

HORIZON MEDICAL

Digest

AN UPPER CUMBERLAND MEDIA PUBLICATION

MARCH 18, 2009

Modern healthcare, old-fashioned compassion: a winning combination at Cumberland River Hospital

CELINA—Freshly renovated patient rooms and a new flat-screen television system are part of a \$45,000 improvement plan currently being implemented at Cumberland River Hospital.

"We plan to have a total of 18 newly renovated rooms," says Jeff Smith, Maintenance Director. Old wall paper has been removed and a two-tone paint scheme added, with chair rails dividing the colors, new flooring and baseboards, new cabinetry and even new hardware and kickplates on the doors.

In addition to patient room renovations, the hospital is installing a new LCD, flat screen TV system in patient rooms and common areas.

"Basically, we now have a mini-cable company inside the hospital," says Smith. "The satellite TV system's monitors will be used to deliver two different types of informational programming in addition to regular TV service." One part being general hospital information

such as HIPPA privacy regulations and facility maps, the other being more treatment and rehabilitation information specific to individual patients and their families.

"It's really nice to see the progress inside the hospital and the positive impact it has on patients and staff," Smith said.

These recent improvements augment the comprehensive services available at Cumberland River including:

Senior Care
Phone: (931) 243-5265

The Senior Care Unit is a special program designed to treat emotional, behavioral and physical health needs of older adults through a combination of therapies, education, family support groups and wellness programs. Anyone can make a referral and qualified patients are covered by Medicare.

"There are special healthcare needs and requirements that are unique to our senior population and we specialize in that type of care,"

says Dulcie Garrett, Program Director of Senior Care. "Many of our seniors and family members are surprised to learn that many senior issues are actually treatable and not just attributed to aging."

Homecare
Phone: (931) 243-3680

This department works closely with physicians and patients in maintaining their optimal health. This service is very helpful for caregivers with busy schedules or anyone needing professional healthcare services at home.

"Let our home care family take care of your family," says Tammy Watson, Director of the Homecare. "We have people on staff that have been here for over 20 years, and they are passionate about the quality of care they provide to the community."

Skilled Nursing
Phone: (931) 243-5268

This 8-bed unit offers post hospital services critical to the recovery and rehabilitation



FACELIFT—Newly-renovated patient rooms and a new television system are part of a \$45,000 improvement plan underway at Cumberland River Hospital.

process for patients. Stroke, orthopedic conditions and post-surgical stabilization are some of the services available. The staff in this unit for post hospital care work with each patient on their individual treatment plan. Physicians are on call 24-hours-a-day ensuring the best quality care possible.

"Seeing patients through recovery and rehabilitation is a very rewarding part of healthcare," says Charlotte Copeland, Director of the Skilled Nursing. "Our staff is the best at what they do and really make patients part of the Cumberland River family. There is nothing quite like seeing the happy expression

on a patient's face the day you let them know they are going home."

Physical and Occupational Therapy
Phone: (931) 243-5250

Physical therapy is a health care specialty con-

See CRH page 2B

The Future of Health Care in Clay County...

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Dr. Copeland is shown here with a young patient.

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Dr. Copeland completed a full pediatric residency at The Children's Mercy Hospital in Kansas City. With four months training in the NICU, two months in the PICU, six months in

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From Left to Right: Stacy Brewington M.D., J. Bunker Stout M.D., F.A.C.C., Jennifer Mabry N.P., R. Alex Case M.D., F.A.C.C.,
Back Left to Right: Brian Dockery M.D., Gary Alan Reynolds M.D., F.A.C.C., Timothy S. Fournet M.D., F.A.C.C., Michael B. Lenhart M.D., F.A.C.C.

How do we know what is really healthy for us to eat?

By **RONDA ADDY**

Everyday we are bombarded with advertisements and medical reports telling us to eat healthy and everyday we receive new reports as to what is healthy and what isn't. With the constantly changing viewpoint on nutrition, how do you know what is good for you (at least for now)? Here is just a sampling of foods that are good for you and why they are considered so.

Throughout time mothers have been telling kids to eat their broccoli. While broccoli has been around for hundreds of years, it wasn't until the 1920s that it was first cultivated in the United States. Broccoli contains vitamin C, folic acid, beta-carotene, potassium and the phytochemical sulforaphane, which helps reduce the risk of cancer. Like all green vegetables, broccoli is low in calories and almost fat-free, unless you put cheese on it.

One of the oldest members of the cabbage family to be cultivated is collards. Collards are a good source of vitamin C, beta-carotene, folic acid, calcium, vitamin B

and sulforaphane and indoles, both of which help reduce the risk of cancer.

Oranges are the third-most popular fruit in the United States behind bananas and apples. The orange is most closely associated with vitamin C, but it offers much more nutritionally, including folic acid, potassium, thiamin, calcium and magnesium. Oranges can be used as snacks, squeezed into juice or added to various dishes. Keep in mind that if you eat an orange, you get the same amount of vitamin C that is in a glass of juice and three grams of dietary fiber.

Pumpkins are a hard-shelled gourd related to watermelons and muskmelons. They are low in calories but high in fiber, potassium, riboflavin and vitamins C and E. They are also rich in alpha-carotene, beta-carotene and lutein. Carotenes are believed to protect the body against chronic diseases, like heart disease and cancer, and may also help prevent age-related vision loss. Pumpkins also provide nutritious seeds and oil.

Spinach gave Popeye

amazing strength. While that doesn't happen in real life, it is definitely good for you. Spinach is rich in beta-carotene, lutein and quercetin, a phytochemical that has antioxidant properties. It is also rich in vitamins and minerals, especially folic acid, vitamin K, magnesium and manganese. Spinach also has more protein than most vegetables. While raw spinach is a healthy addition to a salad, it is a good idea to eat it cooked sometimes. The antioxidant carotenoid is much easier for the body to absorb if the spinach is cooked.

Although not really a fruit, strawberries are rich in dietary fiber and manganese and offer more vitamin C than any other berry. They are excellent sources of ellagic acid, a phytochemical that helps fight carcinogens, and anthocyanins, an antioxidant flavonoid.

We all know that we should eat better, but the conflicting information we get makes it hard to decide what to eat. Hopefully, this list will help you make some smart choices.

CRH

Continued from PAGE 1B

cerned with treating disorders of the musculoskeletal system and it's interaction with physical movement. Physical therapists in this department are licensed professionals who hold a bachelor's degree in physical therapy. Successful physical therapy restores maximal functional independence to each individual patient. To

achieve this goal, therapies such as exercise, heat, cold, electricity, and massage are utilized.

"We provide inpatient and outpatient services for not only traditional physical therapy but also occupational and speech therapy," says Merle Guerrero, Director of Physical and Occupational Therapy.

Cumberland River Hospital has been providing quality healthcare to the people of Clay County and the Upper

Cumberland area for 44 years with many employees that have been there for the majority of that time.

"Technology and improvements are exciting, but at the end of the day- it's our people that make the difference."—Andrea Rich-McLerran, CEO.

For more information on Cumberland River Hospital, visit www.cumberlandriverhospital.com

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Health may be all in the family

By DAN ASPELL

At your last visit to your doctor, were you annoyed by all of the forms you had to fill out? You know the ones, where they ask for details about not only every illness you've ever had, but about your family's medical history as well. As though that's pertinent to your current bout of the flu? While those questions may seem intrusive, they may actually save your life in the long run.

With the strides made in genetic and medical research these days, what your grandparents or even great-grandparents suffered from may shed light on your, and your children's, health today. Certain illnesses or susceptibility to disease have been found to travel in certain gene pools, and a doctor's knowledge of this history may prevent, or at least catch the warnings signs of, these illnesses in their early stages.

For couples wishing to start a family, a doctor may ask questions about your ethnic background. According to the American Medical Association (www.ama-assn.org), these questions help determine whether your children could be susceptible to Tay-Sachs disease (a neurodegenerative disorder limited to those of French Canadian and Eastern European Jewish ancestry), thalassemia (a genetic blood disease occurring mostly in ethnic Asians and Mediterranean and Middle Eastern populaces)



or sickle cell anemia (found in the African-American population).

Foreknowledge of your background and possible family conditions provide a framework for the child's future. These records are shared with other physicians, allowing them to make a more accurate diagnosis in case of disease in less time.

Family history is extremely important when determining the probability of cancer based on family history. According to the Johns Hopkins Institution's Brady Urological Institute, a man whose father and brother both developed prostate cancer has a 50% chance of developing the disease. Armed with that information, both the doctor and patient can share a heightened awareness of the disease's early symptoms, possibly prompting life-saving intervention.

Other forms of cancer are hereditary as well, and sharing your family history with your doctor is beneficial not only for you but for future generations. The Hereditary Cancer Clinic at the University of Colorado Cancer Center recommends looking into susceptibility to cancer if many of your blood relatives have had cancer, you or a relative was diagnosed with cancer before the age of 50, there is a history of an unusual cancer in your family or if two or more relatives have had the same type of cancer.

Exercise: too much of a good thing

By RONDA ADDY

Everyone knows exercise is a good thing, but are there instances where it can be too much of a good thing? For people suffering from compulsive exercise behavior, obligatory exercise or anorexia athletica, the answer to that question is yes.

Compulsive exercise behavior occurs when a person feels so compelled to exercise and so guilty when they don't that they begin to plan their entire life around their fitness routine.

The amount of exercise appropriate for an individual varies. While a senior may be advised to work out for 30 minutes on most days of the week, an athlete may be advised to work out for an hour or more each day. Indi-

viduals suffering from compulsive exercise behavior take their workouts a step further and do several a day. If not treated, compulsive exercise behavior can lead to other types of compulsive behavior, such as eating disorders.

There are several signs of compulsive exercise behavior. These include:

- Being preoccupied with exercise and weight
- Eating according to how much exercise has taken place
- Working out significantly after eating
- Exercising in lieu of spending time with friends and family
- Becoming upset after missing a workout and exercising twice as long the next time
- Continuing workouts while sick

• Basing self-worth on the number of workouts completed and how much effort was put into them

• Fidgeting when sitting down because calories are not being burned

• Being displeased with physical achievements

• Experiencing a significant weight loss

Treatment for compulsive exercise behavior can take several months or years, and the disorder can return at any time. The first step in getting treated is to speak to a doctor. They will do an exam and recommend further treatment measures, which may include seeking therapy to help improve self-image and consulting a nutritionist for assistance in developing healthier eating habits.

Pay close attention when using internet medical sites

By RONDA ADDY

The number of Web sites that offer medical information grows every day. Unfortunately there are no rules for what kind of information can be put on the Internet or who puts it there. So how can a person distinguish between a site with good information and one with bad? There are some universally agreed up-on criteria that you should look for.

Is the site easy to use? There should be a logical arrangement to the menus and the site should be easy to navigate. If there is a chat room, the site should let visitors know what the terms of using the service are. If there is an about us link, be sure and use it.

What is the purpose of the site? The content of the site should be concrete and aimed at a specific audience. If the content is a series of links to other sites, each of the links should work.

Who runs the site? A good site makes it easy for you to learn who is responsible for it and its information. Sites run by the government and universities are the best sources for sound medical and health information. Private practitioners and lay organizations may have other agendas, such as politics and marketing, that can influence what information is included on their site and what sites they link to. Are the credentials of the person in charge of the site given? Does that person have any kind of medical background? Is there a way to contact the person in charge of the site if you have any questions?

When was the site last updated? Web sites should be updated on a regular basis. The

most recent update or review date should be clearly posted. Medical and health related sites should be updated weekly or monthly, as a rule. If there are any dead links, that could mean the site is not updated regularly.

Does the site charge an access fee? If the site does charge one, make sure it is worth the money. Use a searcher to see whether you can get

the same information without paying additional fees.

How secure is the site? If you are asked to fill in personal health information, the site should tell you exactly what is going to be done with the information. Be sure to read and follow all the security information before supplying any kind of personal information.

Do your best to keep your home free of dust

By TRESA ERICKSON

Take a look around your home. See any dust? Chances are you do. According to recent estimates, an average-sized home produces over 40 pounds of dust each year. In spite of this figure, many people think dust is no big deal until they discover just how much of it stays trapped in their home. As heating and cooling units recycle the air

within homes, pollutants like dust, chemicals and gases pile up, resulting in poor air quality.

Whether used occasionally or frequently, almost anything can emit pollution, including air fresheners, space heaters and household cleaners. As the number of pollutants in the air increases, some adults and children may become sensitive to them and

suffer dizziness, headaches, nausea, sinus congestion and itchy eyes and throats. Poor indoor air quality can cause asthma, too. Fortunately, indoor air pollution can be controlled and air quality improved.

To control air pollution, you need to target all of the items in your home that con-

See HOME page 5B

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Several symptoms might say you are a candidate for body cleansing

By **RONDA ADDY**

The practice of body cleansing or detoxification has been around for thousands of years. In fact, Hippocrates, the father of medicine, believed that one needed knowledge of the body as a whole in order to cure it and that disease could be caused by improper diet and exercise as well as age, climate and season. Among all doctors, "balancing the humors" was standard practice, with detoxification serving as the foundation of healing.

Over time, the concept changed from treating the whole body to treating each part of the body separately. This new science-based medicine, or allopathic medicine, emphasized science, technology and systems. Today, alternative medicine is returning to treating the body as a whole, with symptoms serving as a sign of an imbalance. One of the best ways to regain balance is by cleansing the body of toxins.

The body is constantly being exposed to chemicals through food, air, water and everyday stress. All of this leads to a buildup of toxins in the body that can interfere with the immune system and the function of cells in the body. A bad diet, for example, can result in incomplete digestion of food, which can result in a thick, mucous-like layer forming in the intestines, which can result in the reproduction of microbes and parasites, which can result in disease.

Symptoms that indicate a person could be a candidate for an internal cleansing include:

- Exhaustion upon waking up
- Sluggishness all day

- Bloating
- Lightheadness
- Feelings of blahness
- Depression
- Joint or muscle aches
- Blurred vision
- Low resistance to colds and infections
- Difficult periods and PMS

Any or all of these symptoms could be the body's way of saying that it is in need of an internal cleansing.

There are two types of internal cleansing: single organ and whole body. The most common single organs targeted for cleansing include the colon, the liver and the kidneys. Colon cleansing relies on the use of fiber and herbal supplements to eliminate toxins; liver cleansing on the use of specific foods; kidney cleansing on the use of herbs, supplements and juices. Whole body cleansing involves consuming bitter herbs designed to make the body an inhospitable place for parasites or fasting for a few days to reduce the body's food digestion and waste processing.

Most internal cleansings result in a reduction in body toxins, a loss of excess water and weight, blood purification, an increase in oxygenation of the tissue, a release of chemicals stored in fat and other tissues, and a cleansing of the liver, colon and kidneys. Fringe benefits include relief for acne, allergies, colitis and Crohn's disease, as well as renewed energy, clearer thinking, a better sense of well being, smoother digestion and elimination, and more efficient absorption and use of nutrients. Side effects may include minor gastrointestinal problems, temporary gas or flu-like symptoms like

a runny nose or sneezing. These should only last a week to 10 days, and in the event they persist, a doctor should be consulted.

Throughout an internal cleansing, a change in diet is recommended. A diet high in fiber with fruits, whole grains and vegetables, and easier-to-digest proteins, like fish, chicken and turkey, is a must. Excessive amounts of red meat and sugary snacks are a no-no. Drinking eight to 10 glasses of water a day will help with the elimination of toxins.

After a person has undergone an internal cleansing, there are some things they can do to prevent toxins from building up again. These include:

- Exercising regularly
- Drinking lots of water every day
- Eating foods rich in fiber and vitamins B and C
- Consuming more organic foods
- Avoiding foods with additives
- Limiting the intake of red meat
- Supplementing the diet with a high-potency multiple-vitamin mineral supplement
- Avoiding alcohol
- Reducing exposure to strong cleaning materials and solvents
- Stopping smoking and avoiding second-hand smoke

There are five areas in the body designed to handle elimination of toxins. They are the bowels, kidneys, skin, lungs, liver and lymphatic system. These systems are designed to work together to eliminate toxins from the body, but like everything else, they may occasionally need a little help. That's where body cleansing comes in.

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Sleep deprivation can increase as we age

By TRESA ERICKSON

The aging process can wreak havoc on sleeping patterns. While most adults experience four to five cycles of REM (Rapid Eye Movement) sleep and non-REM sleep (deep sleep) per night, seniors tend to get less deep sleep. As a result, many wake up feeling lousy. If you're one of these, read on to learn more about what you can do to improve your sleeping patterns.

Sleeping difficulties run the gamut. Some seniors may spend more than half an hour trying to fall to sleep, while others may wake up several times a night and have difficulty falling back to sleep. Some may even get a full night's sleep only to wake up and feel like they haven't slept a wink. If you find yourself experiencing any of these difficulties, try taking these measures:

- Stick to a regular schedule. Go to bed and get up at the same time every day.

- Watch what you eat. The more food you consume the closer to bedtime, the less comfortable you're going to be in bed. Keep the bedtime snacks light and avoid spicy foods that could cause heart-

burn.

- Avoid caffeine and alcohol. Caffeine is a stimulant and will keep you awake, so stay away from soda, coffee, chocolate and tea at least six hours before bedtime. Alcohol is a sedative and will make you sleepy. However, it will also increase the number of times you wake up in the night, so stay away from it before bedtime.

- Exercise regularly. Studies show that people who exercise regularly generally experience less sleeping problems. Go for a walk or take a bike ride once a day.

- Increase your sunlight exposure. This will help regulate your biological clock and keep you sleeping longer and better.

- Turn your bedroom into a pleasant, comfortable place to sleep. Keep the temperature cool and use covers that will allow air to circulate. Use your bedroom only for sleeping. If you work or watch TV in bed, you're just setting yourself up to stay awake and alert.

- Try a relaxation technique before bed. Take a warm bath or do some light stretches.

Try these suggestions

for a month or so. If you don't experience any signs of improvement, make an appointment with your family doctor. They will make sure there are no physical problems causing your sleeping difficulties and may make other recommendations.

Depending upon the severity of your case, they may even send you to a sleep specialist who will check you for sleep apnea and other disorders.

Sleep deprivation increases with age, but it's not something you have to live with.

Try these tips and consult your physician. Try these suggestions for a month or so.

If you don't experience any signs of improvement, make an appointment with your family doctor. They will make sure there are no physical problems causing your sleeping difficulties and may make other recommendations.

Depending upon the severity of your case, they may even send you to a sleep specialist who will check you for sleep apnea and other disorders.

Sleep deprivation increases with age, but it's not something you have to live with. Try these tips and consult your physician.

Home

Continued from PAGE 3B

tribute to the problem and change, reduce or eliminate your use of them. When working with chemicals and other toxic substances, go outdoors if possible. If not, open the doors and windows and turn on some fans to create adequate ventilation. Use toxic substances as little as possible and switch to more natural products when available. Finally, steer clear of all

major work involving toxic substances like the removal of lead paint or asbestos. These jobs are best left up to professionals who have the knowledge and resources to protect themselves.

To improve the air quality in your home, you need to limit your use of toxic substances and take advantage of the tools available to reduce air pollution. If you don't have them already, install exhaust fans in your kitchen and bathrooms and use them as needed to remove noxious fumes. Ensure your furnace receives

outside air to improve its efficiency and prevent the build-up of carbon monoxide. Purchase an air purifier with a HEPA filter and use it regularly to clean the air within your home. There are a number of products on the market to improve indoor air quality. For further ideas, consult a professional.

The less polluted the air is in your home, the healthier you and your family are likely to be. Don't neglect the air quality within your home. Do your best to keep it as free of pollutants as possible.

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In today's healthcare environment, it becomes more and more important to manage the direction of your own care. This is especially true in home healthcare. Selecting a service provider to come into the home of you or a family member is one of the most important decisions you can make, and it is *your* choice.

Cumberland River Homecare has provided quality care to the Upper Cumberland area for over twenty years. This department works closely with physicians and patients in maintaining their optimal health. This service is very helpful for caregivers with busy schedules or anyone needing professional healthcare services at home.

Cumberland River Homecare is conveniently located just off Highway 53 at Cumberland River Hospital.

For more information on Cumberland River Homecare please call one of the numbers below

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