the body.

The open MRI complements WARMC's three computed tomography (CT) scanners, including two hospital-based scanners and another at the imaging center on Hancock Road.

### New hours!

**T**he imaging center on Hancock Road is now open from 6:30 a.m. to 4 p.m. For more information, call (928) 704-8971.



## Happy birthday, Senior Circle!

### Fun program meets older-adult needs

**W**estern Arizona Regional Medical Center's (WARMC) Senior Circle program recently celebrated its seventh birthday. With more than 1,000 members, Senior Circle is jam-packed with activities to meet the diverse interests of active men and women. Health and wellness

presentations by WARMC physicians and nurses provide essential information to members. The program also offers educational programs, exercise classes, day and overnight trips, birthday lunches, breakfast get-togethers and parties galore!

In addition, Senior Circle members enjoy exclusive

benefits, including national discounts on vision exams, eyeglasses and prescriptions; Collette Vacations' travel service; Alamo car rentals; and Choice Hotel reservations. Members also receive discounts at area health clubs and are entitled to free photocopying, faxing and notary services. All members receive *Circle News*, a bimonthly local newsletter with events and activities, and *Inside Circle*, a national magazine with interesting, timely information.

Be a part of all the fun—long before our eighth birthday rolls around! Senior Circle is a great value for only \$15 a year.

### Join the circle!

**I**f you're age 50 or older and would like to join, call Diane Schwartz, Senior Circle advisor, at (928) 763-0282.

## HEALTHWISE QUIZ

### How much do you know about the flu?

Take this quiz to find out.

1

#### Flu season runs from:

- a. November to April
- b. October to February
- c. January to December
- d. December to March

2

#### About how many Americans die each year from complications of the flu?

- a. 900
- b. 5,600
- c. 15,600
- d. 36,000

3

#### The best thing you can do to avoid getting the flu is:

- a. take a daily multivitamin
- b. get vaccinated
- c. exercise at least five days a week
- d. avoid intimate contact with people

4

#### Flu is most often spread by:

- a. mosquitoes
- b. doctors and other healthcare providers
- c. people who cough or sneeze virus-infected droplets into the air
- d. the flu vaccine

5

#### Which of the following statements about the flu is not true?

- a. It's useless getting vaccinated after the season begins.
- b. Getting the flu can lead to pneumonia and other life-threatening complications.
- c. People who are allergic to eggs should not get a flu shot.
- d. You can spread the flu to others before your symptoms show.

# The weakest link: Understanding abdominal aortic aneurysm

**A**s the body's largest blood vessel, the aorta has the important job of carrying blood from your heart throughout the rest of your body. When the aortic wall in your abdomen weakens or becomes damaged by plaque buildup, it enlarges, causing an aneurysm, or bulge. Aneurysms that grow too large can burst, causing potentially fatal internal bleeding.

Three out of four people with an abdominal aortic aneurysm (AAA) have no symptoms, although some patients may feel back pain; intense, intermittent abdominal pain; or a pulsating sensation in the abdomen.

#### WHO'S AT RISK?

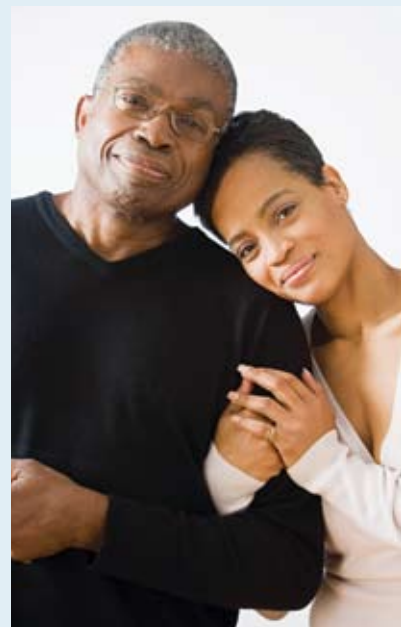
AAAs occur most often in men older than 65. Most aneurysms are caused by atherosclerosis—hardening of the arteries, which can result from a fatty, high-cholesterol diet. Other conditions that increase risk are smoking, high blood pressure, diabetes, congenital defects and a family history of aneurysms.

Decrease your chances of developing an aneurysm by not smoking; eating a low-fat, low-cholesterol diet; exercising regularly; and controlling blood pressure.

#### HOW IS AAA TREATED?

Treatment depends on the aneurysm's size and whether it's life-threatening. Most aneurysms are less than 2 inches in diameter and seldom rupture. If you're diagnosed with this type of AAA, your doctor will likely monitor it and prescribe blood pressure-lowering medicine. But if you have an aneurysm that leaks, is small but grows quickly, expands to greater than 2 inches or seems about to burst, your doctor can surgically repair the damaged part of your aorta.

When an aneurysm ruptures, the results can be fatal, so immediate medical attention is needed. Symptoms of a ruptured aneurysm include sudden, severe pain with rapid pulse, sweatiness or clamminess, anxiety, nausea and vomiting, low blood pressure, dizziness, fainting, dry mouth and paleness.



ANSWERS: 1. A; 2. D; 3. B; 4. C; 5. A



# Take steps now to prevent diabetes in your child

**A**bout 15 percent of children and teens are overweight—double from 20 years ago. This has led to a surge in the number of children with type 2 diabetes, the form more commonly found in overweight adults over age 40. According to

experts, one in three American children born in 2000 will develop diabetes if we don't take steps now to address their fatty diets and poor fitness habits.

Talk to your family doctor about diabetes testing if your child seems to be gaining too much weight or is already overweight and has any of these risk factors:

- a family history of type 2 diabetes, particularly among first- or second-degree relatives
- being of African-American, Hispanic/Latino, Native

American or Asian/Pacific Islander descent

- signs of insulin resistance or conditions associated with insulin resistance such as high blood pressure, poor cholesterol and triglyceride levels and *acanthosis nigricans*, a condition where the skin around the neck or in the armpits appears dark, thick and velvety

## WHAT YOU CAN DO

- **Eat at home.** Avoid super-sized fast-food meals on the run. Make the time to cook and eat healthy family fare.
- **Limit screen time.** The sedentary nature of modern play-time—TV, video games and using the computer—has contributed to overweight kids.
- **Exercise together.** Make physical activity a group event. Go on a family hike or bike ride. Join a gym together or enter family fun walks.
- **Don't use food, sweets or candy as rewards or gifts.** Try activity-minded presents such as jump ropes, kites, pogo sticks or scooters.

## Give your fridge a health makeover

**W**hen it comes to wellness, we are what we eat. To benefit your heart, food choices must be low in saturated fat, the number-one dietary contributor to cardiovascular disease. Culprit foods include those from animals—primarily meats and whole-milk products—and from certain plant-based oils—coconut, palm and cocoa butter. Evict those and other artery-clogging foods from your icebox and replace them with the foods on this heart-smart guide from the American Heart Association:

- **Fruits.** Buy fresh, frozen or canned—but select fresh if you have a choice. Check labels on canned fruits, especially those packed in syrup, for calories.
- **Veggies.** Again, fresh is best. Frozen or canned are good choices, too, but watch salt content. Avoid sauces and other gimmicks, like flavor pouches.
- **Meat, poultry and fish.** Buy skinless poultry and lean beef, veal, lamb and pork with all fat trimmed away. Canned tuna and salmon packed in water are excellent low-fat choices.
- **Meat substitutes.** Try dried beans, lentils and soybean items like tofu and tempeh.



- **Drinks.** Store orange, grapefruit, prune, apricot or grape juices or low-salt tomato or vegetable juices. Stash a pitcher of cold water in your refrigerator, too.
- **Dairy.** Stock up on low-fat favorites like low-sodium cottage cheese, mozzarella, ricotta and Neufchâtel, along with yogurt and either skim or 1 percent milk.
- **Fats and oils.** Go with unsaturated oils—canola, olive, corn, cottonseed, peanut, safflower, soybean and sunflower. Buy unsalted, low-fat margarine and low-fat, low-sodium mayonnaise and salad dressing.
- **Sweets.** Enjoy (in moderation) gelatin, cocoa, frozen juice bars, sorbet, sherbet, jelly, jam, preserves, apple butter, maple or cane syrup, honey, molasses or fig bars.

# Two years and going strong

## Healthy Woman celebrates anniversary



Western Arizona Regional Medical Center's second-anniversary Healthy Woman celebration was a huge success. More than 300 women attended the event, complete with a health fair, dinner and guest speaker Lisa Smartt. Advisory board members (from left) are Brandi Nelson, Cindy Wolff, Smartt, MJ Smith and Sarah Morga.

### Support in the community

Our thanks to the following Healthy Woman sponsors:

- Laughlin Health Care Coalition
- Wal-Mart
- News West Publishing
- Murphy Broadcasting
- Colorado River Women's Council
- Curves
- Bullhead Health Club
- WARMC Auxiliary
- McCormick Realty

**HEALTHY WOMAN**  
A WESTERN ARIZONA REGIONAL MEDICAL CENTER RESOURCE

After celebrating two years of success, Western Arizona Regional Medical Center's (WARMC) Healthy Woman program continues to help tri-state area women stay healthy. Bringing women of all ages together, the program empowers them with the knowledge and confidence to make informed healthcare decisions.

### IMPROVING MIND, BODY AND SPIRIT

The second-anniversary celebration brought more than 300 women together to improve mind, body and spirit with a health fair and presentation by motivational speaker Lisa Smartt. Her humorous presentation explored the lessons women can discover on the journey through life in a seminar entitled "Hope for Women Who Can't Find Their Keys: Confessions of an Imperfect Woman."

"The anniversary celebration was a huge success; the women had a great time and we're excited for the coming year, as we have another group of great speakers and special events lined up," says Sarah Morga, director of marketing at WARMC.

Free seminars on a wide range of topics are presented monthly, and Healthy Woman members are notified of events through e-mail and local media coverage.

"Our monthly events are a great way to enjoy an evening out with other local women and gain great information on healthcare issues," says Morga. "We currently have more than 700 women enrolled and are anxious for more to get involved."

For more information about WARMC's Healthy Woman program, call (928) 763-0222 or visit [www.warmc.com](http://www.warmc.com).

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# Health Connection

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