



WOODLAND HEIGHTS  
MEDICAL CENTER

# HealthConnection

A PUBLICATION OF WOODLAND HEIGHTS MEDICAL CENTER



Is it a  
heart attack?  
Decoding  
chest pain  
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# Healthbriefs



tip

## Balance

your protein choices. Lean animal, fish and vegetable sources can help lower cholesterol.

### › Pick cholesterol-lowering foods

When it comes to bringing down LDL (bad) cholesterol, it appears foods like soy protein, nuts and plant sterols (found naturally in plants) have the upper hand. According to a study in *The Journal of the American Medical Association*, people with high cholesterol who combined such foods and incorporated them into their diets had a greater reduction in LDL cholesterol than those who followed low-saturated-fat diets that focused on high fiber and whole grains alone.

The study followed 351 people over the course of six months. Researchers found that the cholesterol levels of those who followed the low-saturated-fat diets dropped 3 percent, while those consuming the cholesterol-lowering foods saw a decrease of up to 13.8 percent. These results don't mean you should ditch a heart-healthy, low-saturated-fat diet. Instead try adding the cholesterol-lowering foods to an already heart-healthy regimen.

### › New moms: 5 ways to prevent back pain

Back pain is a common complaint of new moms. Here are some tips for keeping your back in good health, courtesy of the American Academy of Orthopaedic Surgeons:

- 1 With your obstetrician's OK, try to begin exercising shortly after you have your baby (women who've had C-sections usually have to wait at least six weeks). This will help rebuild tone in your abdominal and back muscles.
- 2 When lifting your baby, don't stretch your arms. Bring him or her close to your chest before picking the child up. Bend at your knees—lifting with your legs.
- 3 Carry your child in a front pack for longer walks. Avoid carrying him or her on your hip.
- 4 Kneel on the back seat when placing your child in the car seat. Don't attempt to load the baby when standing outside the car.
- 5 Use a chair that offers back support, not a soft couch.



### › Aerobic exercise key to banning belly fat

Looking to get rid of that spare tire or paunch? Then it's time to get your heart pumping. A recent study in the *American Journal of Physiology* found that aerobic activity burned 67 percent more calories than resistance training (such as weight lifting). The eight-month Duke University Medical Center study followed 196 overweight, inactive adults who either performed aerobic exercises equivalent to jogging 12 miles a week or did three sets of eight to 12 weight-lifting repetitions, three times a week. The researchers discovered that aerobic exercise greatly reduced liver fat and deep-lying abdominal fat (called visceral fat), which increases the risk of heart disease, diabetes and certain types of cancer. The aerobic activity improved insulin resistance, triglyceride levels and liver enzymes—risk factors for disease—while the resistance training didn't.

Your best bet? Aim for a balanced exercise regimen that incorporates weight training, which can improve your strength and build lean muscle, and aerobic exercise.



# Facing migraines head-on

➤ You're sitting at your desk at work when you feel it coming—that throbbing pain in your head. With dread, you prepare to face the nausea that will soon follow.

What you're experiencing, most likely, is a migraine, and you're not alone—28 million Americans get them.

## What's a migraine?

Simply put, migraines are severe headaches that usually come back, whether it's weekly, monthly or only every few years. They may be preceded by visual disturbances such as zigzagging lines or flashing lights; last several hours or a whole day; occur on one side of the head; trigger nausea or vomiting; and they're usually disabling.

Migraine triggers include stress, hormonal changes (such as pregnancy, menstruation and menopause), certain types of food (alcohol, aged cheeses, too much or too little caffeine, food additives such as MSG, processed meats and citrus fruits), environmental factors (bright lights, excessive heat, allergies and perfume), irregular eating and sleeping habits, smoking and certain medications.

## How can I control them?

The first step to managing migraines is to take note. When did your migraine happen? What were you doing? What did you eat in the past 24 hours? How long did it last? On a scale of one to 10, how bad was your migraine?

Keeping a migraine journal and answering such questions each time you experience one can help you avoid triggers and assist your doctor in tailoring an effective treatment plan.

Some people may benefit from medications, which can either knock out pain or prevent a migraine from occurring in the first place, while others may only need lifestyle adjustments:

- **Food substitutes.** For example, if blue cheese is a trigger, choose another type of cheese.
- **Stress.** Avoid stressful situations or engage in relaxing activities, such as yoga and meditation.
- **Sleep.** Aim for six to eight hours each night.
- **Exercise.** Remain active every day with activities such as brisk walks or laps at the local indoor pool.
- **Eating.** Eat regularly scheduled meals. Skipping meals can send your blood sugar crashing.
- **Smoking.** If you smoke, quit. Also avoid secondhand smoke.
- **Medicine.** Blood pressure medications and birth control pills are two types of medications that may aggravate migraines. If you think this is happening, talk with your doctor about possible substitutions (but don't just stop taking medicine).

If you experience symptoms such as a sudden headache (like a thunderclap) or a headache accompanied by other symptoms, such as fever, a stiff neck or trouble speaking, seek immediate medical attention, as these can indicate more serious conditions. ●

**If you experience symptoms such as a sudden headache or a headache accompanied by other symptoms, seek medical attention.**

tip

Keep

a journal to track your migraines and help you learn more about what triggers them.





## From us TO YOU

**CASEY ROBERTSON**  
Chief Executive Officer

### DEAR FRIENDS,

As we begin 2012, I can't help but think back to our successes in 2011. Woodland Heights Medical Center (WHMC) was honored with several awards in 2011, all thanks to the commitment and hard work of our team. They don't take great care of patients to win awards; they win awards because they take great care of their patients.

Just a few months ago, WHMC was named one of the nation's top performers on key quality measures by The Joint Commission, the leading accreditor of health care organizations in America. We were 1 of only 405 U.S. hospitals and critical access hospitals earning the distinction of top performer on key quality measures for attaining and sustaining excellence. To earn this distinction, WHMC met 95 percent performance thresholds in four areas: heart attack, heart failure, pneumonia and surgical care.

The American Heart Association also honored WHMC with two awards: the Stroke Gold Quality Achievement Award and the Heart Failure Silver Quality Achievement Award. To receive the Get With The Guidelines—Stroke Gold Quality Achievement Award, WHMC demonstrated 85 percent or better adherence in the Get With The Guidelines—Stroke key measures for 24 or more consecutive months. Similarly, the Heart Failure Silver Quality Achievement Award signifies that WHMC has reached an aggressive goal of treating heart failure patients with at least 85 percent compliance for one year to core standard levels of care.

We have earned this recognition through the dedication and skill of our medical staff, nurses and other clinicians who care for our patients each day. We are honored to serve you and want you to know we will always do our best for you and your loved ones.

Best wishes,

## Casey Robertson

Chief Executive Officer  
Woodland Heights Medical Center



### Try it out!

Scan this QR code with your smart phone to visit our website and add our quick-launch web app to your home screen.



**Andrea McPhillips, DDS, MD**  
Oral and Maxillofacial Surgery

Oral & Facial Surgery Group  
of East Texas  
704 Largent • Lufkin  
(936) 632-4444

WHMC is pleased to welcome Andrea McPhillips, D.D.S., M.D., as a distinguished member of the medical staff. Dr. McPhillips earned her degree in dentistry from Baylor College of Dentistry and her medical degree from Texas Tech University. She completed her internship at Baylor University Medical Center and her residency at Texas A&M—University Health Science Center in Dallas.

Originally from Oklahoma, Dr. McPhillips joins Rick Hurst, M.D., and Gregory Tate, M.D., in practice. She is currently accepting new patients. For an appointment call (936) 208-1144.



## Visit our online issue!

Like what you see in this issue? There's even more at [www.WoodlandHeights.net](http://www.WoodlandHeights.net), where you can read full articles, connect to health websites and search for a doctor.

By signing up on our website, you'll automatically receive an e-mail notifying you when the next issue is available to read online.



# Decoding chest pain

BY DAVID SEES, M.D., CARDIOTHORACIC SURGEON

When you're experiencing chest pain, it's natural to assume something is wrong with your heart, but chest pain can signal a variety of other conditions ranging from digestive disorders to respiratory issues.

The first order of business is to see a doctor promptly to rule out heart trouble. Learn the signs and symptoms of a heart attack (see "Common heart attack symptoms" below), and when in doubt, always have it checked out. Once heart trouble has been ruled out as a possibility for your pain, several other conditions that mimic the pain of heart trouble need to be considered.

## Digestive

Digestive disorders that may cause chest pain include:

> **gastroesophageal reflux disease (GERD)**, also known as acid reflux or heartburn, is caused when stomach acid washes back up from the stomach into the esophagus. It can cause intense chest pain felt just below the breastbone—especially at night.

> **esophageal spasm** is a disorder of the esophagus and involves abnormal muscle contractions in the tube that carries food to the stomach. These muscle spasms make swallowing difficult and painful, and can cause chest pain.

## Common heart attack symptoms

- Chest discomfort/pain
- Upper body pain
- Shortness of breath
- Lightheadedness/dizziness
- Cold sweat
- Nausea/vomiting



> **hiatal hernia** occurs when part of the stomach pushes up through the diaphragm into the chest cavity, allowing food and acid to back up and cause heartburn and chest pain.

## Respiratory

Respiratory problems that may cause chest pain include:

> **pulmonary embolism** or a blood clot in the lung, which can cause deep chest pain and is accompanied by shortness of breath

> **pleurisy**, the inflammation of the lining around the lung, which can cause sharp chest pain that worsens when you take a deep breath or cough

## Skin and musculoskeletal

Other chest pain may be linked to musculoskeletal disorders, such as:

> **sore muscles or muscle strain**, also known as chest wall pain

> **broken or cracked ribs and pinched nerves** can cause chest pain, especially when you cough or breathe deeply

> **shingles**, a skin and nerve condition caused by the reactivation of the chickenpox virus, can cause sharp pain extending from the chest to the back ●

Save the date!

Visit the 2012 Heart Fair at Lufkin Mall on Saturday, Feb. 18.



Stay heart healthy!

To learn more about cardiac services at WHMC, visit [www.WoodlandHeights.net](http://www.WoodlandHeights.net) and click on "Services." Or click on "Health Resources" and "Interactive Tools" to take the Heart Disease Prevention Quiz or the Coronary Artery Disease and Angioplasty Quiz.

## HealthWise QUIZ

How much do you know about dementia?

> TAKE THIS QUIZ TO FIND OUT.

- 1 The most common type of dementia is:**
  - a. Alzheimer's disease
  - b. Lewy body disease
  - c. vascular dementia
  - d. none of the above
- 2 Which of the following conditions can cause or mimic the symptoms of dementia?:**
  - a. Lyme disease
  - b. thyroid problems
  - c. low blood sugar
  - d. all of the above
- 3 According to the Alzheimer's Association, the risk of developing Alzheimer's after age 85 is about:**
  - a. 10 percent
  - b. 25 percent
  - c. 50 percent
  - d. 75 percent
- 4 One known risk factor for dementia is:**
  - a. getting too much vitamin D
  - b. having diabetes
  - c. regularly using a cell phone
  - d. exposure to everyday sources of aluminum
- 5 While there's no surefire way to prevent dementia, experts recommend which of the following measures to possibly lower your risk of developing it?:**
  - a. taking high doses of vitamin C
  - b. lowering your blood pressure
  - c. keeping up to date on vaccinations
  - d. both (b) and (c)

Answers: 1. (a) 2. (d) 3. (c) 4. (b) 5. (d)

# A dangerous trio

## Sorting out stroke, heart attack and cardiac arrest

> What do stroke, heart attack and cardiac arrest have in common? They're all possible complications of heart and blood vessel diseases that affect millions of Americans.

Read on to learn more about each of these conditions and their unique causes and symptoms.

### Heart attack

When fatty deposits called plaque build up in the arteries, it can narrow them or cause a blood clot to form. When this occurs, blood flow to the heart is blocked, damaging heart muscle.

> **Symptoms:** Signs of a heart attack vary, but may include: tightness, a feeling of heaviness, pressure or a squeezing sensation in the chest; indigestion; anxiety; fainting; dizziness; nausea or vomiting; irregular heartbeats; shortness of breath; and sweating. Women may also experience less common symptoms, such as fatigue. Silent heart attacks, where no symptoms are present, can also occur.

### Stroke

A stroke occurs when a blood vessel leading to the brain becomes blocked (usually by a clot) or ruptures. This deprives the brain of oxygenated blood, causing parts of the brain to die.

> **Symptoms:** Stroke symptoms come on suddenly and include: numbness or weakness in the

face, arm or leg (particularly on one side of the body); confusion; speech and comprehension problems; vision difficulties; problems walking; and severe headache with no known cause.

### Cardiac arrest

Sudden cardiac arrest is a condition in which the heart abruptly stops beating without warning, depriving the body of oxygenated blood. If not treated immediately (with CPR and a defibrillator), a person in cardiac arrest usually dies within minutes. Heart attacks can sometimes trigger cardiac arrest.

> **Symptoms:** Cardiac arrest symptoms include sudden collapse, lack of pulse, no breathing and loss of consciousness.

If you or a loved one experiences symptoms of any of the conditions listed, call 911 or seek immediate medical help. ●



# Breaking cabin fever

## Five ways to beat the indoor blues

Rainy days, snowy days, bitterly cold days—whatever's going on outside can test the patience of adults and kids alike who are trapped inside.

While it's tempting to flip on the TV or let your children play video games, neither of these keeps them physically active or their brains engaged. Try these healthier boredom busters instead:

**1 Create family time.** Bond with your children over a board game or plan a family outing to places you may not visit in nicer weather, such as a museum.

**2 Let your children's imagination run wild.** Check your closets and discount stores to put together a trunk of clothes for dress-up; build a fort using sheets and furniture; or create a craft

box by adding items such as paper, crayons, glue, glitter, string, beads and buttons.

**3 Keep your children active.** Make an obstacle course in your living room with couch cushions and laundry baskets. Or, try classic childhood games such as Duck, Duck, Goose. Old-time favorites like Simon Says and the hokeypokey are great ways to teach toddlers about following commands and different parts of the body.

**4 Get in touch with nature.** Have a set of binoculars? Help your children spot the many different types of birds or other wildlife in your backyard.

**5 Get them involved.** Planning a big vacation? Lay out travel materials and let your children help plan the itinerary. ●



# Reclaim your colon

## The right food can keep things running smoothly

Do you have a happy colon? If you're regularly battling constipation or diarrhea, chances are the answer is no. But there are foods that can help get you back on "tract."

### Yogurt

Yogurt contains "good bacteria" called probiotics, which some research suggests may curb diarrhea and tackle the symptoms of irritable bowel syndrome (IBS).

It's also a good source of calcium, which, along with vitamin D, may protect against colon polyps and colon cancer.



### Veggies, whole grains and legumes

These are all sources of insoluble fiber, which can ease or prevent constipation by bulking up and softening your stool. On the flip side, fiber can add substance to loose stool, relieving diarrhea, and may ease IBS symptoms. Fiber may reduce the risk of diverticular disease, a condition that causes small pouches in the colon.

Don't forget that legumes, potatoes, brown rice and whole grains are also good sources of vitamin B-6, which some research has shown may help prevent colon cancer in women.



### Low-fat foods

Eating a lot of fat—especially saturated fats from red meat and foods such as hot dogs—can increase your colon cancer risk.

Increasing low-fat or nonfat dairy and vegetable intake are great additions to your diet. Reduce the fat by making other substitutions: lean poultry, pork or fish instead of red meat; frozen fruit instead of ice cream; or tub margarine instead of stick margarine or butter. Since not all margarines are created equal (some can be worse than butter), it's important to check the nutrition label for the amount of saturated and trans fats. ●



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WINTER 2012



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# Recognized for **quality care**

## WHMC is named a Top Performer on Key Quality Measures by The Joint Commission

Woodland Heights Medical Center (WHMC) was recently named one of the nation's top performers on key quality measures by The Joint Commission, the leading accreditor of health care organizations in America. The hospital was recognized by The Joint Commission based on data reported about evidence-based clinical processes that are shown to improve care for certain conditions, including heart attack, heart failure, pneumonia, surgical care and children's asthma.

WHMC is 1 of only 405 U.S. hospitals and critical access hospitals, and the only local hospital, to earn the distinction of top performer on key quality measures for attaining and sustaining excellence.

To earn this distinction, WHMC had to meet two 95 percent performance thresholds. First, achieve a composite performance of 95 percent or above when the results of all the accountability measures for which it reports data to The Joint Commission are factored into a single score, including measures that had less than 30 eligible cases or patients. Second, WHMC had to meet or exceed a 95 percent performance target for every accountability

measure for which it reports data, excluding any measures with less than 30 eligible cases or patients. WHMC was recognized for achieving these thresholds for heart attack, heart failure, pneumonia and surgical care.

"Today, the public expects transparency in the reporting of performance at the hospitals where they receive care, and The Joint Commission is shining a light on the top performing hospitals such as WHMC that have achieved excellence on a number of vital measures of quality of care," says Mark R. Chassin, M.D., FACP, M.P.P., M.P.H., president of The Joint Commission.

"We understand that what matters most to our patients is safe, effective care. That's why WHMC has made a commitment to accreditation and to evidence-based care processes. We have earned this recognition through the dedication and skill of our medical staff, nurses and other clinicians who care for our patients each day," says Casey Robertson, chief executive officer of WHMC. ●



Pictured (left to right): Cathy Busbee, chief nursing officer; Casey Robertson, chief executive officer; and Jannett Fowler, chief quality officer



### Quality care, close to home

To see a listing of available services at WHMC, visit [www.WoodlandHeights.net](http://www.WoodlandHeights.net) and click on "Services." To find a doctor by specialty, click on "Find a Physician."