

Health Connection

THE MAGAZINE OF WESTERN ARIZONA
REGIONAL MEDICAL CENTER

**Building for a
healthy future**

**Meet our
newest
doctor**

**Easing the
sneezing**

Surviving cold
and flu season

Bad breaks

First aid for
broken bones

**How health-wise
are you?**

Find out inside!



WESTERN ARIZONA
REGIONAL MEDICAL CENTER

You've found a breast lump: Now what?

If the thought of finding a lump in your breast scares you, you're not alone. After all, many of us know someone who has had breast cancer. But some of us are so frightened that we avoid getting mammograms—the very habit that could save our lives if breast cancer develops. If you're in that group, you'll be glad to hear that four in five breast lumps turn out to be noncancerous. Here's a description of some common breast conditions:

Fibroadenoma: a smooth, solid, round painless lump that moves easily and can feel like a marble. Occurs most often in African-American women and women under age 30.

Fibrocystic breast changes: solid or fluid-filled lumps that

increase in size and tenderness five to seven days before each menstrual period.

Cyst: a smooth, fluid-filled lump often sensitive to the touch before the menstrual period. Typically appears in women between ages 35 and 50.

Lipoma: a soft and slow-growing painless lump that moves freely.

Intraductal papilloma: a small, wartlike growth near the nipple that may cause bleeding from the nipple. Occurs most often in women in their 40s.

Mammary duct ectasia: a thick, sticky, gray to green discharge from the nipple.

Mastitis: a warm, tender, lumpy area on the breast that appears red. Most often affects breast-feeding women.

Traumatic fat necrosis: painless, round, firm lumps that can result from a bruise or a blow to the breast. Occurs in older women and women with large breasts.

WHAT HAPPENS IF YOU FIND A LUMP?

If you find a lump, see your healthcare provider. He or she will do a clinical breast exam and may recommend one or more of the following tests and procedures:

Mammography, or breast X-ray, may be recommended to determine the lump's size and location.

Ultrasound examination can determine whether the lump is a fluid-filled cyst or a solid mass.

Fine-needle aspiration is an in-office procedure. Fluid is drawn out of the lump with a thin needle. If the fluid is clear and the cyst disappears, you won't need a biopsy. If the fluid is bloody or the mass is solid, your doctor probably will recommend biopsy.

Stereotactic biopsy removes a small tissue sample with a thin needle for analysis. Computerized imaging guides the needle with pinpoint accuracy to the exact location to be sampled.

Surgical biopsy usually is performed on an outpatient basis. Normally, the surgeon removes the whole lump, but in certain cases he or she will remove only part of it. The tissue is sent to a lab where a pathologist will examine it for cancerous cells.



The good news:
Four out of five
breast lumps turn out
to be noncancerous.



IF PREVENTION DOESN'T WORK

Both a cold and the flu typically involve a runny nose, sneezing, sore throat, cough and fatigue, but only flu characteristically features headache, high fever and that all-over-achy feeling.

Some people are at higher risk for complications from the flu than others and should get prompt medical care instead of trying to self-treat. These include:

- people over age 65
- children and adults with a chronic health condition, such as asthma or diabetes, or a weakened immune system
- pregnant women
- infants and young children
- anyone who lives with children or others at high risk
- healthcare workers and caregivers who are in contact with children or others at high risk

Prescription antiviral medications such as oseltamivir (brand name: Tamiflu) can help shorten the duration of the flu and prevent you from getting sicker if taken within the first 48 hours of symptoms.

If symptoms suddenly worsen, linger more than a week and are accompanied by a dry, hacking cough, the flu might have developed into viral pneumonia. Thick, rust-colored mucus along with a cough may signal bacterial pneumonia. Both types of pneumonia require medical attention.

Easing the sneezing

Surviving cold and flu season

Autumn is almost upon us. Soon it will be time to rake the leaves, pull out the sweaters and pray the kids don't catch something at school that knocks the whole family out of commission for a week.

But with a few simple precautions, parents and children can keep colds and flu away—or at least from spreading. Here are some basic tips to avoid getting sick, whether you're 2 years old or 90:

- Wash your hands several times a day with soap and water—and even more frequently if you're around anyone with a cold.
- Keep your hands away from your eyes, nose and mouth.
- Cover your mouth and nose with a disposable tissue when you sneeze or cough. Then wash your hands.
- Protect and strengthen your immune system by getting enough rest, exercising regularly and eating a healthy diet that includes lots of fruits and vegetables.
- Don't share eating utensils or drinking glasses.
- Avoid crowds of people where germs may spread.
- Most important: Keep annual flu vaccinations up to date.

Call your pediatrician or primary care provider if ...

Your sick child has any of these symptoms:

- labored breathing, often signaled by the abdomen rising and falling dramatically
- a fever of approximately 102° F that acetaminophen (brand name: Tylenol) can't control or that's present for more than three days
- inconsolable crying or irritability
- blood in vomit or stool
- recurring vomiting or loose stools
- greatly diminished food or fluid intake
- pulling or tugging at the ears, which may indicate an ear infection





David Selman
Chief Executive Officer

Happenings at WARMC

We hope everyone had an enjoyable and safe summer. The Western Arizona Regional Medical Center (WARMC) staff stayed busy this vacation season developing new and exciting projects.

Among them, we celebrated the grand opening of the WARMC Surgery Center, our new multimillion-dollar ambulatory surgery center on

Hancock Road. Located next door to WARMC's Outpatient Center, the center offers modern, convenient day-surgery and outpatient procedures. It's equipped with the same technology as our hospital but in a doctor's office-like environment. The center provides quicker turnaround times on procedures and the added comfort of knowing you'll be on your way home the same day.

The center features two operating rooms, two procedure rooms and a 10-bed patient-recovery area. Areas of specialty include general surgery; gynecology; otolaryngology (ear, nose and throat); gastroenterology and endoscopy; orthopedics; hand surgery; microvascular; urology and more.

We feel the opening is just one more way WARMC continues to show its pledge to bring advanced services to our area.

In addition, during the summer months we were busy recruiting several new physicians to our medical staff. In this issue, you'll read about Nabila Aslam, M.D., our newest internal medicine physician. We also have commitments from physicians in the specialties of urology, general surgery and Ob/Gyn, who are planning to come soon.

In the next issue of this magazine, we will update you further on our new three-story patient tower, which includes the expansion of our emergency room as well as our Intensive Care and Medical/Surgical Units.

As always, we thank you for making WARMC your hospital of choice. We're privileged to serve you and your family's healthcare needs.

Sincerely,

DAVID SELMAN
Chief Executive Officer
Western Arizona Regional Medical Center

MEET OUR NEWEST DOCTOR

In 2006, Western Arizona Regional Medical Center (WARMC) expects to have several new physicians join our medical staff. We're pleased to welcome our newest physician.



NABILA ASLAM, M.D.
Internal Medicine

Western Mountain Medical Center
3015 Highway 95, Suite 107B
Bullhead City
(928) 763-0433

Dr. Aslam joined WARMC's medical staff in May after working three years in Holbrook, Ariz. She received her medical degree from Ross University School of Medicine and completed her residency and internship at Brookdale Hospital and Buffalo Mercy Hospital, both in Buffalo, N.Y.

"I really love the Bullhead City area and am excited to start my practice," says Dr. Aslam. "I love the small-town feel and think this a great place to raise my children."

Dr. Aslam is married and has two children, a 5-year-old son and 3-year-old daughter.

Dr. Aslam's practice is now open, and most insurance plans are accepted.



Artist's rendering of the Emergency Department addition and renovation

Building for a healthy future

From a new emergency room to an Outpatient Surgery Center, Western Arizona Regional Medical Center (WARMC) continues to bring advanced services to the tri-state area.

In July, WARMC celebrated the grand opening of the Surgery Center on Hancock Road, located next door to WARMC's Outpatient Center.

Construction also is well underway on the \$17.4-million project on WARMC's campus. The new three-story patient tower includes a tremendous expansion of the Emergency Department (ED). Slated for completion before the end of the year, the tower will offer the region's largest ED to better serve our communities' growing needs.

The ED will grow from its current 12-bed capacity to 30 beds and will feature bedside registration, eight fast-track beds for minor illnesses and injuries, four trauma suites and a children's play area.

In addition, the patient tower doubles the size of WARMC's second-floor Intensive Care Unit. In 2007, tentative plans call for the opening of the third floor, which will house a 60-bed Medical/Surgical Unit.

Healthy programs just for women

After celebrating a year of success, Western Arizona Regional Medical Center's (WARMC) Healthy Woman program continues to benefit women of the tri-state area.

Bringing together women of all ages, the program empowers them with the knowledge and confidence to make informed healthcare decisions.

A sold-out anniversary event in May brought together more than 400 women to improve their mind, body and spirit with a health fair and presentation by national motivational speaker Susan Murphy, Ph.D.

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



HEALTHY WOMAN
A WESTERN ARIZONA REGIONAL MEDICAL CENTER RESOURCE

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

"Our monthly events are a great way to escape from the stress of everyday life, enjoy an evening out with other local women and share great information on healthcare issues," says Morga. "We welcome every woman in our communities to be a part of this great program."

Empower yourself today!

For more information about WARMC's Healthy Woman program, call (928) 763-0222 or visit us at www.warmc.com.

HEALTHWISE QUIZ

How much do you know about Alzheimer's disease?

Take this quiz to find out.

1 Which example of memory loss may be a sign of Alzheimer's disease?

- a. forgetting where your keys are
- b. forgetting what month and year it is
- c. forgetting the name of a person you just met
- d. forgetting to return a phone call

2 British researchers have recently learned that drinking this beverage can inhibit enzymes associated with the development of Alzheimer's:

- a. orange juice
- b. coffee
- c. tea
- d. white wine

3 All the following may be early warning signs of Alzheimer's *except*:

- a. speaking in jumbled sentences
- b. getting lost in familiar areas
- c. having rapid mood swings for no apparent reason
- d. losing sense of balance or experiencing vertigo

4 Which health condition is suspected of increasing the risk of Alzheimer's?

- a. yo-yo dieting
- b. high blood pressure
- c. asthma
- d. low bone density

5 Which is the most misdiagnosed mental disorder in older adults?

- a. Alzheimer's disease
- b. depression
- c. anxiety attacks
- d. insomnia

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

NUMBER CRUNCHING

Managing high cholesterol



The bad news: High cholesterol plays a key role in whether you develop heart disease or suffer a heart attack or stroke. Excess cholesterol, a waxy, fatlike substance in your blood, builds up on artery walls, reducing blood flow. The good news: You can do something about it.

Many factors contribute to high cholesterol. While you can't change your genes, age or gender—which all affect cholesterol—you can take the following steps to improve your cholesterol levels and your health.

To lower your LDL, or bad, cholesterol and raise your HDL, or good, cholesterol:

- **Eat smart.** Saturated fat and trans fats raise LDL cholesterol levels. Instead, use polyunsaturated or mono-unsaturated fats like olive, safflower, sesame, soybean, canola and peanut oils. Eat no more than six ounces of lean meat, fish or skinless poultry a day. Choose plenty of fruits, vegetables and whole-grain foods. Switch to fat-free or low-fat dairy products and increase soluble fiber found in foods like oats, beans and citrus fruits.
- **Get regular exercise**—at least 30 to 60 minutes of physical activity a day.
- **If you smoke, quit.** Smoking lowers HDL cholesterol and increases the blood's tendency to clot.
- **Consider medication.** If lifestyle changes aren't enough, your healthcare provider may prescribe cholesterol-lowering drugs.

Leveling off your numbers

Aim for these desired cholesterol levels. If you already have heart disease or other risk factors, your doctor may set different goals for you.

Total cholesterol less than 200 mg/dL

HDL cholesterol greater than 50 mg/dL

LDL cholesterol less than 100 mg/dL

Triglycerides less than 150 mg/dL

Bad breaks

First aid for broken bones

If your child were to take a spill from a bike or your best friend turned an ankle while stepping off the curb and you suspected a bone is broken, would you know what to do? Try taking these actions:

- **Determine whether you need emergency help.** All fractures will need medical attention, but call for emergency help if the injury involves the head, neck, back, pelvis or upper leg; there's heavy bleeding; bone has pierced the skin; or a toe or finger on the injured arm or leg is numb or blue at the tip. Also, call for help if you can't transport the injured person by car because he or she can't sit upright or use safety or seat belts.
- **Remove clothing from the injured part.** Use scissors to cut clothing away; don't try to pull the limb out of clothes.
- **Stop any bleeding.** Use a sterile bandage or clean cloth



and apply constant pressure to the wound. Have the person lie down and don't wash the wound or poke the bone back into the skin.

- **Make a splint.** Keep the limb in the position you find it. Place soft padding around the injury with something firm (like a board or rolled-up newspaper) next to it, using first-aid tape. Make sure the splint extends past the joints above and below the injury.
- **Apply cold packs.** Wrap ice in a towel and place it on the injured area to control swelling and pain until help arrives.

In case of emergency ... We're here for you

There's no telling when an accident or a sudden illness will occur. But when it does happen, turn to us, the clear choice for emergency assistance. Our emergency department provides patients with fast, dedicated and compassionate care. What's more, our ER is backed and supported by an entire hospital dedicated to helping you get well.

In an emergency, every second counts. Call us for emergency help anytime you suspect someone needs urgent care.



The whole-grain truth

Think outside the breadbox to include more healthy foods in your diet

Grains like wheat, rice, oats and corn are a staple in the American diet and for much of the world. Whole grains

and foods made from whole grains are an important source of fiber, vitamins, minerals and other nutrients. When refined grains like white flour and white rice are processed, much of the fiber and nutrients are lost.

Eating more whole grains can help you lower cholesterol and control your weight, reducing risk of heart disease, stroke, diabetes, gastrointestinal problems and cancer. Aim to eat at least three servings of whole grains each day. The earthy, nutty flavors and chewy textures are a great way to add a new dimension to your menu. Whole-grain breads, cereals, tortillas and crackers are just the beginning. Explore a variety of whole grains like barley, groats, wheat berries, buckwheat, triticale, bulgur, millet and quinoa.

HOP ABOARD THE GRAIN TRAIN

Upping your intake of whole grains is easier than you think. Try making some of these simple diet switches:

- Start your day with a bowl of bran flakes, shredded wheat or oatmeal.
- Buy whole-grain breads, bagels, rolls, tortillas, muffins, waffles and pancakes.
- Substitute rolled oats or crushed bran flakes for bread crumbs in recipes.
- Switch to whole-wheat pasta.
- Bypass the potatoes and try bulgur, barley, quinoa or brown or wild rice.
- Snack on un buttered popcorn or whole-wheat crackers or pretzels.
- Substitute barley or brown or wild rice for pasta or noodles in soups, stews, casseroles and salads.
- Use whole-wheat pastry flour in place of much of the all-purpose flour in recipes.

Celebrating 22 years of service

Described by many as one of the fixtures at Western Arizona Regional Medical Center (WARMC), cardiologist Channa Prasad, M.D., was honored recently for his 22 years of service. For his dedication and commitment to the hospital and to his patients, Dr. Prasad was given the Service Excellence Award.

“Dr. Prasad has been a great asset to this community and we feel very honored to have him at WARMC,” says David Selman, chief executive officer at WARMC.

Registered nurse Donna Crome, of the cardiovascular lab, couldn't agree more. “When Dr. Prasad is in the cath lab performing heart catheterizations he always treats everyone with the utmost respect,” she says. “He is one of the most caring individuals I know.”

Dr. Prasad, who joined the WARMC medical staff in July 1984, has seen many improvements over the years. “When I started, there was no cath lab and we used to send the patients out,” says Dr. Prasad. “Now there is a cardiovascular lab, we are performing both cardiac and vascular interventions such as medicated stents and angioplasty, and the next step may be bypass surgery.”

If it weren't for fellow urologist Bashir Azher, M.D., Dr. Prasad feels he wouldn't be here. “Dr. Azher was here first and we met during fellowship and then I came here to WARMC with him,” he says.

Fellow WARMC physicians are grateful to have Dr. Prasad aboard. “We have patients in common



Joe Heath, WARMC's board of directors president (right), presents cardiologist Channa Prasad, M.D., with the Service Excellence Award for his 22 years of service.

and they always tell me they love him,” says Javed Malik, M.D. “We are very lucky to have him as a colleague and, of course, his patients are lucky to have him as a doctor.”

When Dr. Prasad isn't working, he enjoys spending time with his wife, Hema, and two daughters, Rahsmi and Rupa.

Make an appointment today!

Cardiologist Channa Prasad, M.D., practices with Southwest Cardiovascular Associates. To make an appointment, call (928) 758-4114.

70WAR



Western Arizona Regional Medical Center
2735 Silver Creek Road
Bullhead City, AZ 86442

PRSR STD
U.S. POSTAGE
PAID
Lebanon Junction, KY
Permit 19

SUMMER 2006

Health Connection

Health Connection is published as a community service of Western Arizona Regional Medical Center. 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.

Copyright © 2006 Western Arizona Regional Medical Center