

WINTER 2007

# Health Connection

THE MAGAZINE OF WESTERN ARIZONA  
REGIONAL MEDICAL CENTER

**Meet our  
newest doctors**

**A new face  
at Senior Circle**

**Improve your  
balance and strength**  
Try core conditioning

**Dining the Greek way**



**WESTERN ARIZONA**  
REGIONAL MEDICAL CENTER

# Preparing for outpatient surgery

**T**hanks to the miracle of science, surgeries that once required a hospital stay can now be done on an outpatient basis. That's good news for those who recover better in the comfort of home, but it also means that any necessary arrangements must be made before the surgery date. If you or a loved one is facing outpatient surgery, try the suggestions below to help make the experience as smooth as possible.

## PLAN AHEAD

As surgery day draws closer, you'll find it helpful to have certain things taken care of. Once you know your surgery date and time, ask yourself these questions:

- **Do I need to make any changes in my house's setup?** You may have to set up a temporary bedroom on the first floor if you think you'll have difficulty climbing stairs, for instance.
- **Do I have enough food in the house?** Stock up on meals in the freezer (either homemade or store-bought) so you

won't have to worry about food preparation. Ask your doctor about dietary restrictions or recommendations.

- **Will I need help in the house?** Plan to have a friend or a family member drive you home from the hospital. It's also a good idea to have someone stay with you during the first 24 hours. After that, schedule your visitors. They'll brighten your mood but may also cut into your resting time. Be sure to limit visits based on how you feel.
- **Is there anyone I'm responsible for?** If you have baby-sitting or caretaking responsibilities, remember to make other arrangements for your recovery period.

## THE DAY BEFORE

Your doctor will probably instruct you not to eat or drink within eight hours of surgery. Ask your doctor whether you should abstain from taking medication or bring a day's dosage with you to the hospital.

If you're recovering from or coming down with a cold, tell your doctor. Your surgery may be postponed until you feel healthy.

Because skin-tone changes can sometimes be a sign of postsurgery problems, don't wear any makeup the day of surgery, including eye makeup and nail polish. Also, plan to wear loose clothing to the hospital.

## AFTER SURGERY

Tell your healthcare team about any discomfort, irritation or pain you feel. How long you stay at the hospital will depend on your ability to drink fluids, walk and urinate. The amount of pain you're in will also affect your discharge. Before you leave, get a written list of postoperative instructions, symptoms to monitor and in-case-of-emergency phone numbers.





**A strong, stable core helps reduce your risk of injury and prevent back pain.**

# At the core of fitness

postures that focus on building flexibility, balance and strength.

- **Tai chi.** This Chinese ritual involves precise, relaxed exercises to increase both agility and balance.

- **Pilates.** It's the latest craze, involving the use of certain exercises to create longer and stronger muscles without the bulk.

- **Weight training.** Focus on exercises that target your core muscles. Start light and increase the intensity of your workout over time. You may want to consult with a personal trainer to develop a program tailored to your needs.

- **Stability ball.** Sometimes

**H**ead of core conditioning? It's the "apple-a-day" way for you to ensure that your body stays strong and steady. Simply put, core conditioning is a series of exercises that target your core—the body's center of power that starts just below your shoulders and ends just below your hips. You work out to gain strength in the muscles that control your trunk and spine while improving balance, agility and flexibility. Adding core strength helps you perform daily functions like lifting grocery bags, playing with your kids and getting in and out of your car. A strong, stable core also helps reduce your risk of injury and prevent back pain.

Try these exercises to build the back, abdominal, thigh and buttock muscles associated with a strong core. Check with your physician first to be sure you're starting at a fitness level that's right for you.

- **Yoga.** This ancient practice involves stretching and holding

called a Swiss ball or a resist-a-ball, this large, rubber exercise ball is one of the best ways to actively target and stabilize your core. Start with the ball slightly deflated or secure it against a wall until you're ready to add more challenge to your balance. Choose a ball that comes with a video of basic exercises.

- **BOSU ball.** Shaped like a stability ball cut in half—flat on one side, domed on the other—the BOSU ball is designed to activate and strengthen your core as you perform exercises on it. Many gyms offer BOSU ball classes, and you can also buy video and DVD workouts to use with the BOSU at home.

- **Stability equipment.** Other light equipment ranging from foam rollers, balance pads and discs and mini-trampolines (ideal for beginners) to balance and wobble boards (for the more advanced) can help you improve core strength and stability.



David Selman  
Chief Executive Officer

Dear neighbors,

**H**appy New Year! We're excited to bring you another issue of *Health Connection*. I'm extremely pleased with the community's response to our recent issues. In each publication, we'll update you on the latest health developments, newest physicians, technology and other news related to Western

Arizona Regional Medical Center (WARMC).

In this issue, we'll introduce you to three of our newest physicians, Internist Sajjad Haider, M.D.; Interventional Cardiologist Muhamed Ahmed, M.D.; and General Surgeon Brian Zebrowski, M.D. We also have a commitment from an infectious disease specialist who's planning to join us this year. You'll also meet our new Senior Circle advisor Diane Schwartz.

Remember, WARMC is here for you and your family every day of the year. Thank you for making us your hospital of choice.

Sincerely,

DAVID SELMAN  
Chief Executive Officer  
Western Arizona Regional Medical Center



Governor Janet Napolitano presents a plaque to David Selman, WARMC chief executive officer, during her recent dedication of the new patient tower.



## 10 secrets of weight-loss winners

**Y**ou're probably well into your New Year's resolution of getting healthy and shedding those unwanted pounds. We know it's tough to lose weight—and just as difficult to keep it off. To help, researchers suggest these 10 habits of people who have successfully kept off the weight:

1. They walk several miles a week.
2. They rely on the support of friends, neighbors and co-workers. For example, they form exercise groups for motivation.
3. They eat different healthy foods in moderation. They cook with little or no fat, and eat fruits and vegetables, whole grains, nonfat dairy products and lean entrees.
4. They limit portion sizes. They know that calories (not just fat) count.
5. They distinguish hunger from anger, loneliness and fatigue. For those emotions, they call friends or breathe deeply.
6. They examine underlying issues that may cause overeating. Counselors can help resolve such issues.
7. They don't make excuses for overeating and use a lapse as incentive to take a walk or cut portions next time.
8. They use behavioral strategies like planning meals, storing foods out of sight and linking exercise to daily habits like walking.
9. They recognize that weight management—exercising, eating nutritiously and thinking positively—lasts a lifetime.
10. They live in the present. They participate in enjoyable activities instead of waiting for the perfect shape to do the things they want to do.

# A new face in our circle of friends

**A** new face has graced the Western Arizona Regional Medical Center (WARMC) Senior Circle chapter: Diane Schwartz, Senior Circle advisor. "In my first few weeks here, I already knew in my heart that this group was full of wonderful people who are inspirational in their outlook and love of life," says Schwartz.

She and her husband, Anthony, recently moved to Bullhead City from Michigan. A nationally certified case manager, Schwartz's background includes a Master of

Arts in counseling from Michigan State University.

"I'm so excited to be part of Senior Circle. My door is always open to visits, program ideas and to those interested in becoming members," she says.

It's our goal to offer seniors a place where they can participate in activities, share common interests with other seniors and improve their health and wellness.

## Benefits of Senior Circle membership

### Local membership benefits:

- a dedicated Senior Circle advisor
- free monthly activities
- free monthly health lectures
- free notary public
- free photocopying of important papers
- subscription to our local bimonthly newsletter
- discounts at area gyms
- breakfast and lunch clubs
- day and overnight travel opportunities
- holiday parties, crafts and games
- complimentary private room upgrades during hospital stays
- complimentary guest meals for caregivers during hospital stays
- a lifetime of memories and new friendships

### National membership benefits:

- four issues of Senior Circle's national publication
- access to Senior Circle's national Web site
- national travel program
- pharmacy discount card
- eye-care benefit plan
- prescription mail pharmacy program
- emergency response discount with ADT
- Choice Hotel discounts
- national car rental discounts



Diane Schwartz  
Senior Circle Advisor

## Join the circle!

If you're age 50 or older, join us! For more information, call Diane Schwartz at (928) 763-0282.



## HEALTHWISE QUIZ

### How much do you know about **menopause**?

Take this quiz to find out.

**1** The average age when women in the United States reach menopause is:

- a. 51
- b. 55
- c. 48
- d. 64

**2** The single biggest risk factor for osteoporosis, or brittle bone disease, is menopause. All of the following are signs that you may have osteoporosis except which one?

- a. height loss
- b. tooth loss
- c. joint pain
- d. backaches

**3** One of the few reasons you should consider using hormone therapy is to:

- a. prevent ovarian cancer
- b. relieve severe menopausal symptoms such as hot flashes
- c. protect against heart disease
- d. lower your risk of breast cancer

**4** The transitional period of two to 10 years before menopause, characterized by hormone fluctuations that can cause menopausal symptoms, is called:

- a. premature menopause
- b. premenopause
- c. perimenopause
- d. postmenopause

**5** Of the following remedies, which is the only one approved by the U.S. Food and Drug Administration to relieve hot flashes?

- a. soy
- b. black cohosh
- c. phytoestrogens
- d. hormone therapy

# Take control!

## 7 steps to healthy blood pressure and cholesterol

**H**eart disease and stroke kill millions of Americans each year. Unless you take steps to control your blood pressure and cholesterol levels, you may be at risk for these diseases. Get on the road to better health today with these seven simple steps:

- 1 Take a walk.** Exercise helps control your blood pressure and improves your cholesterol. Choose activities you enjoy and strive for at least 30 minutes of moderate-intensity physical activity on most days of the week.
- 2 Manage your weight.** Reducing your weight by just 10 pounds may help lower your blood pressure and reduce bad cholesterol. Since dropping pounds may be easier when working with a group, ask your healthcare provider to refer you to experts, groups or classes that can help.
- 3 Toss the cigarettes.** Smoking causes blood vessels to narrow and blood pressure to rise. It also makes it easier for cholesterol-rich plaque to stick to artery walls. A smoking cessation class can offer extra support.
- 4 Eat well.** Enjoy vegetables, fruits, whole grains, beans and legumes, along with moderate amounts of lean protein and healthy fats like those in salmon and olive oil. Avoid foods high in saturated fat, cholesterol, sodium, sugar and trans fatty acids.
- 5 Try soy.** A recent study shows that two servings a day of uncooked soy protein—found in tofu, soy milk or soy powder—lowers cholesterol levels by as much as 9 percent.
- 6 Limit your liquor.** Women should consume no more than one drink a day and men no more than two drinks a day.
- 7 Get screened.** Routinely checking your blood pressure and cholesterol levels keeps you on top of your cardiovascular disease risks. If your blood pressure's high, ask your doctor about buying a blood pressure monitor for home use.





# First-aid foresight

Would you know what to do?

**S**ooner or later, we all face a medical problem that calls for immediate first aid and clear thinking. Knowing what to do next is a health skill everyone needs.

**Bleeding.** Apply pressure to the wound with a thick, clean cloth and raise the wound above the heart. If bleeding is severe or isn't controlled in five minutes or if the wound is very dirty, longer than an inch or gaping, get immediate medical care.

**Puncture wounds.** Don't self-treat deep puncture wounds since they can result in deep-tissue injury or infection.

**Burns.** Run cool water over minor burns, immerse in cold water or wrap the burned area in a cold, wet cloth for about 10 minutes or until pain subsides. Apply an antibiotic ointment and cover with a bandage. Call your doctor if blisters form.

**Poisoning.** Before doing anything, call the National Poison Control Hotline at 1-800-222-1222. Induce vomiting only if instructed.

**Shock.** Shock may cause cold, clammy skin; weakness; confusion; a rapid heartbeat; or deep, shallow or irregular breathing. Keep the victim warm and lying down on his or her back until help arrives. Don't give the victim anything to drink.

**Electrical injuries.** Do not touch someone who has just been electrocuted—the current may pass through you. While waiting for help to arrive, try to turn off the source of electricity.

**Sprains and strains.** To treat sprains and strains, follow the RICE method: rest, ice, compression and elevation. Apply ice packs or cold-water compresses to relieve swelling. Wrap the injury in an elastic bandage and keep it elevated above the heart.

**Broken bones.** Quickly call for emergency assistance. It's best not to move the person or attempt to straighten a broken bone.

## Dine the Greek way

**A**lthough many of their meals consist of 40 percent fat, residents of the Greek isle of Crete who eat a traditional diet live longer than most other ethnic groups. In fact, Greeks who haven't succumbed to Western-style meals are 20 percent less likely to die of coronary artery disease and about 30 percent less likely to die of cancer than Americans are.

These stats make nutritionists take note, and what they've found is that the traditional Greek diet is one of the healthiest eating styles you can choose. The diet focuses on:

- vegetables, fruits, fish, grains, beans, nuts and legumes like chickpeas
- olive oil as the sole source of added fat
- only a few weekly servings of poultry, eggs and sweets
- daily, small to moderate amounts of cheese and yogurt
- red meats saved for special occasions only

What's more, the Greek diet is tasty—a sign that you don't have to give up good food to stay healthy.

### BEWARE OF TROJAN HORSES

But be cautious: Some Greek foods found in the United States don't fit the heart-healthy profile of traditional



Greek cuisine. The nonprofit Center for Science in the Public Interest analyzed typical restaurant-size portions of some popular Greek meals. What they found could stop your heart. For example, spanakopita (spinach pie in phyllo dough) has 410 calories and 24 grams of fat, beef or lamb gyro (sandwich) has 760 calories and 20 grams of fat and moussaka (a meat and eggplant casserole) has 830 calories and 48 grams of fat!

## MEET OUR NEWEST DOCTORS

Western Arizona Regional Medical Center (WARMC) would like to welcome Brian Zebrowski, M.D., Muhamed Ahmed, M.D., and Sajjad Haider, M.D., to our medical staff.



**BRIAN ZEBROWSKI, M.D.**  
General Surgeon

**Mohave Surgical Associates  
of Arizona**  
2755 Silver Creek Road, Suite 133  
Bullhead City  
(928) 704-8905

General Surgeon Brian Zebrowski, M.D., joined the WARMC medical staff in November after working in Buffalo, N.Y.

Dr. Zebrowski received his medical degree from the State University of New York at Buffalo. He completed his residency at Yale–New Haven Hospital in New Haven, Conn., and at the University of California, Irvine in Orange, Calif.

In his spare time, he enjoys swimming and playing lacrosse.



**MUHAMED AHMED, M.D.**  
Board-Certified  
Interventional Cardiologist

**Southwest Cardiovascular Associates**  
1648 Highway 95  
Bullhead City  
(928) 758-4114

Muhamed Ahmed, M.D., a specialist in interventional cardiology, recently joined the WARMC medical staff.

Dr. Ahmed received his medical degree from Nishtar Medical School at the University of Punjab in Pakistan. He completed his residency at Cumberland Medical Center and his fellowship at Buffalo Medical Center, both in Buffalo, N.Y. Dr. Ahmed is board certified in internal medicine and cardiovascular disease.



**SAJJAD HAIDER, M.D.**  
Internal Medicine

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

Specializing in internal medicine, Sajjad Haider, M.D., joined the medical staff at WARMC after working in New York, N.Y.

Dr. Haider received his medical degree at King Edward Medical College in Lahore, Pakistan. He completed his residency at Harlem Hospital Center in New York, N.Y.

In his spare time, Dr. Haider enjoys cricket, soccer and staying updated with current events.



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# Health Connection

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