

about your health

GOOD NEIGHBORS. GOOD HEALTH.

FALL 2006

Take a Deep Breath... AND RELAX

Stress is normal, but too much of it can make us feel nervous, tired, worried and distracted. Stress that doesn't let up can even make us sick. Fortunately, once you recognize the warning signs, you can take steps to deal with chronic stress.

Start by short-circuiting the physical process of stress. You can turn off your body's "fight or flight" response simply by taking time to breathe.

A breathing technique called belly, abdominal or diaphragmatic breathing can slow your heart rate and breathing rate and give your body the message to calm down. Here's how:

- Sit or lie down in a relaxed position.
- Place your hands on your stomach.
- Slowly breathe in and let your stomach expand. Imagine it's a balloon you're filling with air. Feel your hands moving away from your body.
- As you exhale, let the air out slowly. Feel your hands moving back toward your body.

Spend a few minutes once or twice a day practicing abdominal breathing. Once you've learned to relax this way, you can use the technique anywhere, anytime to put the brakes on stress. ■

inside ▶



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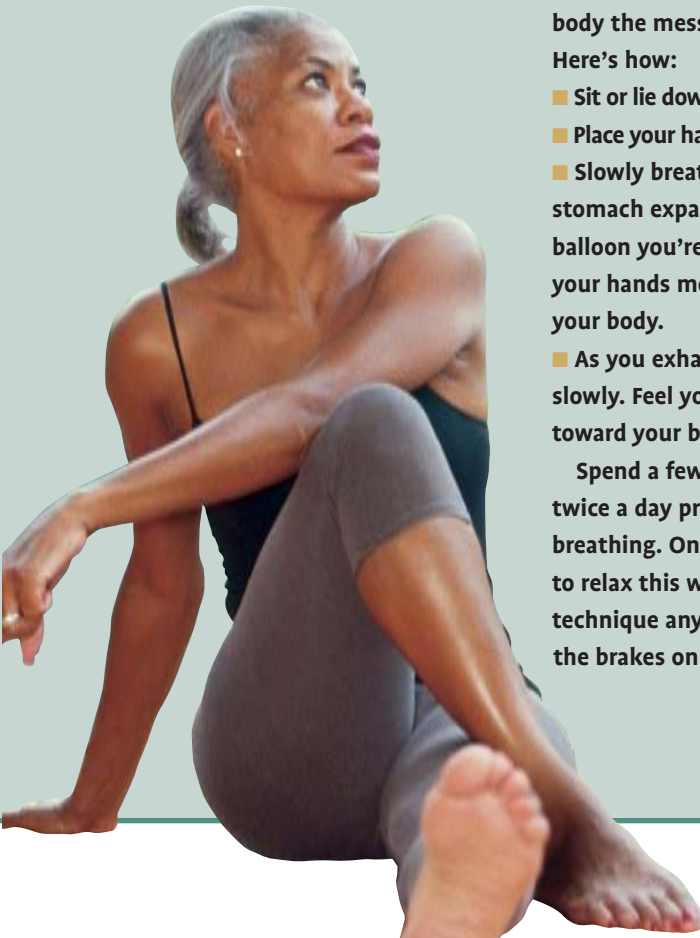
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New Procedure Eases Spinal Fracture Pain

Imagine experiencing back pain so severe that activities such as walking, climbing stairs or shopping for groceries are no longer possible. For those who suffer from spinal fractures due to osteoporosis, this can be their reality. Balloon kyphoplasty, a minimally-invasive procedure, is designed to correct spinal deformity due to fractures, significantly reducing back pain and improving a patient's ability to return to daily activities.

Brittle Bones Lead to Problems

More than 44 million Americans are at risk for osteoporosis, a disease that causes bones to become fragile. The National Osteoporosis Foundation estimates that half of American women and one-fourth of American men

older than 50 will experience an osteoporotic fracture in their lifetime. A spinal fracture occurs when one of the bones in the spinal column, or vertebra, weakens and collapses.

Left untreated, multiple spinal fractures can result in kyphosis—a serious health condition marked by forward curvature of the upper back, often described as a “hunchback.” When severe, this deformity can compress the abdominal cavity and raise the risk for complications and death. Unfortunately, more than 400,000 of these fractures go undiagnosed and untreated.

Revolutionary Treatment Offers Hope

However, a balloon kyphoplasty can counteract fractures. During the procedure, two orthopaedic balloons are inserted into the vertebra through two small incisions. The balloons inflate and push the collapsed portion of the vertebra bone apart, working to restore the fractured bone to its original shape. The balloons are removed and the space is filled with a type of bone cement.



did you **know?**

Once a person suffers one vertebral compression fracture, the risk of suffering a second fracture increases five-fold.

upcoming events

Ladies Night Out

Tuesdays, September 12, October 10,
November 14, 7 pm

This **free** seminar series helps women stay on top of important health issues. Hosted by area experts on health. Located in the first level classroom at Durham Regional Hospital. Seminar topics are listed in the events section of www.durhamregional.org. To register, call **919-403-4DRH (4374)**.

The Birth Place Tour

Tuesdays, 7 pm

To help prepare for the safe delivery of your baby, Durham Regional Hospital provides tours of its Labor and Delivery Unit, Postpartum Unit and Nursery. To register, call **919-416-DUKE (3853)**.

Look Good...Feel Better

Mondays, September 18, October 16, November 20, 6 pm

This free American Cancer Society program teaches women beauty techniques while they undergo chemotherapy and radiation treatments. Participants receive a **free** cosmetics kit and instruction by beauty professionals. Located in the Radiation Oncology Conference Room at Durham Regional Hospital. Space is limited. To register, call **919-470-6520**.

SUPPORT GROUPS

Duke Weight Loss Surgery Support Group

Meets once a month. Call **919-660-2229** for dates and to register.

Stroke Survivor Support Group

Meets the second Monday of the month from 1 to 2 pm in Private Dining Room E at Durham Regional Hospital. Contact Myra Williams at **919-660-0096** or **919-470-7205**.

30th Anniversary

Durham Regional Hospital's 30th Anniversary Gala

Join Durham Regional Hospital in celebrating 30 years of serving the health care needs of Durham, Orange and the surrounding communities. Find out more by visiting www.durhamregional.org.

Better health is just a click away!

Get a free monthly health briefing via email. Visit

www.durhamregional.org

to sign up.



Walk Your Way to a Healthy Heart



CT Scans Revealed

Computed tomography—also known as CT or CAT scan—uses X-rays to create images that show bone, soft tissues and blood vessels at the same time. During a CT exam, not just one image but hundreds are taken from many different angles.

CT can pinpoint tumors, bleeding, injury, blood clots, cysts and other problems. CT also helps to diagnose muscle and bone disorders, guide surgical procedures, detect cancer and treat tumors.

There is a tiny amount of risk from the brief, low exposure to radiation. Usually, the benefits far outweigh the risk. However, it is important to tell your doctor if you are pregnant or if you have any medical conditions or allergies.

Durham Regional Hospital offers an array of diagnostic services. To schedule an appointment, call 919-470-5272. You will need a signed referral form from your physician to make an appointment.



Walking is a simple and low-cost form of exercise and a great way to keep your heart healthy. According to Carolyn Collins, program director for Cardiac Rehabilitation at Durham Regional Hospital, “Moving your feet can improve cholesterol levels, lower blood pressure, burn extra calories and even delay or prevent diseases associated with aging, such as diabetes, heart disease and arthritis.”

“Walking also helps clear your mind, reduces stress and improves your mental and physical levels of functioning,” says Collins.

Walking as little as one hour a week can make a difference in lowering your risk for heart disease, particularly if you are inactive. But most experts recommend brisk walking for at least 30 to 60 minutes most days of the week.

You may think you just can’t find the time to take a daily walk. Here are some tips to help you fit walking into your routine.

- Keep a pair of walking shoes at home and work.
- Plan a walk as part of your daily commute.
- Park at the far end of the parking lot.
- Skip the elevator and take the stairs. ■

The Wellness Institute at Durham Regional provides exercise training, education, counseling and behavioral interventions for those who have had recent heart surgery or have been diagnosed with angina or coronary artery disease. To receive more information, call 919-470-8150.

Free Pedometer!

To help you walk your way to a healthy heart, Durham Regional Hospital will send you a **free** clip-on pedometer. A pedometer is a fun way to keep track of the steps and distance you walk. To receive your pedometer, call **919-403-4DRH (4374)** today. Available while supplies last.

The procedure generally takes less than one hour per fracture, and has been performed under both local and general anesthesia. It typically requires a 24-hour hospital stay.

“Kyphoplasty is a quick procedure that is 90 to 95 percent effective in providing pain relief,” says Durham Regional Hospital neurosurgeon Ken Price, MD. “It can result in spine realignment and increased height with virtually no pain or recovery time.” ■

Balloon kyphoplasty, a procedure that is fully covered by most insurances, is performed by surgeons at Durham Regional Hospital.

To find a physician who is right for you, call 919-403-4DRH (4374).

fact:

Kyphoplasty is a quick procedure that is 90 to 95 percent effective in providing pain relief.



Q&A

How can I tell whether my menstrual bleeding is excessive?

Essentially, bleeding should be considered excessive if it disrupts your ability to enjoy normal activities.

How common is this problem?

Approximately 30 percent of surveyed women report having abnormally heavy periods. Additionally, about 30 percent of hysterectomies in the U.S. are performed for this reason.

What are my treatment options?

Fortunately, there are many options available. This can include taking nonsteroidal, anti-

inflammatory drugs (NSAIDs), such as aspirin, or hormones, such as those found in birth control pills, to help reduce flow. Blood tests, an ultrasound or occasionally a hysteroscopy, a procedure where the inside of the uterus is viewed through a narrow telescope, may be necessary to help understand the cause.

Surgical options include endometrial ablation and hysterectomy. Endometrial ablation is a procedure in which the majority of the lining of the uterus is permanently destroyed. Ablations are done without any incisions and are outpatient or office-based procedures. Patient satisfaction with this procedure in reducing bleeding is approximately 90 percent.

Craig J. Sobolewski, MD, is the division chief of Gynecologic Specialties and co-director of the Center for Minimally-Invasive Gynecologic Surgery at Duke University Medical Center. Dr. Sobolewski provides minimally-invasive gynecological surgery services at Durham Regional Hospital.



To find a physician, visit www.durhamregional.org.

New Hip Replacement Procedure Cuts Recovery Time

Recovery time for patients with hip replacements has gone from months to weeks due to a new muscle-sparing total hip replacement technique, the Anterolateral Mini-Incision Hip Replacement Surgery. “The results of this procedure are nothing short of remarkable,” says Duke orthopaedic surgeon Scott Kelley, MD.

The technique uses the anterolateral approach, in which the surgeon accesses the hip joint by passing between the abdominal and leg muscles instead of cutting through muscle, as occurs with traditional hip procedures. Less muscle damage means less pain, less blood loss and faster recovery.

The technique was developed by orthopaedic

surgeon Heinz Röttinger, MD, who adapted the procedure. Dr. Kelley has performed more than 50 such procedures in the last year.

“Patients are often on their feet the day of their surgery, and can go home after two days and walk without assistance after two weeks. They can immediately cross their legs and sleep in any position that’s comfortable,” Dr. Kelley says. ■

Scott Kelley, MD, is an orthopaedic surgeon at North Carolina Orthopaedics and a clinical professor with Duke University Medical Center. He specializes in total joint replacement surgery and offers procedures at Durham Regional Hospital.

did you know?

Durham Regional Hospital provides state-of-the-art technology and care from a team of experienced surgeons. To find one who is right for you, call 919-403-4DRH (4374).



Durham Regional Hospital
DUKE UNIVERSITY HEALTH SYSTEM

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