

SUMMER 2008

HealthScope

BROUGHT TO YOU BY GATEWAY MEDICAL CENTER

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GATEWAY
MEDICAL CENTER

www.todaysgateway.com

Make time for your mammogram

From salons to restaurants, it seems everything in life requires an appointment or a reservation. But as you set aside time for these little luxuries, don't forget to make one important date: your yearly mammogram.

Mammograms are the most powerful tools in the early detection of breast cancer. The American Cancer Society recommends every woman 40 or older get a yearly mammogram, although more frequent testing may be required if you've had breast cancer or have a strong history of it in your family.

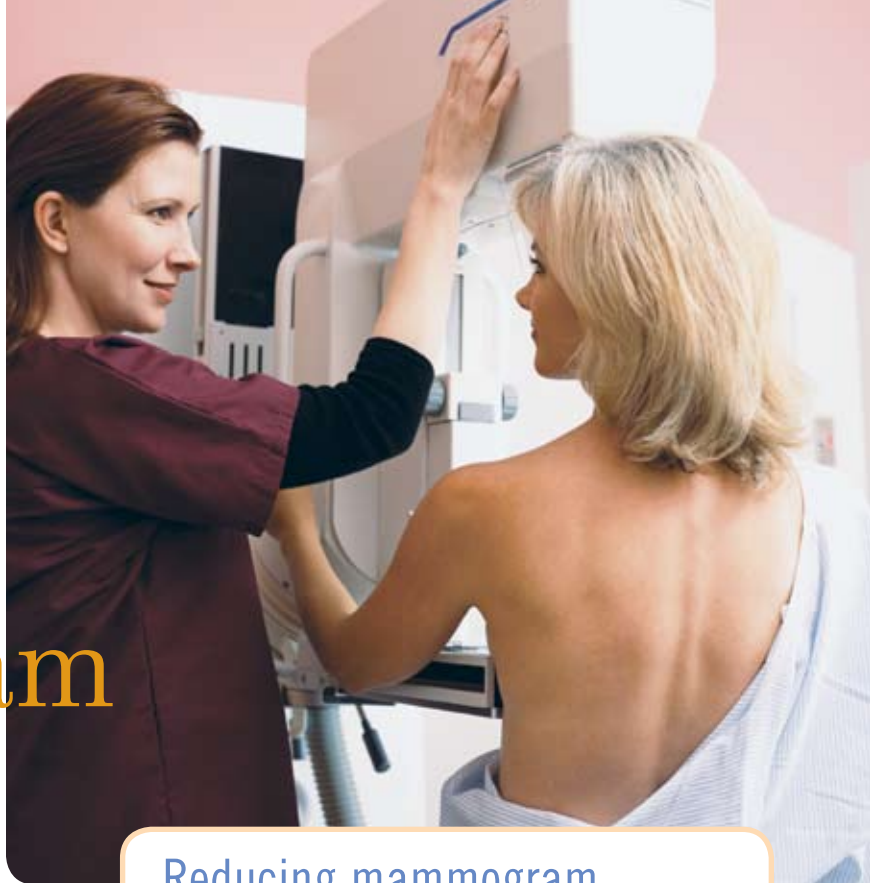
WHAT IS A MAMMOGRAM?

A mammogram is an X-ray of the breast. An image of breast tissue is produced for a radiologist to analyze. He or she looks for tumors or calcium deposits, which can signal cancer's presence.

If you're at high risk for breast cancer, your health-care provider may recommend magnetic resonance imaging (MRI) in addition to a yearly mammogram. This test uses magnets and radio waves to produce detailed images of the body. Suspicious areas found during testing may require an ultrasound, which uses sound waves to tell whether the problem area is cancerous.

GET SCREENED

Go to the same breast-screening facility every year so your radiologist can compare your current mammogram with past results. It's important for the radiologist to see whether there are any changes in your breast tissue from year to year. If you're going to a new facility, try to have your old mammograms sent there before your appointment.



Reducing mammogram discomfort

While mammograms may sometimes be uncomfortable, you can take the edge off with these steps:

- Schedule your mammogram for a few days after your period has ended when your breasts are less tender. Avoid the week before your period.
- Take a pain reliever like ibuprofen or acetaminophen an hour before your mammogram.
- Avoid caffeine for two days before your mammogram.
- Tell your healthcare provider if you have breast implants.
- Ask your X-ray technician about thin, foam pads that she can place between your breast and the machine to lessen discomfort.
- Wear a two-piece outfit since mammograms only require that you strip to your waist. This way you'll feel less exposed.

! Low-cost testing

Can't afford a mammogram? Call the American Cancer Society at **1-800-227-2345** for low-cost mammogram options near you. The National Breast and Cervical Cancer Early Detection Program also offers information about free or low-cost testing for women without health insurance. Call **1-888-842-6355** or visit www.cdc.gov/cancer/nbccedp.

Watch your back

Get relief from pain

Has back pain got you down for the count? In many cases, back pain goes away on its own. But if you're experiencing numbness or tingling, pain that's resistant to medications and rest or pain following a fall or an injury, see your healthcare provider. You could be facing a more serious back problem.

PAIN RELIEF

Most back ailments don't require surgery, so an operation is rarely the first line of defense. As a start, your healthcare provider may recommend hot or cold compresses, specific exercises to reduce pain, medication or pain-relief injections. He or she may also suggest complementary treatments such as massage; acupuncture; and transcutaneous electrical nerve stimulation (TENS), which sends electrical impulses to nerves.

If your pain can't be quelled with conservative treatments, you may be a candidate for surgery. The pain's cause and the extent of damage will dictate what procedure may work. Some options include:

- a laminectomy/discectomy, which removes a herniated disc through an incision a few inches long
- spinal fusion, which joins two or more vertebrae with bone grafts, screws and rods to stabilize the spine
- vertebroplasty, which involves injecting a cement-like mixture into the damaged vertebrae to relieve pain and stabilize the spine
- disc replacement, which replaces the damaged disc with an artificial one

Only you and your healthcare provider can determine the right treatment for your condition. If you're experiencing persistent back pain, talk with him or her today to help get you on the road to a pain-free tomorrow.

5 steps to a healthier back

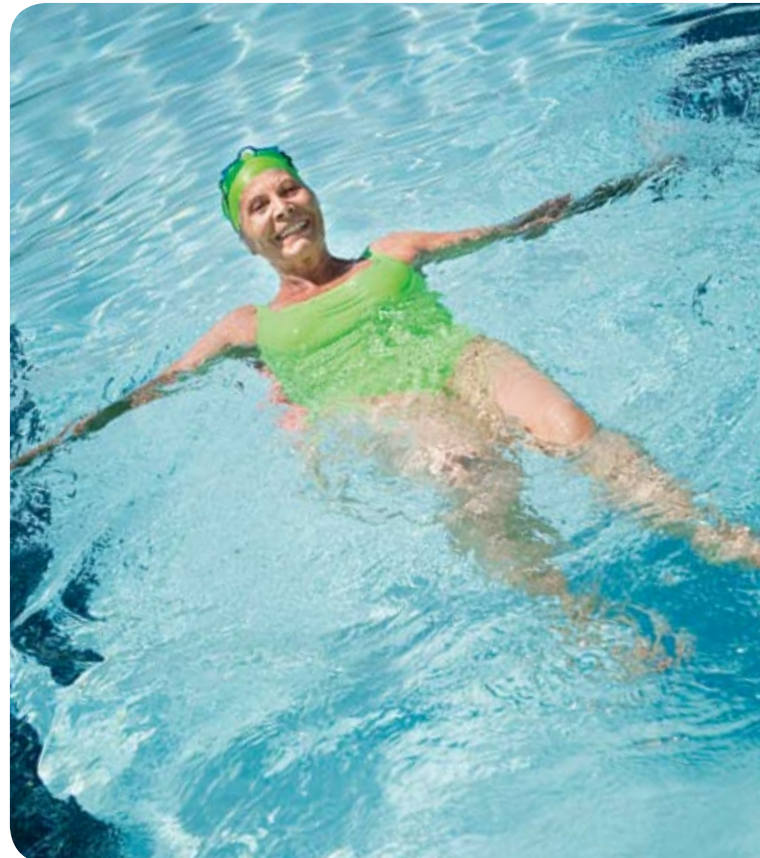
1. Exercise. Low-impact aerobic activities such as walking and swimming can increase back strength without strain. Ask your healthcare provider about exercises that can condition back muscles.

2. Quit smoking. Lighting up reduces oxygen levels in your spinal tissue, which can slow down an ailing back's healing process.

3. Maintain a healthy weight. Excess weight can strain your back muscles. Eat a healthful diet of fruits, vegetables and whole grains and make sure to include plenty of calcium and vitamin D, which help to build bone strength.

4. Practice perfect posture. If you're standing for long periods, rest one foot on a stool, alternating feet, to take the weight off your lower back. While sitting, make sure your chair supports your lower back. Place your feet flat on the floor.

5. Lift with care. Keep your back straight and bend only your knees as you reach down to lift an object. Hold the object close to your body and straighten your knees to stand.



Digital mammography

A new ally in the fight against breast cancer

The opening of the new Gateway Medical Center brings the latest in digital mammography. Instead of using film to capture and record the image, a digital mammogram uses a special detector to capture and convert X-rays into digital images. These images are immediately available to the radiologist for diagnosis. The radiologist can view and manipulate the images, adjust brightness and contrast and zoom in on specific areas to help detect small calcifications, masses and other changes that may be early signs of cancer.

DIGITAL ADVANCES

Digital mammography offers many patient conveniences. Because there's no wait to develop film, patients spend less time in the breast center, and the need for repeat exams is reduced. Digital images are easily stored and transferred, so physicians and radiologists don't have to depend on one set of original films.



In conjunction with digital mammography, Gateway uses computer-aided detection (CAD). CAD provides a second read of the mammogram by a computer. The CAD device scans the mammogram and highlights any suspicious areas for review, helping the radiologist to make a diagnosis and determine if any area requires further evaluation.

PHYSICIAN SPOTLIGHT

Introducing the newest member of Gateway Medical Center's medical staff.



JIGAR SHAH, M.D.
**Hematology and
Medical Oncology
Board Certified in
Internal Medicine**

To learn more about Dr. Shah, visit our
Web site at www.todaysgateway.com.

Free prostate cancer screening!

Health screenings are a great way to detect problems sooner, leading to early treatment and better results.

In September, Gateway Medical Center will once again offer free prostate cancer screenings. Hundreds of men have taken advantage of this convenient, annual event—and some have said that it saved their lives. For dates and times or more information, please call (931) 502-1100.



Get a better view to you!

Gateway offers advanced imaging

Gateway Medical Center patients and physicians now have access to advanced, high-resolution magnetic resonance imaging (MRI). The 3.0T system produces fast, high-resolution scans with superb image quality, helping physicians diagnose disorders and diseases. MRI is a tool physicians use to make comprehensive diagnoses and select appropriate treatments for their patients.

HOW MRI WORKS

MRI scans use a powerful magnet in conjunction with radio frequency waves to generate detailed images of your internal organs and structures from many angles. This information is available quicker, and in many cases more economically, than with exploratory surgeries and tests used in the past.

PATIENT ADVANTAGES

Because these images are computer generated, they can be sent instantly to off-site specialists and consultants. The MRI scanner's technology means that you'll be finished with your testing quickly and your physicians will have to run fewer, if any, follow-up scans. Because of the level of detail it provides, the 3.0T can help radiologists and physicians in the early diagnosis of a variety of medical conditions, including brain and nervous system disorders and cardiovascular and organ diseases. The wide patient opening, fast scan times and accurate scans all contribute to a patient-friendly experience.

"For doctors and patients who understand that technology can improve outcomes, this represents what they've been looking for: technology providing superior image quality in a patient-friendly environment. It's of tremendous diagnostic benefit to the community," says Daniel Starnes, M.D., board-certified interventional radiologist at Gateway.



The 3.0T system gives your physicians detailed images of your internal organs, helping them make a comprehensive diagnosis and treatment plan.

HEALTHWISE QUIZ

How much do you know about headaches?

Take this quiz to find out.

- 1 **What is the most common type of headache?**
 - a. sinus
 - b. migraine
 - c. cluster
 - d. tension

- 2 **Which statement about caffeine is true?**
 - a. It can only worsen headaches and should always be avoided.
 - b. It is a common ingredient in headache medications and makes them more effective.
 - c. Science has not proven caffeine to be an effective headache treatment.
 - d. none of the above

- 3 **About how many Americans suffer from chronic headaches?**
 - a. 15 million
 - b. 25 million
 - c. 35 million
 - d. 45 million

- 4 **Which of the following tests can best help your healthcare provider evaluate your headaches?**
 - a. MRI
 - b. EKG
 - c. sonogram
 - d. bone scan

- 5 **What can you do to reduce headache occurrence?**
 - a. drink at least 600 mg of caffeine a day
 - b. work harder to take your mind off your headache
 - c. exercise regularly
 - d. skip breakfast

ANSWERS: 1. D; 2. B; 3. D; 4. A; 5. C



Dodge diabetes with exercise and diet

The diabetes prevention equation seems simple enough: *healthy eating + regular exercise = a reduced diabetes risk*. Incorporating the equation into your everyday life? Not so simple. But here are some ideas to get you on the right path.

EXERCISE

- Try to get at least 30 minutes of moderate activity on most or all days. This includes aerobic activity like brisk walks, dancing, swimming or biking, as well as strength-training exercises with free weights and weight machines.
- Vary your exercise routine so you don't get bored. Bring a buddy to keep you company.
- Walk instead of driving when you can, take the stairs instead of the elevator or do some gardening.

DIET

- Substitute traditional white rice and noodles with brown rice and whole-wheat pasta to get your fiber fill.
- Limit fat to less than 30 percent of your daily calories by opting for lean meat cuts that end in "loin," filling up on fruits and veggies and going for low-fat dairy such as skim milk and nonfat yogurts and cheeses.
- Sip low- or no-calorie drinks such as water and diet drinks.
- Eat fish twice a week.

Germ warfare

Keep kids healthy in five easy steps

Although it's not possible to keep your children entirely germ free, you can take some preventive measures to minimize exposure to sickness-causing invaders:

1 Teach your children how to properly wash their hands. Show them how to use soap and warm water and vigorously rub their hands together for 15 to 20 seconds, or about the time it takes to sing "Happy Birthday" twice, making sure to get in between fingers and under nails. Stress the importance of hand washing before eating and after such activities as recess, going to the bathroom, sneezing or coughing. If your children are older, give them alcohol-based sanitizer for when water isn't available.



2 Keep your children's vaccinations up to date. Review your children's vaccination schedules with your pediatrician at each visit.

3 Tell kids not to share personal items, such as a straw or towels.

4 Remind your children not to touch their noses, eyes or mouths, so germs can't be spread easily.

5 Stop your kids from being "germ-spreaders." Show them how to cover sneezes and coughs with a tissue or the crook of an arm. If a child is vomiting, has diarrhea or has a fever, don't send him or her to school.



ROAD TRIP

Healthy snacking on the go

You have hours to go before you arrive at your vacation destination, and you've got some hungry kids on your hands. While you may be tempted to fall back on the convenient—but not so healthy—potato chips for them to munch on, try these healthy snacks instead:

• **Go au naturale.** Fruits such as bananas, grapes and apples are easy to eat and, except for a little washing, require no preparation. Unsweetened applesauce and fruit cups (packed in natural juice, not syrup) are also good fill-in snacks.

- **Dress up veggies.** For example, make celery sticks more appetizing by spreading peanut butter down the middle and sprinkling on some raisins.
- **Break out the breakfast cereals.** Fill a small resealable bag with whole-grain cereal.
- **Pack in the pop.** Before you leave, air-pop some popcorn, then top it off with a little Parmesan cheese or garlic powder.
- **Take to the trail.** Mix a little low-fat granola with nuts like almonds or peanuts, then toss in some raisins or cranberries for the perfect trail mix.

Look what's under the BIG roof!

Off-site services move to Gateway Medical Center

Along with the relocation of our old hospital to the new Gateway Medical Center on Dunlop Lane comes the move of several of Gateway's off-site services.

The **Breast Health Center**, formerly on Old Ashland City Road, has moved to just inside the front door of the new Gateway Medical Center. The center's reception area overlooks an outdoor courtyard and offers privacy, comfort and brand-new digital imaging technology.

Outpatient Rehabilitation has moved in from its former Haynes Street home. It is also located just inside the front doors of the new Gateway Medical Center. Patients will enjoy a larger



The new Gateway Medical Center on Dunlop Lane now conveniently houses our Business Office, Outpatient Rehabilitation Unit and the Breast Health Center.

Make note of these new Gateway numbers!

Main number (931) 502-1000

Breast Health Center 502-1510

Business Office 502-1160

Emergency Department 502-1300

Family Birth Center 502-3300

Human Resources 502-1030

Medical Records 502-1961

Patient Information 502-1010

Pre-Registration 502-1161

Volunteer Services 502-1055

! Surf for information!

Visit us at www.todaysgateway.com to learn more about the new Gateway Medical Center.

www.todaysgateway.com

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