

Health Connection

FROM YOUR FRIENDS AT LOCK HAVEN HOSPITAL

**For all your
health needs**

Your primary care
physician's role

**What your leg pain
may mean**

**Living well with
heart disease**

**Kids' sports
injuries on
the rise**

Keep your
child safe

**Are you
healthwise?**

Take our quiz!



**LOCK HAVEN
HOSPITAL**

www.lockhavenhospital.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.

Aching legs

A warning sign of vascular disease?



Mohammed Islam, M.D.
General and Vascular
Surgeon

Do you experience chronic pain, aches and fatigue in your legs? If so, it may be a sign of peripheral vascular disease (PVD)—a narrowing or blockage of the vessels that carry blood to the legs, arms, stomach, kidneys or brain. This condition often is the cause of leg pain, and can affect other parts of the body.

RECOGNIZING PVD

“Blocked vessels in the leg most often cause pain in the calves,” says Mohammed Islam, M.D., general and vascular surgeon at Lock Haven Hospital. “You might first notice it as leg pain that starts when you walk and stops when you rest.” Certain areas, such as the arteries between the hips and in the knees, are more likely to form the sticky plaque that can narrow arteries or block blood flow.

To diagnose PVD in the legs, your physician will review your medical history and perform a physical exam. “Using a standard blood pressure cuff, your physician will take the blood pressure in both your arm and leg and compare the two numbers, which should be similar,” says Dr. Islam. If your physician suspects a blockage, he or she may recommend a magnetic resonance imaging (MRI) scan to determine its location.

Diagnosing PVD blockage in a carotid artery (the artery to the brain) in the neck requires an ultrasound, computed tomography (CT) scan or MRI. Symptoms of a blocked carotid artery include stroke and transient ischemic attack (TIA). “It’s important to diagnose and treat a blockage early, before any serious damage occurs,” says Dr. Islam.



TREATING THE CONDITION

Lock Haven Hospital offers a variety of treatments for PVD, including minimally invasive surgery, balloon angioplasty, stent placement and other techniques to remove plaque. “We offer a new FDA-approved procedure that is less invasive than open surgery for patients who have a blockage in the carotid artery and are experiencing stroke-like symptoms,” says Dr. Islam. “We place a stent in the neck without making a large incision. The technique has been successful, and the recovery tends to be much faster for the patient.” For patients who have a blockage in the leg, the same types of minimally invasive surgery may be recommended.

KNOW YOUR RISK

Factors that increase risk for PVD include smoking, diabetes, high cholesterol, stroke and heart disease or a family history of heart disease. Patients whose mothers, fathers or siblings experienced a heart attack or heart procedure before age 65 may be at increased risk for circulatory disorders.

! Find relief!



To learn more about PVD and treatment options, call Mohammed Islam, M.D., at (570) 769-7140.

Support through change

Understanding menopause is key



By Sanchita P. Yadalla, M.D., Board-Certified Obstetrician/Gynecologist

Menopause happens at different times for different women, but it generally occurs between ages 40 and 58. This is an active time in a woman's life that may include working a full-time job, sending children to college and caring for aging parents. This busy schedule leaves little time for dealing with the dramatic changes brought on by menopause. However, understanding the causes and symptoms of menopause can help women and their loved ones deal with this natural event.

THE BIOLOGY OF MENOPAUSE

Menopause is brought on by changes in a woman's hormone levels. Specifically, it occurs when her ovaries stop producing estrogen and progesterone, two compounds that facilitate the female reproductive process. Menopause takes place in four distinct stages:

- 1. Premenopause**, the entire reproductive life of a woman, the end of which is signaled by noticeable irregularity in her menstrual cycle.
- 2. Perimenopause**, the stage in which the most pronounced symptoms of menopause (changes in hormone levels, irregular periods, hot flashes, night sweats and mood swings) occur.
- 3. Menopause**, the point at which a woman's menstrual cycle stops, though symptoms may continue during this stage as estrogen and progesterone levels drop permanently.
- 4. Postmenopause**, after a woman has gone 12 months without menstrual periods.

HOW TO HELP

Menopause is a natural event in the life of a maturing woman. However, these changes can be more than just

inconvenient, and family and friends should educate themselves about menopause to understand and support the woman they love. To help, family members can respect the significance of the changes taking place, give her time and space to deal with these changes and help her enjoy life and remain positive.

While menopause can be a difficult and tumultuous time, it can also be empowering. Women experiencing menopause can look confidently into the future knowing that this phase of their lives can be as productive and enjoyable as any.

If you or someone you know is experiencing menopause, be sure to consult a physician for menopause education and treatment options.



! Know your options



To learn about treatment options during menopause, or to make an appointment with Sanchita P. Yadalla, M.D., call Haven Healthcare for Women at (570) 893-5043.

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.



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Meet our new physician



Faryal Afzal, M.D.
Adult Internal Medicine
Physician

Lock Haven Hospital's Board of Trustees and administration are pleased to welcome Faryal Afzal, M.D., board-eligible adult internal medical physician, to the community.

Dr. Afzal received her medical degree from Nishtar Medical College in Pakistan and completed her residency in internal medicine at Bronx-Lebanon Hospital Center in Bronx,

N.Y. During her residency, she served as senior resident and has experience in bedside invasive procedures, critical care inpatient management and arthrocentesis, a procedure used to remove fluid from a joint. While in Pakistan, Dr. Afzal also completed an internship in general surgery and has special interests and research experience in nuclear stress testing and maximal heart rate studies.

Dr. Afzal offers a full spectrum of internal medicine services for adult patients and is currently accepting new patients for scheduled office appointments and hospital consultations.

! Make an appointment!

Faryal Afzal, M.D., is now seeing patients at Haven Primary Care in the Lock Haven Medical Arts Building at 208 E. Church St. Office hours are Monday through Friday, 8:30 a.m. to 5 p.m. To make an appointment with Dr. Afzal, call (570) 748-0474.

About internists

Internists focus on adult medicine and have completed special training in the prevention and treatment of adult diseases. Internal medicine physicians must complete four years of college, four years of medical school and a three-year internal medicine residency dedicated to preventing, diagnosing and treating diseases that affect adults. Upon successful completion of these requirements, physicians may take a certification exam to become board certified by the American Board of Internal Medicine. This certification is the standard in internal medicine and demonstrates that a physician has met vigorous requirements through intensive study, self assessment and evaluation and that he or she has clinical-judgment skills and attitudes essential for delivering patient care.

When you need care

Finding a trusted physician is a key step on the road to a healthier you. Call (570) 893-5386 to find a dedicated physician.

