

Health Connection

A PUBLICATION OF WOODLAND HEIGHTS MEDICAL CENTER



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The breast cancer
screening you
should know about

Be kind to
your heart



Keep your PROSTATE HEALTHY

Sens. Bob Dole and John Kerry, baseball team manager Joe Torre—what do all these men have in common? They're all prostate cancer survivors.

Cancer of the prostate—a walnut-shaped gland located below the bladder—is one of the most common cancers found in men. It may be slow growing and require little or no treatment, or it may be aggressive and spread quickly to other parts of the body.

THE PREVENTIVE APPROACH

While prostate cancer isn't completely avoidable, certain measures may help reduce your risk:

- **Stay active.** Daily exercise improves your overall health and helps keep your weight in check. Some research has shown that men who exercise regularly have a lower incidence of prostate cancer compared to men who don't.
- **Watch your weight.** A sobering fact: Men who are obese when diagnosed with prostate cancer are more likely to have advanced cases, which are more difficult to treat. But eating right and exercising can help you keep off excess pounds.
- **Talk with your physician.** Discuss any risk factors you have—being older than age 65, African-American or

obese, or having a family history of prostate cancer. Also, learn about the pros and cons of screening tests. A digital rectal exam and the prostate-specific antigen (PSA) test are two ways to identify cancer cases, but they can't tell a physician about the aggressiveness of the cancer. And prostate cancer treatments can have unpleasant side effects such as impotence and incontinence.

The American Cancer Society (ACS) recently revised its prostate cancer screening guidelines, encouraging more patient involvement in decisions about screenings:

- The ACS recommends that men at high risk of prostate cancer, including men with a family history of the disease, talk with their physicians sooner—as early as age 40.
- Men who do not have prostate cancer symptoms (trouble urinating, problems with urine stream, blood in urine or semen, leg swelling, pelvic discomfort, bone pain) and who are in relatively good health and are expected to live at least 10 more years should have the screening conversation with their physicians beginning at age 50.
- Men without symptoms who aren't expected to live 10 more years because of age or poor health shouldn't be offered the screening because the risks likely outweigh the benefits.

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Daily exercise improves your overall health and helps keep your weight in check.
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What to ask your physician about prostate health

Be prepared to ask some key questions at your next appointment:

- What is my risk of developing prostate cancer?
- Do you recommend I be tested?
- What is my PSA level (if you've had the test)?
- Will I need more tests? If so, which ones will I need?
- What do the test results mean?
- If I have cancer, what are my treatment options, and what are the pros and cons of each?

Mammogram confusion

Information on new screening guidelines



We've all heard that early detection of breast cancer with mammograms saves lives. So it was surprising when in 2009, the U.S. Preventive Services Task Force (USPSTF)—an independent panel that makes recommendations about which preventive services should routinely be offered and to whom—recommended against routine mammograms for women ages 40 to 49 who weren't at increased risk for breast cancer. Traditionally, all women ages 40 and older were encouraged to get the screening.

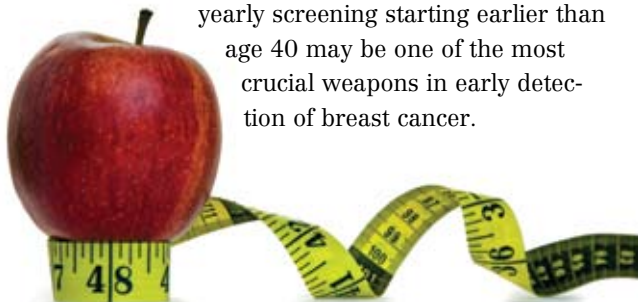
THE FLIP SIDE

In disagreement with the USPSTF's recommendations were major professional health care organizations including the American Cancer Society. "I have tremendous difficulty in not recommending an intervention [mammography]," says Otis Brawley, M.D., chief medical officer of the American Cancer Society. "Women ages 40 and older should have a mammogram every year."

NOW WHAT DO I DO?

Amid the confusion, you may be wondering about how to approach your own mammogram. Some words of advice: Talk with your physician.

The USPSTF's recommendations were just that—recommendations, not rules. Discuss your personal and family health history and how frequently you should get mammograms with your physician. And, if you're at high risk—see *Are you at risk?* at right—a yearly screening starting earlier than age 40 may be one of the most crucial weapons in early detection of breast cancer.



Mammogram comfort

Try these tips for a more comfortable mammogram, courtesy of the Centers for Disease Control and Prevention:

- Don't schedule your mammogram for the week before or during your period, which is when your breasts are likely to be tender or swollen, making mammograms less comfortable.
- Skip the deodorant, perfume and powder on the day of your mammogram. These may show up as white spots on the X-ray.
- For ease of undressing from the waist up, wear a blouse with a skirt or pants, instead of a dress.

Are you at risk?

According to the National Institutes of Health, breast cancer will affect one in eight women in their lifetime. Why breast cancer affects some women and not others isn't known; however, several known risk factors for the disease include:

- increasing age
- having the BRCA1 or BRCA2 genes; if your family members have had breast or ovarian cancer, talk with your physician about getting tested
- starting your period before age 12 or going through menopause after age 55
- being overweight
- using menopausal hormone therapy
- taking birth control pills
- drinking alcohol
- not having children or having your first child after age 35
- having dense breasts



Casey Robertson
Chief Executive Officer

Dear friends,

As we begin another year, I want to thank you for your continued trust in Woodland Heights Medical Center (WHMC) as we care for you and your loved ones. We're proud to have served the health care needs of East Texans for more than 92 years, and continue our tradition of care through expanding services and health programs for you and your family.

FOCUS ON HEALTH EDUCATION

In addition to providing quality health care, we want to be your trusted source for health education. We have several programs that offer targeted information and activities to new moms, women and active adults ages 50 and better: Tiny Toes, Healthy Woman and Senior Circle. These programs allow WHMC to offer education through speakers, articles and specialized classes.

We also offer a Diabetes Support Group and Parkinson's Support Group, both of which offer peer and expert support in addition to instruction on living with and recuperating from these conditions.

Additionally, www.woodlandheights.net offers a wide variety of online education through our Health Resources link. Once you click on this link, you can search for any medical condition and get a list of resources. Risk assessments, health calculators, podcasts and videos are also available to guide you.

Again, I want to thank you for the privilege of being your health care partner. We look forward to serving your health care needs for generations to come.

Best wishes,

Casey Robertson

Chief Executive Officer
Woodland Heights Medical Center

PHYSICIAN SPOTLIGHT

The experienced and dedicated medical staff members at Woodland Heights Medical Center (WHMC) can help keep your family healthy. We'd like to introduce you to one of them.



**C. DOYLE
HAYNES, M.D.**
Family Medicine

1105 W. Frank St.
Suite 290
Lufkin
(936) 699-5040

WHMC is pleased to have C. Doyle Haynes, M.D. as a distinguished member of the medical staff. Originally from Nacogdoches, Dr. Haynes earned his medical degree from the University of Texas Medical School at Houston and completed his residency at the University of Texas Family Medical Program.

About family medicine

Family medicine differs from other specialties because of its universal approach. While all physicians have knowledge and are skilled in general medicine, family medicine is a comprehensive, long-term approach that centers on developing a relationship between the physician and patient.

To find a physician, visit
www.woodlandheights.net.



Connect to our health portal

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Breast MRI

Is it right for you?

There's no question: Mammograms save lives. Since the widespread introduction of mammography in the mid-1980s, the number of women ages 50 and older getting mammograms has more than doubled and the number of breast cancer deaths has decreased by nearly 2 percent each year since 1992.

But some health care professionals say mammograms may not be enough for women at high risk for developing breast cancer. New studies suggest that magnetic resonance imaging (MRI) scans may improve early cancer detection in women at high risk.

ARE YOU HIGH RISK?

According to the American Cancer Society, you're considered at high risk for developing breast cancer if you:

- have a parent, brother, sister or child with a BRCA1 or BRCA2 mutation—genetic changes that increase the risk for breast cancer
- have tested positive for BRCA1 or BRCA2 mutations
- have an estimated lifetime risk of developing breast cancer of more than 20 percent, according to risk assessment tools based on family history
- received radiation therapy to the chest between ages 10 and 30
- have Li-Fraumeni syndrome, Cowden syndrome or Bannayan-Riley-Ruvalcaba syndrome, or if a first-degree relative has one of these syndromes

If you're a woman at high risk for breast cancer, ask your physician about having more frequent screenings starting at a younger age. Some experts recommend monthly breast self-exams starting between ages 18 and 21, clinical breast exams one to two times a year and yearly mammography beginning at age 30. The American Cancer Society

recommends women at high risk get a breast MRI along with a mammogram every year starting at age 30.

WHEN BREAST MRI MAKES SENSE

A few common uses for breast MRI include:

- further evaluation of abnormalities detected by mammography
- finding early breast cancers not detected by other tests, especially in women at high risk and women with dense breast tissue
- evaluating the size and precise location of breast cancer lesions, including the possibility that more than one area of the breast may be involved
- determining whether lumpectomy or mastectomy would be more effective
- detecting the spread of breast cancer into the chest wall, which may change treatment options
- detecting breast cancer recurrence or residual tumor after lumpectomy



! Get screened!

WHMC is the only facility in the Lufkin/Nacogdoches area to provide breast MRI. A breast MRI doesn't replace a mammogram, and a physician's order is required to make an appointment. For scheduling, call (936) 637-8514.

HEALTHWISE QUIZ

How much do you know about **high blood pressure**?

Take this quiz to find out.

- 1** How many American adults have high blood pressure?
 - a. one in three
 - b. one in five
 - c. one in 10
 - d. one in 20
- 2** Most people with high blood pressure experience:
 - a. nausea
 - b. weakness
 - c. trouble concentrating
 - d. no symptoms
- 3** Healthy adults with no history of high blood pressure should have their blood pressure checked every:
 - a. six months
 - b. year
 - c. two years
 - d. 10 years
- 4** High blood pressure can increase your risk for:
 - a. dementia
 - b. eye damage
 - c. bone loss
 - d. all of the above
- 5** Which of the following statements is true?
 - a. After age 65, more women than men have high blood pressure.
 - b. After age 65, more men than women have high blood pressure.
 - c. After age 65, an equal number of men and women have high blood pressure.
 - d. After age 65, the number of men and women suffering from high blood pressure is unknown.

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

Show your heart a little love

Your heart works hard for you, pumping day in and day out to supply your body with the oxygen-rich blood you need for survival. So what are you doing to nurture it? Try these five tips to ensure better heart health:

➔ Choose good-for-you foods. Follow a diet such as Dietary Approaches to Stop Hypertension (DASH). This eating plan is centered on foods low in fat, cholesterol and salt; and rich in fruits and vegetables (aim for five to 10 servings a day), whole grains and low-fat dairy products. Foods that are good for the heart also include those with high levels of omega-3 fatty acids, a type of polyunsaturated fat, found in fish such as salmon, mackerel and sardines.

➔ Give your heart a workout. You don't need a gym membership to keep your heart in tip-top shape. Get the recommended 30 to 60 minutes of physical activity daily by walking, jogging or biking—and remember that everyday tasks such as gardening, vacuuming and taking the stairs count toward your activity goals. Activity, along with eating healthy foods, can help you maintain a healthy weight, which is another way that you can boost heart health.

➔ Consider aspirin therapy. A daily aspirin can benefit many people, but not everyone, so talk with your physician first about the risks and benefits. For example, aspirin can help prevent first and second heart attacks in older women and men of all ages, but only second heart attacks in women younger than age 65. Aspirin also may prevent certain types of strokes.

➔ Quit smoking. Tobacco smoke contains thousands of chemicals that damage the heart and blood vessels, including nicotine, which narrows blood vessels and makes your heart work harder. Within one year of quitting, you can expect to see your heart-disease risk drop dramatically.

➔ Get checked. Have your blood pressure and cholesterol checked regularly. Ask your physician how frequently you should be tested based on your health history.





CLEAN UP your health

It's easy to focus on all the bad things we breathe in the air outside, such as pollen and pollutants. But what about what's lurking inside our houses? Household dust, mold and various chemicals can make breathing difficult. Here's what might be stirring up trouble at home:

Dust mites. In dust around the home lie dust mites—microscopic insects that are the most common cause of dust allergies. They can also trigger asthma and flu-like symptoms.

Combat them: Wipe dusty surfaces with a damp cloth, and vacuum once a week. Wash bedding once a week in hot water, and cover mattresses, box springs and pillows in mite-proof covers.

Mold. Mold spores thrive in damp areas such as basements and bathrooms. Along with dust mites, mold is considered a biological pollutant and can also trigger allergies and asthma.

Combat it: Use ventilation fans and dehumidifiers to keep humidity at 30 percent to 50 percent. Treat moldy bathrooms, basement walls and furniture with diluted bleach or other disinfectants.

Volatile organic compounds (VOCs): These gases are emitted from products such as paints and cleaning supplies. Health effects range from ear, nose and throat irritation to central nervous system damage.

Combat them: Use chemicals only in well-ventilated areas. Consider purchasing low-VOC paint.

Don't let the bedbugs bite!



Bedbugs are one souvenir you don't want to take home with you from vacation. But these flat, little reddish-brown pests, which are more common in places such as hotels, may find a way into your home by hitching a ride in your suitcase. Waiting to strike, they hide out in beds, box springs, headboards and bed frames. When they do bite, they can cause red, itchy, clustered bite marks on the face, neck, arms and hands. The best way to eliminate them is with a professional exterminator.

DOUBTING diet soda

Diet soda: It's sugar and calorie free, so it must not be bad for you, right? Some recent research suggests otherwise. While most of these health concerns need further investigation, now might be a good time to either limit your diet-soda intake to the occasional indulgence, or switch to water, skim milk or diluted 100-percent fruit juice. Here's why:

Tough on teeth. Diet soda is just as acidic as regular soda, which can damage tooth enamel and promote decay.

Wicked to waistlines. Some studies have found that drinking diet soda regularly may be connected to obesity and type 2 diabetes. Researchers are unsure if diet soda actually causes obesity, but one study found that those who drank three or more of the beverages daily were more likely to gain weight than those who didn't.

Unkind to kidneys. One major study found that women who consumed two or more artificially sweetened sodas a day doubled their risk for kidney function decline. Drinking regular soda or only one diet soda daily did not decrease kidney function more than normal. However, for those prone to kidney stones, a separate study discovered that citrus-flavored diet sodas contain high levels of a compound that may inhibit stone formation.

Bad to the bones. According to the National Institutes of Health, people may be replacing bone-friendly, calcium-rich milk with soda, which may lead to decreased bone mass and an increased risk of fracture.



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The lowdown on high blood pressure



By **Juan A. Hernandez, M.D.**
Internal Medicine

Nearly 1 in 3 Americans has high blood pressure, also called hypertension. Though it usually lasts a lifetime after developing, it can be controlled and treated.

THE DETAILS

Your blood pressure is the force of your blood against the walls of your arteries as it courses through your body. When this force remains elevated, your blood pressure is considered high. Chronic high blood pressure causes atherosclerosis, or clogging of the arteries, which can lead to a heart attack. Left untreated, high blood pressure also can lead to stroke, heart failure, kidney damage and retinopathy (severe damage to the retina of the eye, which can cause blindness).

According to the American Heart Association, more than 31 percent of people with high blood pressure don't realize they have it until they experience other problems.

GETTING TESTED

Your blood pressure can be checked with a simple test that provides two numbers. The first number, the systolic measurement, refers to the force of the blood in the arteries as the heart beats. The second number, the diastolic measurement, refers to the force of the blood in the arteries as the heart relaxes between beats. High blood pressure can be categorized as primary (caused by obesity, high salt intake, heavy alcohol use, aging, a sedentary lifestyle, low potassium and calcium intake and stress and insulin

resistance) or secondary (caused by certain medications, pregnancy and narrowing of the kidney arteries).

Some people may experience a temporary rise in blood pressure as a response to stress or physical exertion. While not generally dangerous, talk with your physician about having your blood pressure tested.

MANAGEMENT TIPS

Lifestyle changes such as exercising, managing stress, reducing sodium intake, limiting alcohol and maintaining a healthy weight may help lower blood pressure. However, those with higher blood pressure levels may need medication. Depending on the diagnosis, your physician will develop a treatment plan to help manage your blood pressure levels.



Know what's normal

- **Healthy:** Below 120/80 mmHg
- **Pre-hypertensive:** 120/80–140/90 mmHg
- **Hypertensive:** 140/90 mmHg and higher



Stay heart healthy!

Visit www.woodlandheights.net to learn more about high blood pressure. To make an appointment with Dr. Hernandez, call (936) 634-7225.