

# about your health

GOOD NEIGHBORS. GOOD HEALTH. SUMMER 2006

## Four Tasty Tips for a Quick, HEALTHY BREAKFAST

**I**t's morning—time to hustle out the door. Who needs breakfast? You do. Decades of research have demonstrated the benefits of breakfast. Adult breakfast eaters boost their concentration, productivity and problem-solving skills. Children who eat breakfast score higher on school exams, are more creative and energetic and are less likely to be overweight.

With minimal preparation, you can work breakfast into your household's hectic mornings:

1. Toasting is quick and easy. Try toasted whole-wheat bagels or bread topped with low fat cheese or peanut butter.

2. Whole-grain cereals—hot or cold—are convenient and nutritious. Select high-fiber, low-sugar varieties. Add skim or 1 percent milk and fruit for a complete meal.

3. Combine milk, fruit and a teaspoon of bran for a calcium-rich morning shake.

4. Take breakfast with you. Grab fruit, string cheese, a peanut butter and jelly sandwich or a high fiber breakfast bar on your way out the door. ■



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# Could You Have **Fibroid Tumors?**

**F**ibroid tumors are exceptionally common, affecting an estimated 25 percent of all women in the U.S. Fibroids are noncancerous lumps that grow on the walls of the uterus. They may appear in clusters or individually, and they can be microscopic or as large as a cantaloupe. Fibroids typically stop growing or shrink after menopause.

## ***Who's at Risk?***

Genes, hormones and environmental factors probably all play a role in the development of fibroids. But scientists don't know for sure what causes them. Nor do they know why African-American women are two to five times more likely than Caucasian women to develop them. Also, giving birth lowers

a woman's risk, while being overweight or obese nudges the risk upward.

## ***When Fibroids Pose a Problem***

A typical fibroid causes no symptoms and needs no treatment. But some fibroids, because of their size or position, may cause a wide array of conditions, including:

- painful or heavy periods
- bleeding between periods
- low back pain
- frequent urination
- constipation, painful bowel movements or hemorrhoids
- infertility
- miscarriage
- premature labor
- breech birth

## ***Treatment Options***

If you have fibroids but no symptoms, the good news is that you may not need any treatment at all. Over-the-counter medications, such as acetaminophen or ibuprofen, can help



## *did you* **know?**

- Women can prevent urinary tract infections by:
- drinking plenty of water every day
  - enjoying a daily 10-ounce glass of cranberry juice
  - urinating regularly
  - taking showers instead of baths
  - avoiding feminine hygiene sprays and douches

soothe mild pain. If more serious pain or other troublesome symptoms occur, prescription drugs may provide relief.

If your fibroids cause severe symptoms, surgery may be recommended. There are minimally invasive options available, including procedures to remove or shrink fibroids. If symptoms are especially serious, your doctor may suggest a hysterectomy, the complete removal of the uterus.

Durham Regional physicians offer several treatments for fibroid tumors. **To find a physician who is right for you, call 919-403-4DRH (4374).**

**Durham Regional Hospital is pleased to welcome Craig Sobolewski, MD, and Jeffery Wilkinson, MD, of the newly-formed Duke Center for Minimally Invasive Gynecologic Surgery to our medical staff. Drs. Sobolewski and Wilkinson offer comprehensive minimally invasive gynecological surgery services at Durham Regional.**



## Q&A



### ***Is weight loss surgery an option for me?***

To qualify for weight loss surgery at Duke Weight Loss Surgery Center, a person:

- must have a body mass index of 40 or more for at least five years, or 35 or more with significant medical complications
- is between the ages of 18 and 70
- can verify a documented attempt to lose weight by a medically supervised program.

### ***What is the first step?***

Before considering weight loss surgery as an option in management of obesity, it is important to learn about the types of weight loss surgery and prepare for surgery—both physi-

cally and emotionally—the recovery process and long-term effects. You also should contact your insurance company to verify that weight loss surgery is covered by your policy.

### ***Where can I turn for help?***

Duke Weight Loss Surgery Center has been named an American Society for Bariatric Surgery Center of Excellence. This designation recognizes surgical programs with a demonstrated track record of favorable outcomes.

The center presents a free informational seminar about weight loss surgery most Fridays from 3 to 5 pm at Durham Regional Hospital. Call **919-660-2229** to register. Registration is required.

**Eric DeMaria, MD, is the director of Duke Weight Loss Surgery Center at Durham Regional Hospital.**

To find a physician, visit [www.durhamregional.org](http://www.durhamregional.org).

## Do You Need a Mammogram?



Getting regular mammograms might save your life or help you save a breast. A mammogram is an X-ray of the breast. It is so sensitive that it can detect tumors as small as a centimeter. This allows doctors to diagnose breast cancer early, when it is most treatable.

The National Cancer Institute advises that women in their 40s and older get a mammogram every year or two. Women at a high risk for breast cancer because of personal or family history may need earlier and more frequent screenings. The entire mammography process takes about 30 minutes.

**Durham Regional Hospital offers an array of diagnostic services. Call 919-470-5272 today to schedule an appointment for your next mammogram. You will need a signed referral form from your physician to make an appointment.**



## Getting Set for Surgery

**S**ometimes surgery is the best solution for what ails you—but even the smallest operation can seem frightening. Here are some steps to help you be informed and prepared:

- Help your body get ready. Before your surgery, be sure to eat right and get plenty of sleep.
- Plan ahead for your at-home recovery period. For instance, you may want to prepare some meals for your first few days back at home.
- Let your doctor know if any changes in your health occur before surgery—even if it's just a cold.
- Talk with your doctor beforehand about how pain you may experience in the hours and days after surgery will be handled.

Before the procedure, ask your doctor whatever questions you have. For example:

- What are the risks and benefits of the surgery?
- What are the alternatives to surgery?
- Should I steer clear of certain foods, drinks, supplements or medications before or after surgery?
- How long will recovery take?
- Will I need home care, special supplies or assistance?
- Will I have any short- or long-term disabilities or restrictions after the procedure?

**Durham Regional Hospital offers comprehensive surgical services for general, orthopaedic, neurology, urology, gastroenterology, vascular, thoracic and many other specialties in both an inpatient and outpatient setting. Outpatient cases are performed in both the hospital and in our freestanding Davis Ambulatory Surgical Center. For more information, visit [www.durhamregional.org](http://www.durhamregional.org).**

# upcoming events



## Durham Regional Hospital's Family Health Fest at Relay for Life

*Saturday, May 20, 1 to 4 pm*  
Health screenings, physician information and activities for children, including a Teddy Bear Clinic, will be available. Join us for this wonderful family event. Located at Durham County Stadium. For more information, call James Amos at **919-470-4278**.

## Durham Relay for Life

*May 20-21*  
Durham Regional employees and community will walk around the clock to battle cancer. To donate, visit **[www.acsevents.org/durhamrelay2006](http://www.acsevents.org/durhamrelay2006)**.

Better health is just a click away! Get a free monthly health briefing via email. Visit **[www.durhamregional.org](http://www.durhamregional.org)** to sign up.

## Give Life

Give the gift of life by donating blood to the American Red Cross. Durham Regional Hospital is hosting a blood drive from 10 am to 2:30 pm on Thursday, June 8. To schedule your appointment, call **919-403-4DRH (4374)**.

## Look Good...Feel Better®

*Mondays, June 19, July 17, August 21, 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 of Durham Regional Hospital. Space is limited. To register, call **919-470-6520**.

## The Birth Place Tour

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. For dates and times or to register, call **919-416-DUKE (3853)**

## 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**.

# 30<sup>th</sup> 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](http://www.durhamregional.org)**.





# Put Your Prostate Knowledge to the Test

- 1. Men should ask their doctor if and when they need to be screened for prostate cancer. T | F
- 2. There's no evidence that diet may play a role in prostate cancer prevention. T | F
- 3. Benign prostatic hyperplasia (BPH) occurs naturally as a result of age. T | F

## Answers

**1. True.** Men between the ages of 50 and 70 are most likely to benefit from annual prostate cancer screenings. Your doctor may recommend earlier screenings if you are African-American or have a father or brother who had prostate cancer.

**2. False.** In fact, studies suggest that certain foods may offer protection against prostate cancer. These include:

- orange and yellow vegetables, such as carrots and yellow squash
- garlic
- tomatoes and tomato-based foods
- cruciferous vegetables, such as broccoli and cauliflower

**3. True.** BPH, a noncancerous enlargement of the prostate that makes it hard to urinate, eventually strikes most men at some point after age 50. In fact, experts estimate that as many as 90 percent of men in their 70s and 80s suffer from BPH. Men with BPH should avoid alcohol and caffeine in the evening, as well as over-the-counter decongestants and antihistamines. Supplements containing saw palmetto, a plant extract, or prescription medicines may also help. ■

## did you know?

If you have prostate concerns, Durham Regional Hospital can help. Locate one of our urologists near you by calling **919-403-4DRH (4374)**.



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