

Health Connection

A PUBLICATION OF PONCA CITY MEDICAL CENTER

Count on ER+

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Control your cholesterol

PONCA CITY
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The vein truth

How to keep your blood flowing

Normally, you don't think about them much. Your veins are just there, transporting blood to your heart from other organs and tissues on a daily basis. But when veins become visible, painful or begin affecting your health, you can't ignore them any longer.

WHEN GOOD VEINS GO BAD

Two conditions that you may encounter are:

- **Varicose veins.** When one-way valves in the veins fail to keep blood moving forward, the blood pools, causing swelling. That leaves you with bulging, twisting veins located just under the surface of the skin. While they rarely cause symptoms, varicose veins can lead to pain, blood clots and skin ulcers. You have a greater chance of developing varicose veins if you have a family history of varicose veins or are older, a woman, pregnant, overweight or obese or inactive. Varicose veins can be treated by procedures or surgery, including laser surgery, where laser light energy fades veins.
- **Deep vein thrombosis (DVT).** DVT is a blood clot that forms in a vein deep within the body, usually in the lower legs or thighs. It can cause a serious problem called pulmonary embolism, which occurs when the clot breaks free and travels to the lungs. Sitting for a long time can increase your risk of getting a blood clot, as can having

surgery and taking hormone therapy or other medications. Symptoms of DVT include pain, swelling, skin redness and warmth and tenderness over the vein. Your physician may prescribe anti-clotting medications to treat DVT.

PREVENTING PROBLEMS

You can take steps to help reduce your risk of vein problems, or help you manage if you already have them. To keep veins in their place:

- **Get moving.** Exercise can help blood move through veins.
- **Avoid sitting or standing for too long.** Don't cross your legs, and if you can, raise your legs above the level of your heart when sitting or resting. If you've had surgery, get moving as soon as possible afterward.
- **Lose weight.** This will help blood flow and take some of the pressure off your veins.
- **Toss your tight clothes.** Don't wear anything that's tight around your waist, groin or legs, as it can cut off blood flow.
- **Skip the stilettos, ladies.** Low heels can help tone calf muscles, which can get blood moving through your veins.
- **Ask your physician about compression stockings.** They can help keep blood from pooling and reduce leg swelling.
- **Get up and walk around while traveling.** If traveling by car, try to stop every hour for a walking break.

Medicine cabinet makeover

Taking stock can keep your family healthy

Is your medicine cabinet a disaster area, a catchall for old medications, unlabeled bottles and other hazards? If you answered yes, a good cleaning at least once a year is recommended.

So where do you start? First, move all your medicine out of the medicine cabinet, since it's not recommended that you store medicine in the bathroom. Bathrooms are humid places, and that humidity can make your medicines less effective, or, in extreme cases, toxic. Instead, find a cool, dry place to keep your medicines.

Next, get rid of any medication that's expired. However, don't throw it down the toilet, which poses an environmental risk. Instead, throw old drugs in the trash, taking care to mix them with kitty litter or coffee grounds to make them less attractive to children and pets.

Also, make sure to keep medication in its original container, which contains important information like when the drug expires, how much to take, possible drug interactions and who it was prescribed for. Don't leave that cotton plug in any bottles either, as it can draw moisture into the bottle.

Here are some things you may have in your cabinet that deserve a closer look:



Clean out your medicine cabinet at least once a year to keep your family healthy and safe.

SYRUP OF IPECAC. It used to be recommended to make a child throw up if he or she had swallowed poison. However, there's no evidence it works and it may actually cause other treatments to fail. Throw it out! Instead, call poison control in an emergency.

COUGH AND COLD MEDICINE. It's not recommended for kids younger than age 4. And never give a child an adult-strength medication, as it could cause a serious reaction.

ASPIRIN. It's safe for most adults, but if you have kids, be extra careful. Aspirin's been linked to a rare

condition called Reye's syndrome, which can cause brain damage and liver function problems in children and teens, especially those taking the drug to treat chickenpox or the flu. Instead, keep other pain relievers and fever reducers, like acetaminophen and ibuprofen, on hand.

UNUSED ANTIBIOTICS. Don't save them for later or give them to another person. Get rid of them.

THERMOMETERS. If they break, old mercury thermometers can expose you to toxic mercury. Use an oral thermometer for older kids; choose an axillary (under the armpit) or rectal one for younger children.



Andy Wachtel
Chief Executive Officer

Dear neighbors,

It's a beautiful time of year in north central Oklahoma. Fall brings cooler weather, football and many community activities.

Welcome to the fall issue of our community newsletter!

PHYSICIAN RECRUITMENT

We're pleased to announce the successful recruitment of another family medicine physician to the community this past summer. Petie Hyde, M.D., began seeing patients on September 1. She treats patients of all ages and accepts most insurance plans, including Medicare.

In addition, we've signed a contract with Aaron Wilcox, D.O. A family medicine physician, Dr. Wilcox will be available next summer. He and his wife, Amy, are from Arkansas City and have family in Newkirk. Dr. Wilcox is the chief resident for the Oklahoma State University family medicine residency program this year.

We're fortunate to find young, energetic, dedicated physicians like Dr. Wilcox who are trained in Oklahoma and want to remain here to practice medicine.

LOSE TO WIN CHALLENGE

We completed another successful weight-loss challenge this summer. A total of 608 people entered the 2010 competition, and 469 people stayed with the program. This group lost an impressive amount of weight: 3,383 pounds, which averages to 7.21 per person.

The award ceremony is always inspirational. Besides the winners of the competition, the community is full of weight-loss success stories and people who are healthier because they participated in this activity.

As always, thank you for your support.

Best regards,

ANDY WACHTEL
Chief Executive Officer
Ponca City Medical Center



HEALTHY WOMAN
has moved ONLINE

Connect now to communicate with friends, neighbors and other women like you - in a whole new way!

Visit Healthy Woman Online!

Healthy Woman Online is a free resource to empower women ages 25-65 to make informed health and well-being decisions. Join today to:

- be the first to learn about and sign up for events
- connect with other Healthy Woman members
- receive information about your health, relationships and life issues

To confirm that you want to remain or to become a member of the Healthy Woman program, you must sign up at www.poncamedcenter.com

FOR QUESTIONS, E-MAIL US AT HEALTHY_WOMAN@CHS.NET



er+ means care, courtesy and respect

You don't plan to visit the emergency department (ED), it just happens—usually when you least expect it. At Ponca City Medical Center (PCMC), we practice a philosophy of emergency care called ER+, which helps further our goal of providing quality medical care as quickly and professionally as possible.

THE RIGHT TEAM

Our ED staff is ready to work for you during your time of need—24 hours a day, 365 days a year—treating injuries from minor cuts and bruises to life-threatening conditions.

Our patients are important to us. Our goal is to do our best to get you through the process as quickly as possible. When you arrive at the ED, a nurse will check your vital signs and inquire about your symptoms, medical history, medications and drug allergies. The nurse will perform an initial evaluation to determine the severity of your illness. Patients who present themselves to our ED are seen based on their condition's severity. Our staff gives top priority to more severe and life-threatening conditions.

The ER+ goal is for you to have access 24 hours a day, seven days a week, to qualified physicians who take the time to listen to what you have to say. You'll be warmly greeted by truly compassionate nurses and a registration staff who understands people come before paperwork.

Our team of physicians, nurses and technicians are trained to provide fast, quality care supported by modern technology and diagnostic equipment. They'll listen to you,

How did we do?

Don't be surprised if you receive a call from the hospital following your visit to our emergency department. We want to know how you're doing and what you thought about your visit. That way, we can continue to improve the service we provide and to give patients an opportunity to thank staff members and physicians who provided outstanding service.

examine you carefully and prescribe a treatment plan that you can understand and believe in.

ER+ represents a commitment to providing quality service by meeting the needs of our patients and their families with courtesy and respect. Your experience at ER+ should be one of care, concern and attention to your emotional and physical needs. It's our goal not only to meet our patients' needs but to exceed the expectations of the community we serve.



Visit us online!

To learn more about services at PCMC, visit our Web site at www.poncamedcenter.com.

HEALTHWISE QUIZ

How much do you know about **diabetes**?

Take this quiz to find out.



CURB YOUR CHOLESTEROL

Every year, more than a million Americans have heart attacks, and about 500,000 die from heart disease. One of the major risk factors for such heart trouble is high cholesterol. This fatlike substance builds up in your arteries and slows or blocks blood flow to the heart.

Some experts recommend that you start cholesterol testing by age 20; others say to start at age 35. Using a simple blood test called a lipoprotein profile, your physician can determine if your cholesterol levels are too high. Here's what's considered healthy:

>**Total cholesterol:** less than 200 mg/dL

>**LDL (bad) cholesterol:** less than 100 mg/dL is optimal; 100 to 129 mg/dL is near optimal/above optimal

>**HDL (good) cholesterol:** 60 mg/dL or higher may protect the heart; less than 40 mg/dL for men (less than 50 for women) puts you at a greater risk for heart problems

>**Triglycerides (another type of blood fat):** less than 150 mg/dL

WORK ON IT

Are your levels higher than they should be? You can often make a big impact on your cholesterol by making a few small changes:

- **Cut back on saturated fat and cholesterol.** The American Heart Association recommends that you keep your saturated fat consumption to less than 7 percent of your total daily calories. So if you consume about 2,000 calories a day, no more than 140 of them should come from saturated fat, or about 16 grams a day. Avoid trans fats and stock up on fruits, vegetables, whole grains and foods rich in omega-3 fatty acids (salmon, walnuts, almonds).

- **Get active.** Engage in physical activity for at least 30 minutes daily.

- **Lose weight.** Being active and revamping your diet can help. Dropping even 5 to 10 pounds can lower cholesterol.

- **Quit smoking.**

- **Follow your physician's advice.** That includes taking medication, if needed.

1 Which of the following is not a symptom of type 2 diabetes?

- a. fatigue
- b. increased hunger
- c. difficulty urinating
- d. slow wound healing

2 Having diabetes can increase your chances of developing:

- a. glaucoma
- b. digestive problems
- c. gingivitis
- d. all of the above

3 Your physician may diagnose you with diabetes by performing a:

- a. thyroid test
- b. glucose test
- c. complete blood count
- d. none of the above

4 According to the National Institutes of Health, what percentage of people with type 2 diabetes are overweight?

- a. 60
- b. 70
- c. 80
- d. 90

5 Which of these statements about diabetes is true?

- a. You don't have to avoid sweets and chocolate.
- b. You'll eventually develop it if you're overweight.
- c. It makes you more likely to get colds or other illnesses.
- d. Eating too much sugar can cause it.

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

Flu, flu, go away!

It's fall again, and with the changing of the seasons often comes the dreaded flu. Recently, the seasonal flu has been upstaged somewhat by H1N1. Both strains are serious, may lead to complications such as pneumonia and bronchitis and can result in hospitalization and even death.

You can't always keep flu out of your home, but you can certainly reduce the risk of getting infected. Try these tips from the Centers for Disease Control and Prevention:

- **Get vaccinated.** This year, the seasonal flu vaccine comprises three strains of flu including H1N1. It's especially important for pregnant women; young children; people older than 65; people who have chronic health conditions such as asthma, diabetes, heart disease or lung disease; and others at high risk for complications.
- **Play defense.** Cover your nose and mouth with a tissue when you cough or sneeze, then throw the tissue out; wash

your hands often (use an alcohol-based hand sanitizer if soap and water aren't available); keep your hands away from your eyes, nose and mouth; avoid close contact with sick people; and stay away from crowds during a flu outbreak. Stay home for at least 24 hours after your fever is gone.

- **Take your medicine.** If you get sick, your physician may recommend an antiviral drug to make the symptoms milder, shorten the time you're sick and prevent complications.



5 must-eat foods

Despite what you might read on the Internet, there's no magic food to prevent disease or cure you of all your ills. However, certain foods are high in antioxidants, vitamins and minerals and, when combined with an overall healthy diet, may help you maintain good health. Consider adding these good, and good-for-you, foods to your diet:

1 Blueberries. Blueberries have plenty of fiber and vitamins A and C, and they may improve short-term memory. Add them to cereal or yogurt for a tart kick.



2 Sardines. Those little fish canned in oil pack a powerful nutrient punch, supplying plenty of protein, calcium and heart-healthy omega-3 fatty acids and vitamins B12 and D. Try them in sandwiches, salads or sauces.

3 Almonds. Thanks to good fats, vitamin E and fiber, almonds are exceptionally good for your heart. Grab a small handful daily or sprinkle them on a salad.



4 Red beans. They're high in potassium, iron and magnesium (not to mention low in fat and an excellent source of protein), and may play a role in preventing heart disease and some forms of cancer. Try adding them to stews instead of meat.

5 Sweet potatoes. That orange color is due to loads of beta carotene, which may help slow the aging process. Sweet potatoes also provide vitamins B6, C and E; folate; and potassium. Try them baked or sliced into wedges for another take on french fries.

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 health care provider.

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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.



BRAD LISTON, D.O.
Family Medicine

Kay County Family Medicine
1908 N. 14th St., Suite 204
(580) 763-5900
www.bradlistondo.com

Brad Liston, D.O., began seeing patients in August. Originally from Moore, Dr. Liston graduated from Oklahoma State University College of Osteopathic Medicine in Tulsa in 2007. He performed his residency at OSU Medical Center in Tulsa. He and his wife, Katie, have two children and are familiar with north central Oklahoma. Katie graduated from Newkirk High School in 1995.



SUSAN CORKRAN, M.D.
Psychiatry

Crossroads Gero-Psychiatric Unit
1900 N. 14th St.
(580) 765-0549

Susan Corkran, M.D., is the medical director of Crossroads, the gero-psychiatric unit at PCMC. Dr. Corkran graduated from the University of Oklahoma College of Medicine in 1987. She completed her internship at East Carolina School of Medicine Pitt County Hospital, and she performed her residency at the University of Oklahoma College of Medicine Oklahoma Teaching Hospitals and at the University of Oklahoma Health Sciences Center in Tulsa.



MICHAEL WALKER, M.D.
Pediatrics

**Northern Oklahoma Regional
Pediatric Clinic**
415 Fairview Ave.
(580) 765-5569

Michael Walker, M.D., has practiced medicine in Ponca City since 1994. Dr. Walker graduated from the University of Oklahoma College of Medicine in 1990. He completed his residency at Children's Hospital of Oklahoma in 1994. Dr. Walker served as PCMC chief of staff in 2000.



EDD SCOVILL, M.D.
Emergency Medicine

Ponca City Medical Center
1900 N. 14th St.
(580) 765-0514

Edd Scovill, M.D., received his medical degree from the University of Oklahoma in Norman in 1984 and completed his residency at Tulsa Medical College in Tulsa in 1987. Dr. Scovill was the medical director for Conoco from 1991 to 2000. His wife, Dona Veal, M.D., is a staff physician at Kanza Health Center in Newkirk.

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