

Health Connection

A PUBLICATION OF PONCA CITY MEDICAL CENTER

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**At the
Crossroads**
Mental health
services for
older adults

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physicians
for you**

**Be kind
to your heart**

PONCA CITY
MEDICAL CENTER

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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.

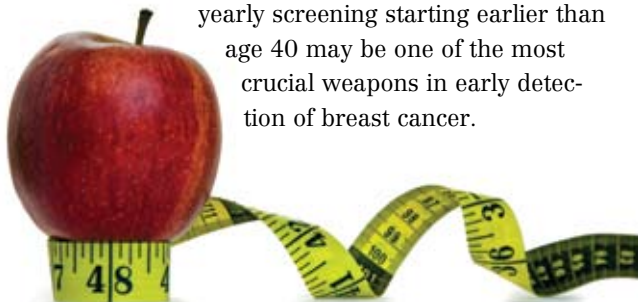
THE FLIP SIDE

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



Andy Wachtel
Chief Executive Officer

Dear neighbors,

I hope you had a Happy New Year and are looking forward to a great 2011. Ponca City Medical Center is pleased to bring you our winter issue of *Health Connection*, which informs you about health issues and new additions and advancements at our hospital.

COMMITTED TO RECRUITMENT

This year, we'll continue to recruit physicians who are a good fit for our community. Our search is focused on two to three primary care physicians; an orthopedic surgeon; an ear, nose and throat physician; a urologist; and an interventional cardiologist. We were successful last year reaching out to residents who graduated from Oklahoma's two medical schools. Many of these graduates want to practice in the state where they received their medical degree. As a result, we've contacted a number of Oklahoma-trained physician candidates who are available in the next couple of years. We'll keep in touch with them and make sure they know Ponca City is a good place to live and work.

Health programs and events



➤ Looking for health seminars, programs or classes focused on your health? Turn to Ponca City Medical Center, where you'll find childbirth classes, health screenings, support groups, Senior Circle and Healthy Woman events and much more. To take advantage of these resources close to home, visit our website at www.poncamedcenter.com and click on "Calendar of Events" today.

Visit Healthy Woman Online!

Healthy Woman is a free resource to empower women ages 25–64 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
CATHY_COLE@CHS.NET

HEALTH INFORMATION

It's the time of year when many people are interested in improving their health. If you're looking for quality health information, visit www.poncamedcenter.com and click on "Health Resources." Here, you'll find a wealth of information about many conditions and ways to maintain good health. You can also find information about our Healthy Woman and Senior Circle programs, plus information about the services we offer.

We're honored that you trust us with your families' health care and appreciate your continued support.

Best regards,

Andy Wachtel

Chief Executive Officer
Ponca City Medical Center

Crossroads helps put older adults on the path to wellness

Today, more seniors are suffering from depression than ever before. Important life changes that happen as people age may cause feelings of uneasiness, stress and sadness, such as the death of a loved one, moving from work into retirement or dealing with a serious illness. Ponca City Medical Center's (PCMC) Crossroads Behavioral Health Unit provides support and treatment options for those not able to regain their emotional balance.

AT THE CROSSROADS

The Crossroads Behavioral Health Unit was created to address the mental health needs of the older population in Ponca City and the surrounding area. Staffed by a caring team of dedicated professionals, Crossroads offers treatment for older adults who may be experiencing symptoms including appetite problems, decreased energy, feelings of sadness or despair, thoughts of suicide or death, difficulty making decisions and sleep problems. The unit has experienced success treating mental illness, behavioral disorders and Alzheimer's disease-related issues. Patients are admitted only after a physician has determined that inpatient mental health treatment is required. Additionally, Crossroads accepts only voluntary admissions of patients ages 55 and older who have the ability to participate in treatment.

ABOUT THE UNIT

A 12-bed unit located inside the hospital, Crossroads is designed to treat seniors' mental health needs, but it isn't a nursing home. Most patients haven't previously suffered from mental illness but are now experiencing symptoms that require specialized treatment. The facility provides comprehensive mental health services and crisis stabilization for older adults in a hospital setting, with the average stay lasting 10 to 15 days. Psychiatrists Susan Corkran, M.D., and Alzira Vaidya, M.D., admit patients, and patients' primary care physicians routinely follow up. Patients are also seen by mental health therapists and specialized psychiatric nurses during their stay. Patients, typically admitted from home or a nursing facility, participate in daily activities and scheduling on the unit.



CLOSE-TO-HOME CARE

If anxiety or depression is taking over your life, the team at Crossroads may be able to help you get it back. If you believe you or someone you know is suffering from depression, know that help you can trust is available and close to home at PCMC's Crossroads Behavioral Health Unit.

! Have a bright tomorrow

If you think you or a loved one may benefit from the Crossroads Behavioral Health Unit, call (580) 765-0548 today. Visit www.poncamedcenter.com/crossroads to learn more about Crossroads' services.

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.



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.



PETIE HYDE, M.D.
Family Medicine

Kay County Family Medicine
1908 N. 14th, Suite 207
(580) 765-0487

Petie Hyde, M.D., graduated from the University of Oklahoma (OU) College of Medicine and completed the OU family practice residency program. Dr. Hyde has worked in small communities in Oklahoma since that time and most recently worked at a local urgent care clinic. She treats patients of all ages and accepts most insurance plans, including Medicare.



JOHN HOLDEN, M.D.
Pediatrics and Internal Medicine

427 Fairview
(580) 765-9299

John Holden, M.D., is the first physician on the PCMC medical staff who's trained to care for adult internal medicine and pediatric patients. He graduated from the University of Oklahoma (OU) College of Medicine and completed his internship and residency at the OU Health Sciences Center. Dr. Holden worked at the center as a radiology technologist before entering medical school. Born in Miami, he's a former paramedic supervisor and instructor.



TERRY BORING, M.D.
Orthopedics and Sports Medicine

119 Patton
(580) 765-8240

Terry Boring, M.D., started his practice in Ponca City in 1978 because it's a small town with nice people, a beautiful countryside and lots of churches. He graduated from Baylor College of Medicine and completed his internship at the Medical College of Virginia (now VCU Medical Center) and his residency at University of Oklahoma 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.



PAT GRAY, M.D.
Internal Medicine

400 Fairview, Suite 17
(580) 762-3696

Pat Gray, M.D., has served Ponca City since 1991. Dr. Gray wanted to practice medicine here because it's a good community, and he wanted to be close to his family. After graduating from the University of Oklahoma College of Medicine, Dr. Gray completed his internship and residency at the University of Kansas School of Medicine. He enjoys hunting and fishing.

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