

# healthier you

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ORTHOPAEDICS  
MADE EASY

ADVANCING  
HEART SURGERY

ASK THE DOCTOR

COULD THIS BE  
MENOPAUSE?

A BETTER LOOK AT  
MAMMOGRAMS

children, adults  
and adhd

## MAKING IT EASY | ORTHOPAEDICS

Creating an easier experience for orthopaedic patients at Faith Regional has been the driving force behind the development of the Orthopaedics In Motion Preadmission Testing Program (PAT). The program streamlines the admission process for patients by bringing all disciplines together at one time before surgery. Orthopaedics In Motion is an outgrowth of Faith Regional's success with total joint replacement. In patient outcomes of this kind of surgery, Faith Regional is ranked in the top percentile nationally.

Stephen Smith, M.D., an orthopaedic surgeon in Norfolk, says, "It was necessary to create a seamless experience for the orthopaedic patient — from the physician's office on through preadmission, surgery and rehabilitation." In 2005, Dr. Smith performed 350 joint surgeries at Faith Regional, a much larger number than at other major hospitals in Nebraska.

"Until now, you could expect the preadmission process to take several hours, and pretesting might need to be scheduled on more than one day," says Rachel Nelson, R.N., orthopaedic case manager.

Before attending the PAT program, patients receive a comprehensive binder that tells them what to expect before, during and after surgery. Patients review the information with their family and have their questions answered during the class. They come to the hospital on a Monday before their surgery and get all their preadmission testing done in less than two hours — and that includes lunch and a presentation.

"Better-educated patients have better outcomes," adds Dr. Smith. "We want to make this experience effortless for them." ■



## RECOVER FASTER WITH EXERCISE

Patients of total joint replacement at Faith Regional begin their physical therapy program before surgery. Why? This helps patients prepare for postsurgery by getting used to doing the exercises and doing them correctly.

To keep the knee or hip working well, patients need to strengthen and stretch the muscles around the joint. Exercise also helps patients protect their joints against injury after surgery. Developed by the hospital's physical therapy team, the exercise program includes stretching, learning how to sit and stand from the bed or a chair, and getting in and out of a car. Once at home, patients continue with an exercise program created specifically for them by their physical therapist.

Faith Regional Rehabilitation Services is the largest outpatient therapy department in the region, offering physical therapy, occupational therapy, speech therapy and sports medicine programs. For more information about these services, call **(402) 644-7396**.



## ONLINE INFORMATION MADE EASY WITH DISCOVERY HEALTH

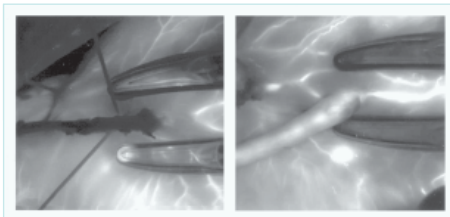
Faith Regional Health Services has teamed with Discovery Hospital to offer reliable online health information. Get online now and find more than 7,500 health-related articles and 100 interactive tools in our health toolbox to manage your health 24 hours a day.

- Diseases and Conditions
- Surgical Procedures
- Interactive Anatomy Explorer
- Health Centers such as Women's Health, Parenting and Healthy Living
- Health Tools

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# ADVANCING HEART SURGERY

**B**y pass surgeries performed at Faith Regional Health Services now give patients something no other hospital in Nebraska can offer — confirmation that the bypass was successful at the time of the operation. Alec Akbarov, M.D., Ph.D., a cardiothoracic surgeon at Faith Regional Cardiovascular Institute, is the first surgeon in Nebraska to use a new imaging technology that helps confirm the success of bypass surgery, avoid repeat heart surgery and reduce complications.



L: Poor flow through graft  
R: Revised vein graft: Good flow achieved

Usually, doctors get to see images of the heart only after the operation to determine whether the new arteries are working properly. Dr. Akbarov is using a new technology, called the SPY® Intraoperative Imaging System, to view the arteries while the patient is still in the operating room.

“There are multiple benefits of the SPY system. It doesn’t add to the complexity of the procedure, and it gives verification of the quality of the graft prior to the closing of the chest,” says Dr. Akbarov. “Before, a doctor would have to rely on his or her intuition and an elaborate technique to measure the flow of the graft.”

Faith Regional is one of only 23 centers in the United States that use the new imaging system. Other facilities include Stanford University Medical Center and the Mayo Clinic. ■



## REFLECTING ON FAITH

This year marks the 10th anniversary of Faith Regional Health Services. This gives us an opportunity to reflect on the question of how different Faith looks today than it did 10 years ago. During the course of the next several issues, we will highlight some of the areas where we have seen the greatest changes as well as the ways that Faith is the same today.

In 1996, the words heard most often were “the merger.” Much of our activity revolved around the merger. The period of time after was a difficult and challenging time for everyone. The board, medical staff and administration sat down in a room in Skyview to ask the questions of what the merger was all about, what the vision for FRHS was and how we were going to get there. The answer was that Faith would seek to be recognized as a regional referral center.



Ten years ago, there were 43 physicians practicing in two hospitals. Today, there are close to 65, with several more becoming part of the Norfolk medical community next year.

There has also been an increased number of new specialties, such as nephrology, cardiac surgery, pulmonology and more. Faith Regional continued to build on its ability to deliver primary care and today cares for seriously ill patients, who in the

past would have been transferred to an urban center.

In addition to the physicians, the employees at Faith have also elevated their skill sets. Staff have sought additional specialized training and brought these new skills to care for their neighbors and friends, while never losing the ability to provide the best care for those patients needing more basic services.

Yes, Faith has changed in 10 years, and we will continue to change by collectively growing and expanding our capabilities.



**Robert Driewer, CEO**  
Faith Regional Health Services

ALL MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.

## IS THIS MENOPAUSE?

**F**or some women, the menopausal period is barely noticeable. Other women experience a number of signs that let them know they're moving toward this midlife change.

Some women also report irritability and anxiety. Changing hormones are partly to blame for mood swings. However, nighttime hot flashes, which cause women to lose valuable sleep, may also play a role.

### WHAT DEFINES MENOPAUSE?

A woman officially reaches menopause when she goes one year without a menstrual period. On average, this occurs around age 51. But menopause can occur earlier or later. Smokers tend to experience the event earlier than nonsmokers.

However, most of the symptoms commonly linked to menopause occur prior to this event. Two to eight years before menopause, a woman's hormone levels will begin to fluctuate. This period is known as *perimenopause*. During perimenopause, women may have:

- Irregular menstrual cycles. Whatever a woman's age, she should report changes in her cycle to her doctor. While changes in bleeding are typical during perimenopause, abnormal bleeding can sometimes signal other problems.
- Hot flashes — a feeling of warmth often accompanied by flushed skin and sweating
- Insomnia
- Vaginal dryness or itching
- Urinary problems, such as loss of bladder control

Depression has been linked to perimenopause, but it is most common in women who have had the condition in the past.

### MYTHS AND TRUTHS ABOUT MENOPAUSE

As women come closer to menopause, they must often separate the reality from the rumors. Find out if you can detect the myths below.

1. The average age when women experience menopause is 51.

**Truth.** A woman has entered menopause when she hasn't had a period for a year. The age women enter menopause varies between 40 and 58.

2. Women's bodies start making fewer female hormones as early as age 35.

**Truth.** It's normal for women to produce less estrogen and progesterone in their late 30s.

3. Hot foods can trigger hot flashes.

**Truth.** Spicy meals, caffeine and alcohol can also trigger hot flashes.

4. A glass of wine before bed can help relieve sleep problems.

**Myth.** Experts advise women who have sleep problems to limit their alcohol intake.

5. Mood swings are a normal part of menopause.

**Myth.** There is little evidence that menopause changes a woman's mood. If you're moody and near menopause, it could be lack of sleep or depression.

### SELF-CARE STRATEGIES

What can you do? You don't need to learn to live with all perimenopause symptoms. Use these tips to help ease symptoms and stay comfortable:

- **Hot flashes:** Try eating soy products, such as tofu and soy milk. Soy contains *isoflavones*, plant-based estrogens that may help diminish the effects of dwindling hormones. Dress in layers that you can remove if you feel overheated.
- **Insomnia:** Exercise on a regular basis.
- **Vaginal dryness:** Apply vitamin E oil. Or try over-the-counter water-based gels.
- **Urinary incontinence:** Ask your doctor about pelvic muscle exercises.

### LONG-TERM EFFECTS

"There are a number of long-term effects associated with a lack of estrogen," says Chandra Prabha, M.D., with Faith Regional Internal Medicine Services. "Menopause increases a woman's risk for osteoporosis, cardiovascular disease and dementia. If the signs of menopause are bothersome or confusing, you may want to talk with your doctor about hormone replacement and other drugs." ■



**What about bladder control?** It's true that some women have trouble holding their urine after menopause. Although it can be embarrassing to talk about, it's worth getting help. Medicine and exercising the pelvic muscles may help you regain control. Limiting caffeine can also help.

## IMPROVED MAMMOGRAPHY

Standard mammography captures images on film. Digital mammography generates images much the way a digital camera does.

“Currently, film and digital mammography are equivalent for diagnostic purposes,” says Brian Vonk, M.D., radiologist at Faith Regional Hospital. “We have pretty much reached the limits of film mammography, but in the future, digital mammography will continue to improve with more accurate breast imaging and an even lower X-ray dose.” Digital imaging also allows radiologists to use special computer programs that recognize cancerlike patterns in the breast images.

To check an abnormality on a mammogram, doctors order a needle biopsy. A new technique is called *vacuum-assisted stereotactic core biopsy*. During this procedure, which is performed at Faith Regional, the doctor inserts a hollow needle into the lump and then uses suction to take a tissue sample. This procedure is less invasive than surgery, making only a small incision.

When breast cancer is caught early, the five-year survival rate is 98 percent. If you have breast cancer, your providers will guide you through treatment based on what is right for you.



### Need a reminder?

You may not always remember to check your breasts monthly. Use this handy, free shower card to remind you. Call us at (402) 644-7348.



## ADHD: WHAT IS IT, AND WHAT CAN PARENTS DO?

Everyone feels bored, fidgety or unable to concentrate now and then. But for people with attention-deficit/hyperactivity disorder, or ADHD, such feelings are part of everyday life.

Experts think that ADHD may affect up to 6 percent of American children. More than twice as many boys as girls have ADHD. About 50 percent of children diagnosed will have symptoms as adults.

Although its cause is unknown, ADHD is not a result of too much sugar or TV or poor parenting. Studies suggest that it may be largely genetic and can be inherited. Children with ADHD often:

- Have trouble following instructions
- Lose things
- Squirm or fidget constantly
- Are distracted by sights and sounds
- Overreact or act without thinking

Impulsiveness, hyperactivity and a short attention span are normal at certain

stages of development, especially among preschool children. A child is considered to have ADHD if the behaviors also:

- Appeared before age 7
- Have lasted for at least six months
- Are more frequent or severe than in other children of the same age
- Seriously affect at least two areas, such as school and home

There is no test to identify ADHD. Instead, the diagnosis is usually made after all other possible causes for behavioral problems have been ruled out. "ADHD is a lifelong disorder that can affect both children and adults," says Shahbaz Khan, M.D., a psychiatrist with Faith Regional Psychiatric Services. "With appropriate diagnostic workup and treatment, there is a prompt relief of symptoms."

### TIPS FOR PARENTS

- Create a consistent daily schedule for your child to follow. Children with ADHD function best in a structured setting.
- Offer extra attention to help your child stay focused on longer tasks.
- Help your child set small goals. Offer praise every time your child meets an objective.
- If your child's doctor prescribes medication, explain to your child that the medicine is like eyeglasses. It is just a tool to help your child focus and pay attention.
- If your child's grades and behavior improve after starting medication, be sure to praise the child. Do not praise the drug. Giving credit to the medication can make your child feel incompetent.
- Don't make your child responsible for taking medication. Children often avoid or forget to take it.

### Adults and ADHD

Doctors once believed that all children outgrew ADHD. The disorder is still often overlooked in adults. Many adults get help only after their child is diagnosed with ADHD.

Many adults with ADHD have been hyperactive and disorganized for most of their life. They have trouble paying attention, controlling their impulses and solving problems. They are more likely than others to abuse alcohol or drugs. These difficulties in turn affect their work, relationships and self-esteem. As with children, a combination of medication and counseling is the most effective treatment for adults.

## THE 411 ON H2O Why should I drink a lot of water?

**A** Kidneys have the ability to conserve water, and we can get away with drinking only two cups of drinks a day. In hot weather, when we sweat, that minimum can go up to one gallon! Eating salty foods raises our requirements for water intake. The body needs water to get rid of the excess waste. At the same time, kidneys could make as much as three to four gallons of urine a day if intake is excessive. When healthy, we feel thirst and drink as we need to. With age, a person's ability to perceive thirst diminishes, so it's necessary to drink at least a couple of glasses of fluids a day.



Some medical conditions, such as kidney stones, require higher levels of mandatory water intake. People who take diuretics, or water pills, may also be asked to increase their daily ration of fluids. If you have any health concerns, you should talk with your doctor. ■



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## MOVING WITH ARTHRITIS I have arthritis. Is it safe for me to exercise?

**A** I advise exercise to people who have arthritis. Range of motion and strengthening exercises can reduce pain and increase mobility in patients with osteoarthritis (OA). Exercises such as swimming, bicycling, walking or tai chi are helpful in developing muscular strength while protecting joints. A cardiovascular warmup followed by stretching can promote circulation and limit stress across joints. Patients should avoid excessive stair climbing and running, which increase strain on the knee.

The combination of diet and exercise is the most effective treatment and is associated with decreased knee pain and improved self-reported and measured function. Rest is recommended for only short periods of time, typically 12 to 24 hours for acute pain and inflammatory signs, after which active and passive joint motion and exercises should resume. ■



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## THE PRESSURE IS RISING How do I know whether I have high blood pressure?

**A** Getting your blood pressure checked is the only way to know whether you have high blood pressure. Referred to as a silent killer, this disease is a leading cause of death in the United States. Some people who have it feel fine, whereas others may have headaches or dizzy spells. Unfortunately for some, the only warning comes as a heart attack, heart failure or a stroke.

When BP is measured, there are two numbers: the systolic (top) number and the diastolic (bottom) number. Hypertension is having a blood pressure of 140/90 mm Hg or greater.

Prehypertension is having a diastolic reading of 80 to 89 and a systolic reading of 120 to 139 mm Hg. This means that



you're not in danger yet, but it would be a good idea to start modifying your lifestyle. Getting on top of it early can make all the difference. ■



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**NEED TO FIND A DOCTOR?** Find a physician easily on our Web site at [www.frhs.org/physiciandirectory.htm](http://www.frhs.org/physiciandirectory.htm).

# MARK YOUR CALENDAR



**SEE MORE CLASSES AT [WWW.FRHS.ORG/HRC\\_CLASSES.HTML](http://WWW.FRHS.ORG/HRC_CLASSES.HTML).** For more information about our classes, go to our Web site or call Faith Regional Health Resource Center at **(402) 644-7348**.

## EVENTS

### PATCH HEALTH FAIR

Sept. 15 and 16, Cox Activities Center. Free to the public. Free screenings, presentations and cooking demonstration.

### MS WALK

Sept. 16, Skyview Lake. Call **(800) 755-3959** or visit [www.nationalmssociety.org](http://www.nationalmssociety.org).

### GO RED FOR WOMEN "A LADIES NIGHT OUT"

Sept. 27, dinner, auction, speakers. Advanced tickets \$45 each or reserved table of 10 \$500. Call **(402) 439-5222** or toll-free 866-877-5883, ext. 5697.

### WALK FOR DIABETES 2006

Oct. 8, Skyview Lake. Call **(402) 844-8126**.

### FOR MOM AND BABY

Call Faith Regional Women's and Children's Services at **(402) 644-7520** about classes:

- Big Kids and Babies
- Breast-feeding
- Childbirth Education
- Prenatal (first trimester)

### CHILD/INFANT CPR

Sept. 2, Oct. 7. Call **(402) 644-7347**.

### CHILD SAFETY SEAT INSPECTIONS

Monthly. First Tuesday at Clements Chevrolet. Fourth Saturday at Norfolk Fire Station.

### CLASSES FOR YOUR HEALTH HEALTHY BENEFITS

Set goals for healthy eating and physical activity. Mondays, Sept. 25 to Dec. 4. Cost: \$100 for materials. Call **(402) 644-7348**.

### TYPE 2 DIABETES MANAGEMENT

A comprehensive education program to meet the needs of people with type 2 diabetes. Classes taught by certified diabetic educators. Preregistration and physician order required. Call **(402) 844-8126**.

### HEALTHY U CLASSES

Classes held in Faith Regional's Health Resource Center. Call **(402) 644-7348**.

### LOOK GOOD, FEEL BETTER

Sept. 21. Cancer patients learn about personal care for skin and hair loss.

### GERD/CHRONIC HEARTBURN

Sept. 21. Learn about the causes and treatments. Led by Jason Walsh, M.D., of Norfolk Medical Group.

### POSITIVE DISCIPLINE

Oct. 3, 10, 17. Learn how routines and positive interactions can help your young child. Led by Kary Pfeil, early childhood educator.

### I CAN COPE — CANCER EDUCATION

Oct. 5, 12, 19; Nov. 2. Learn to manage the effects of illness and treatment by staying well in mind, body and spirit.

### LEARNING FROM DAY ONE

Nov. 14. Learn how to stimulate and encourage your baby's growth and development.

### SUPPORT GROUPS

For a complete list, visit [www.frhs.org/hrc\\_classes](http://www.frhs.org/hrc_classes) or call **(402) 644-7348**.

- Adult Children of Alcoholics
- Bereavement [**(402) 644-7161**]
- Diabetes
- Fibromyalgia
- Head Injury
- Breast Cancer
- Parkinson's
- Pulmonary

### CLINICS

For a complete list of clinics, visit [www.frhs.org/clinic\\_outpatient.html](http://www.frhs.org/clinic_outpatient.html) or [www.frhs.org/clinic\\_outreach.html](http://www.frhs.org/clinic_outreach.html).

### SPORTS INJURY

Saturdays, Sept. 2 to Oct. 21, 9 to 11 a.m. No appointment necessary. Faith Regional Physical Therapy.

**☎ Please call (402) 644-7348 to register or get more information about the above classes.**

Faith Regional Health Services  
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