

Health Connection

A PUBLICATION OF PONCA CITY MEDICAL CENTER



**The right physicians
for you**

**PCMC provides
family-friendly care**

**Move your body to
build your mind**

**Kids' sports injuries
on the rise**
Keep your child safe

Are you healthwise?
Take our quiz!

PONCA CITY
MEDICAL CENTER

www.poncamedcenter.com



Do you really need a primary care physician?

Sure, most health plans require a primary care physician (PCP) for specialist referrals. But that's just one reason it's a good idea to have one dedicated clinician to oversee all your health concerns.

THE KEY TO SUPERIOR CARE

Developing an ongoing relationship with one physician who knows you and your medical history leads to a better overall outcome and lower costs. The reason? Your PCP can counsel you on healthy lifestyle choices, such as exercise options, an eating plan and other prudent lifestyle adjustments and modifications. Plus, seeing your PCP regularly makes him or her better at evaluating your symptoms than practitioners who don't know you. Additionally, a PCP provides routine health screenings, which can find diseases early—when they're easier to treat (see “Screenings your PCP may provide”). This, in turn, translates into less invasive and less expensive treatments.

A GUIDING LIGHT

If you've ever wished you could go to one place for all your health concerns or worried whether you're approaching the right physician for a particular ailment, you're in luck. A PCP can be your primary contact to address most personal healthcare needs.

The healthcare system can be intimidating—especially when you're faced with a frightening symptom. A PCP can evaluate the problem and either manage it him- or herself or arrange for the appropriate referrals. And if you need specialist care, your PCP can guide you and coordinate all aspects of your care. Plus, he or she can sort through and help explain the advice of other physicians.

Who's who in the PCP world

When picking a PCP, you can choose from many different types of healthcare professionals:

- **Family practitioners.** Physicians who care for children and adults of all ages. They may also practice obstetrics and minor surgery.
- **General practitioners.** Physicians who provide basic care for all ages.
- **Internists.** Physicians who care for adults of all ages and can treat many different medical problems.
- **Obstetricians/gynecologists.** Physicians who specialize in reproductive health. They often serve as a PCP for women, especially those of childbearing age.
- **Hospitalists.** Physicians who care for people who are hospitalized. Most hospitalists are trained in internal medicine and work with a hospitalized patient's PCP to provide the best care.

• **Nurse practitioners and physician assistants.**

Nonphysician providers of primary healthcare. Often referred to as “physician extenders,” they consult with physicians. They may see children, adults or women only and can prescribe medications and other treatments.

- **Pediatricians.** Physicians who treat newborns, infants, children and adolescents.

Screenings your PCP may provide

- | | | |
|--|--|--|
| <input type="checkbox"/> blood pressure | <input type="checkbox"/> cholesterol | <input type="checkbox"/> diabetes |
| <input type="checkbox"/> breast cancer | <input type="checkbox"/> colorectal cancer | <input type="checkbox"/> obesity |
| <input type="checkbox"/> cervical cancer | <input type="checkbox"/> depression | <input type="checkbox"/> prostate cancer |
| <input type="checkbox"/> chlamydia | | |

Strength-train your brain

The mental benefits of exercise

Exercise has long been touted for its physical health benefits, such as improving metabolism, lowering blood pressure and reducing your risk of heart disease, stroke and cancer. But working up a sweat is also good for your head. Here's how:

BEATS THE BLUES

In a review of 80 studies on exercise and depression, researchers concluded that getting physical can act like an antidepressant. The analysis found that exercise decreased depression more than relaxation training (such as meditation or breathing) or engaging in enjoyable activities did. Working out may boost levels of feel-good endorphins, natural painkillers that promote a heightened sense of well-being.

TAMES TENSION

Physical activity releases muscle tension, reduces levels of the stress hormone cortisol and raises body temperature, which may have calming effects. Additionally, it can shift your attention away from anxious thoughts to something more pleasant, like your surroundings or the music that gets you moving.

AMPS UP ENERGY

Often feel drained? Inactivity is the likely culprit. Yes, working out may make you tired in the short term, but it helps increase stamina and energy in the long run. And, according to the Centers for Disease Control and Prevention, staying active may improve sleep quality, which translates into more next-day pep.

CRANKS UP CONFIDENCE

If you're nervous, working up a sweat gives you a confidence boost. How does getting sweaty raise self-worth? The effect is thought to be brought about by the sense of accomplishment that comes from meeting fitness goals or challenges.

BOOSTS BRAIN POWER

Regular physical activity can help keep your thinking, learning and judgment skills sharp as you age. In one study of 62- to 70-year-olds, those who were still working and retirees who exercised sustained their levels of cerebral blood flow and performed better on cognition tests than inactive retirees. What's more, in a few studies of subjects older than age 65, those who worked out for at least 15 to 30 minutes three times a week were less likely to develop Alzheimer's disease.



How much is enough?

If you have a physical disability, talk with your physician before exercising. Once you get his or her OK, do the following activities to reap the mental and physical benefits:

- A minimum of 150 minutes of moderate-intensity aerobic activity (like brisk walking) each week. If you're just getting started, break your workout into three brisk 10-minute walks a day, five days a week. Not into walking? Do water aerobics, go for a bike ride, play doubles tennis or mow the lawn—anything that gets you moving.
- Muscle-strengthening activities that target all major muscle groups on two or more days a week. Try heavy gardening (digging, shoveling), yoga, lifting weights or other weight-bearing moves like push-ups or sit-ups. Aim for eight to 12 repetitions per activity.



Andy Wachtel
Chief Executive Officer

Dear friends,

I've had the privilege of serving at Ponca City Medical Center (PCMC) for just over a year now.

During that time, I've come to really appreciate the great team of employees, physicians, allied health providers and board members that we have. It takes all of these people working together to provide advanced care and service to our community.

PHYSICIAN RECRUITMENT

We continue to search for physicians to fill our need for specialists in family practice, internal medicine, vascular/general surgery and interventional cardiology. We recently signed a contract with Andrea James, M.D., a psychiatrist, who started working here in August. We've also signed a contract with Brad Liston, D.O., a family practice physician, who will complete his residency next summer and start practicing in Ponca City in August 2010. Read about his specialty on this page.

INSIDE THIS ISSUE

To help you maintain your good health, this issue of *Health Connection* focuses on the importance of having a primary care physician and the benefits of being active, plus how to keep your kids safe from sports injuries. I hope you enjoy this issue of our magazine.

Thank you for putting your trust in PCMC.

Sincerely,

ANDY WACHTEL
Chief Executive Officer
Ponca City Medical Center

Care for the whole family

About family medicine

Your family physician is an important part of your healthcare team. This specialty incorporates knowledge, skill and process and encompasses all ages, men and women, all body systems, acute and chronic diseases and preventive care. While knowledge and skill are shared with other medical specialties, family medicine is distinguished by the long-term patient-physician relationship, which is valued, developed, nurtured and maintained.

HIGH STANDARDS OF TRAINING

Family physicians have to complete a rigorous three-year residency after medical school that focuses on six major areas: pediatrics, obstetrics and gynecology, internal medicine, psychiatry and neurology, surgery and community medicine. This extensive, broad-based training makes family physicians well equipped to help deal with our nation's most serious health problems.

After successfully completing medical school and residency requirements, many family physicians take the comprehensive exam offered by the American Board of Family Medicine (ABFM). The second largest medical specialty board in the United States, the ABFM is a voluntary, not-for-profit, private organization dedicated to improving the quality of medical care available to the public, establishing and maintaining standards of excellence in the specialty, improving standards of medical education for training and providing the exam to determine fitness of family medicine specialists. Those who meet these standards are awarded the title Diplomate. The ABFM requires periodic recertification to maintain Diplomate status.



MEDICAL STAFF SPOTLIGHTS

The experienced, dedicated medical staff members of Ponca City Medical Center (PCMC) can help keep you healthy. We'd like to introduce four of them to you.



CHAD ROSS, D.O.
Emergency Medicine

Morningstar Physicians Group
PCMC Emergency Department

Chad Ross, D.O., a Ponca City native, is the medical director of the hospital's new emergency department physicians' group. After graduating from Ponca City High School, Dr. Ross earned his bachelor's degree in biological science and biochemistry from Oklahoma State University in Tulsa. He completed medical school at the Oklahoma State University College of Osteopathic Medicine in Tulsa in 2004. Dr. Ross then finished his internship and residency at Integris Southwest Medical Center in Oklahoma City. Dr. Ross is the son of Mike and Joyce Ross of Ponca City.



TIM GILBERT, M.D.
General Surgery

121 Patton
(580) 762-6676

Tim Gilbert, M.D., has been a member of the medical staff since 1987. Dr. Gilbert grew up in Ponca City and followed in his father's footsteps to practice medicine here. Dr. Gilbert graduated from the University of Oklahoma College of Medicine in Oklahoma City and completed an internship and residency at the University Hospital at OU Medical Center. Dr. Gilbert enjoys many outdoor activities, including hunting and fishing. He has previously served on the PCMC Board of Trustees.



DEREK HOLMES, D.O.
Obstetrics and Gynecology

1908 N. 14th, Suite 202
(580) 767-1777

Derek Holmes, D.O., has been a member of the medical staff since 2007. Medicine is a second career for Dr. Holmes. After earning a bachelor's degree from Oklahoma State University in Tulsa in 1987, he worked for Conoco in Ponca City as a chemical research technician. He then switched careers and attended medical school at Oklahoma State University College of Osteopathic Medicine in Tulsa. He completed his residency at the University of Oklahoma College of Medicine in 2007. He's married to Amy Holmes, M.D., a family practice physician who is also on the hospital's medical staff.



TERRY BORING, M.D.
Orthopedics and
Sports Medicine

119 Patton
(580) 765-8240

Terry Boring, M.D., started practicing in Ponca City in 1978 because it's a small town with nice people, a beautiful countryside and lots of churches. Dr. Boring graduated from Baylor College of Medicine in Houston, Texas, and completed an internship at Medical College of Virginia in Richmond, Va., and a residency at OU Affiliated Hospitals. Dr. Boring and his wife, Lori, have five children. He's a private pilot, runner, cyclist, sailor, dog trainer, beekeeper, hunter, fisherman, horseman, Boy Scout leader and Sunday School teacher.

To find a physician, visit www.poncamedcenter.com.

HEALTHWISE QUIZ

How much do you know about breast cancer?

Take this quiz to find out.

- 1** Your risk of developing breast cancer is increased by which of the following?
 - a. radiation exposure to the chest as a child or a young adult
 - b. first pregnancy after age 30
 - c. use of estrogen and progesterone to treat menopausal symptoms for four or more years
 - d. all of the above
- 2** Which is not a risk factor for developing breast cancer?
 - a. having a family history of the disease
 - b. being overweight
 - c. antiperspirant use
 - d. excessive drinking
- 3** Symptoms of breast cancer typically don't include:
 - a. changes in the size or contour of the breast
 - b. breast pain
 - c. an indentation of the nipple
 - d. a clear or bloody discharge from the nipple
- 4** Which of the following is not true about male breast cancer?
 - a. One in five men with breast cancer has a close male or female relative with breast cancer.
 - b. The average male is 60 to 70 years old at diagnosis.
 - c. Being overweight doesn't increase breast cancer risk.
 - d. Health conditions that affect the testicles may increase risk.
- 5** An annual mammogram once you turn 40 is important because:
 - a. your chance of being diagnosed with breast cancer increases with age
 - b. you may have a small cancer that won't show up until your next annual screening
 - c. the sooner you're diagnosed with breast cancer, the easier it is to treat
 - d. all of the above

ANSWERS: 1. (D), 2. (C), 3. (B), 4. (C), 5. (D)



Living with heart disease

Being diagnosed with heart disease can be scary. You may wonder: Will I still be able to do the things I love? By making a few adjustments, you can control your condition and enjoy life to its fullest. Here's how:

Master your medications. If your physician prescribes cholesterol- or blood pressure-lowering pills, tape a note to your mirror, set an alarm—whatever's necessary—to ensure you take them as directed every day.

Learn food math. Don't worry: You can still eat delicious meals. But you'll have to learn to read labels and keep tabs on your daily intake of certain foods. The basics:

- Keep total fat to less than 35 percent of your calories (saturated fat should equal just 7 percent).
- Limit cholesterol to 200 mg a day.
- Restrict sodium to 2,400 mg or less a day.
- Eat just enough calories to maintain or achieve a healthy weight.

Move more. Joining a gym is great (if you'll go), but it's not a requirement. Cleaning your house, walking your dog briskly and biking to the store are all examples of valid activity. Just 30 minutes a day will help protect your heart—even if you do only 10 minutes at a time. Of course, always check with your physician before beginning any exercise program.

If you follow these recommendations, you'll drop any extra pounds slowly, which means your weight loss is more likely to stick. The great news: Losing even 5 to 10 percent of your current weight can reduce your risk of heart attack and improve your overall health.

Keeping little athletes safe



Kids love sports, and we love watching them play. But each year, more than 3.5 million children under age 15 are treated for sports-related injuries, according to the American Academy of Pediatrics (AAP). That number is on the rise. One reason: Many kids now play the same sport year-round, resulting in overuse injuries such as chronic muscle strains, stress fractures and tendonitis. Plus, some sports have gone more extreme. Cheer-leading alone injured almost 70,000 children in 2007. So how can you keep your child out of the ER?

- **Don't start too soon.** Don't let your child join a team until he or she is at least 6 years old, says the AAP.
- **Get a pre-season checkup.** Visit your pediatrician to make sure your son or daughter is indeed sports-ready.
- **Gear up correctly.** Make sure your child doesn't compete without the right sporting shoes, helmet and safety equipment.

- **Teach the wisdom of warming up and cooling down.** Insist that young athletes exercise lightly for at least three minutes, then stretch the muscles to be used for at least 30 seconds each before practice or a game.
- **Fill 'er up.** Make sure your child carries a water bottle and knows the importance of drinking frequently, even if he or she isn't thirsty. Dehydration can cause fatigue and sickness.
- **Watch carefully.** Discourage participation in just one sport. If your child shows sign of strain or injury, insist he or she stop playing immediately—then see your pediatrician.

Healthy eating on the run

You're out and about when hunger pangs hit. Stopping at the nearest fast-food joint, you order a cheeseburger, fries and a soda and quickly wolf it all down in your car. Minutes later you feel sluggish, bloated—and guilty.

The good news: Your healthy diet doesn't have to suffer just because you're racing from one obligation to the next, spending the day running errands or hitting the road for a family vacation. Be prepared with these smart-snacking tips:

- **Always take water with you.** If it's too

bland, add a slice of fruit or a splash of juice.

- **For an on-the-run breakfast,** grab low-fat string cheese and a piece of fruit.
- **Fill an insulated lunch box with fresh fruit,** carrots, celery sticks, walnuts, yogurt or peanut butter on 100 percent whole-wheat bread for snacks during the day. Keep protein bars or snack bags of almonds or raisins in your purse, glove compartment or tote bag for hunger attacks.
- **If you must hit the drive-through,** opt for a kid-sized meal with fresh fruit or a side salad (with low-fat dressing) instead of fries, and a grilled chicken sandwich instead of one that's breaded and fried. Skip the mayo and other fatty spreads.
- **Need a coffee break?** Order the low-fat, sugar-free version of your favorite frozen coffee or latte and skip the whipped cream and caramel drizzle.



Health Connection is published as a community service of Ponca City Medical Center. There is no fee to subscribe.

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your healthcare provider.

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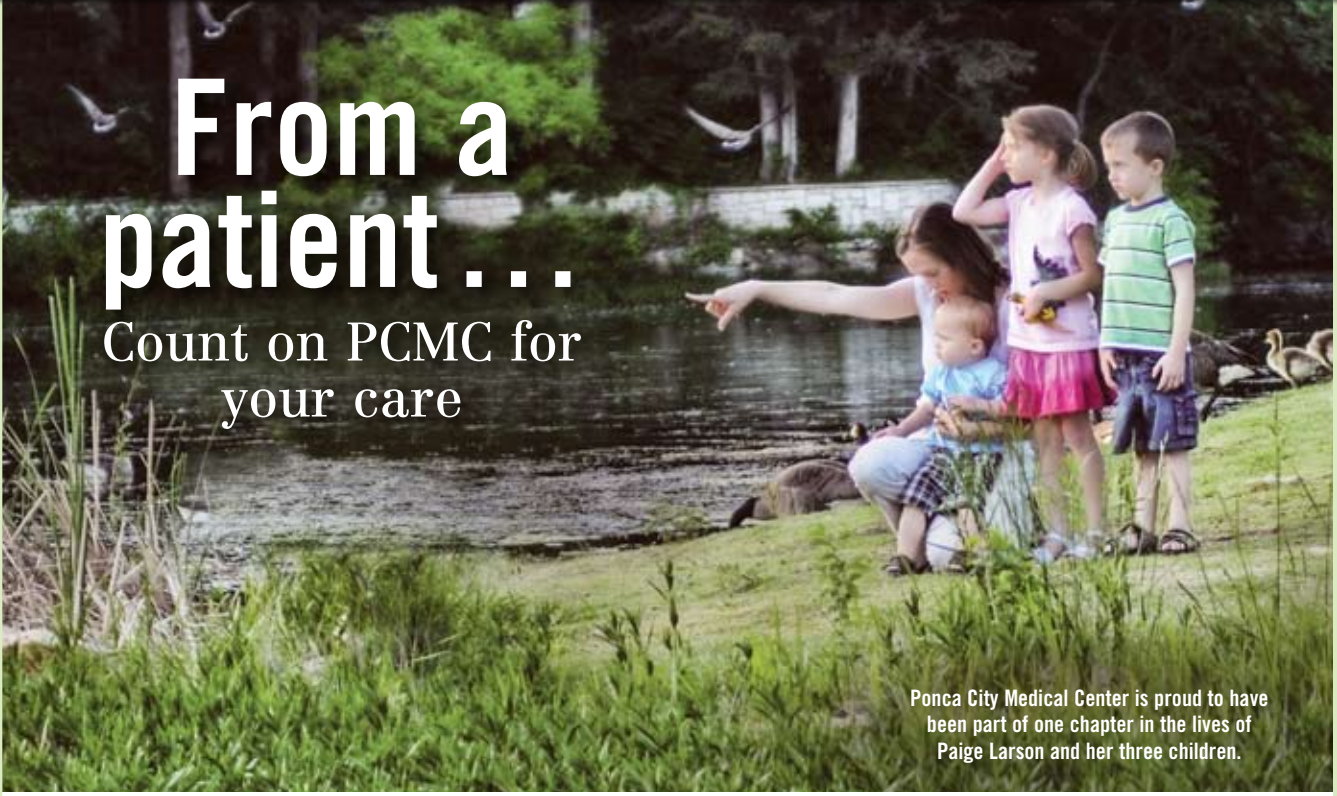


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From a patient...

Count on PCMC for your care



Ponca City Medical Center is proud to have been part of one chapter in the lives of Paige Larson and her three children.

Ponca City Medical Center (PCMC) is proud to serve this community. It's gratifying to hear from patients who have had positive experiences at our hospital. We'd like to share one such story.

I'm so grateful for the quality of care we received from Ponca City Medical Center with the arrival of each of our children! The labor and delivery rooms at the hospital are great. My mother-in-law couldn't believe how nice they were. I think she was a little envious.

The nurses involved in our care were very friendly and helpful. It's important for me to know that I'm being heard and that my concerns are taken seriously. I definitely felt like the hospital staff treated us with compassion and respect. I'm sure things that were

scary for us were very routine for them, and they never made me feel bad for feeling unsure. Pregnancy was a time of intense emotions—excitement, joy, anticipation and fear. My Ob/Gyn was very helpful during that process by listening and responding to our concerns and communicating in a way that let us know he understands. It's been wonderful having a physician here in Ponca City who we could count on. This same care has been followed up by our pediatrician. He's great with our kids, and he always takes the time to explain things to us so that we can make informed decisions.

We love this community, and it's a blessing to have such a great medical facility with competent and compassionate healthcare providers.

—Paige Larson, stay-at-home mom