

# YOUR HEALTH



## Saving Tim

How bariatric surgery became a life-saving operation

The Men's Health Concern No One's Talking About

Be Your Body's Breast Friend

Exercising When You're Expecting

Find the hidden pumpkin and you could **WIN!**

*Details on page 2.*



THE IMPORTANCE OF SCREENINGS

Having worked in the healthcare industry almost my entire life, I have seen the effects of not taking care of your personal health. Men especially have



a much higher incidence of avoiding the doctor until they have a serious health problem. I encourage all men to see their primary care physician yearly for physicals and health screenings, and see specialists as needed.

One of the ways Durham Regional Hospital is making it possible for men to take a proactive approach to their health is by hosting a prostate health screening in September during National Prostate Cancer Awareness Month.

According to the Centers for Disease Control and Prevention, prostate cancer is the most common form of cancer among men in the United States, other than some types of skin cancer. Prostate cancer also is the second leading cause of cancer death among men in the United States, after lung cancer. These statistics alone should be reason enough to get screened. If not for yourself, do it for your loved ones.

For more information about the prostate health screening, visit [www.durhamregional.org](http://www.durhamregional.org). I hope to see you there.

Sincerely,

Kerry Watson  
Chief Executive Officer  
Durham Regional Hospital



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# Be Your Body's Breast Friend

One in eight women will develop breast cancer in their lifetime. While breast cancer is one of the most common forms of cancer, it is also one of the most treatable—if detected early through screenings.

Screenings for breast cancer vary and depend on your age, according to the American Cancer Society.

Women in their 20s and 30s should have a clinical breast exam (CBE) as part of their regular medical exams, a minimum of every three years. Breast self-exam (BSE) is another preventive measure that should begin in your 20s. With BSE, women examine their breasts on a regular basis to feel for any changes or abnormalities.

Beginning at age 40, women also should have a screening mammogram on an annual basis. Mammography increases the likelihood that breast cancer will be detected early.

## Breast Health Services Available at Durham Regional Hospital

Durham Regional offers a comprehensive set of diagnostic tools for women's breast health, including mammography, magnetic resonance imaging (MRI) of the breast, ultrasound and ultrasound biopsies.

Aside from technology, Durham Regional also offers quality, personalized care for patients.

"We have wonderful technologists who put patients at ease and create a safe, comforting environment," says Gregory Thon, MHA, director of Radiology Services at Durham Regional. "Breast health testing is often an emotional time for patients, so we work to do our best to provide you with personal service."

**To schedule an appointment for a mammogram, call (919) 470-5272. Physician referral is required.**



## Find the hidden pumpkin!

Find the hidden pumpkin and enter for a chance to win a free mammogram from Durham Regional's Radiology Department. Should you win, a physician referral will be required. Send an e-mail that includes your name, phone number, address and the location and page number of the hidden pumpkin to [DRHealth@notes.duke.edu](mailto:DRHealth@notes.duke.edu). All entries must be received by September 19, 2008. **Must be 40 years or older and not have had a mammogram in the past year in order to win.** Employees of Duke University Health System and their immediate family members are not eligible to win.

Congratulations to Brenda McGhee, Mebane, and Paulette Ingram, Durham, winners of last issue's hidden object contest!

# The Men's Health Concern No One's Talking About

ACCORDING TO THE AMERICAN FOUNDATION FOR UROLOGIC DISEASE, PROSTATITIS IS CONSIDERED TO BE THE MOST COMMON OF ALL CONDITIONS FACING MEN OVER THE AGE OF 40. BUT WHAT IS IT?

**P**rostatitis is an inflammation of the prostate that can include a variety of symptoms, including recurring bladder infections, pelvic pain and urinary difficulty. The condition can be classified as acute, if it appears suddenly and is associated with a fever and sometimes-dramatic urinary symptoms. Chronic prostatitis develops slowly over a period of time, demonstrates smoldering symptoms and is many times recurrent. Acute bacterial prostatitis and chronic bacterial prostatitis are caused by infections, whereas the cause of chronic non-bacterial prostatitis is incompletely understood.

## ARE YOU AT RISK?

“Men of all ages can get prostatitis because the prostate is involved in the daily process of urination,” says Samuel Huang, MD, with Triangle Urology Associates, and a urologist on the medical staff at Durham Regional Hospital. “The older you are, the more likely you are to get a bacterial form of prostatitis, while younger men are more likely to get the non-bacterial types of prostatitis. It is accepted that both conditions are due to irritation of the prostate tissue, which results in inflammation and pain. The irritation can have several causes: trauma, infection and chemical.

You could be at risk if you:

- had a recent bladder infection or an infection of the urethra
- recently had a urinary catheter inserted during a medical procedure

- do not empty your bladder often enough
- perform physical activities with a full bladder
- jog, ride a bicycle or ride horses
- drink large quantities of caffeinated and carbonated beverages
- undergo physical and mental stress

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## Prostatitis Signs and Symptoms

**Acute bacterial prostatitis:** The signs and symptoms associated with acute prostatitis can appear very quickly and may include:

- difficulty emptying bladder
- fever and chills
- flu-like symptoms
- increased urge to urinate
- painful ejaculation
- pain in the lower back or groin area

**Chronic bacterial prostatitis or chronic prostatitis:** Symptoms are similar to acute but are generally less severe. It typically develops slowly over time and results in some of the following symptoms:

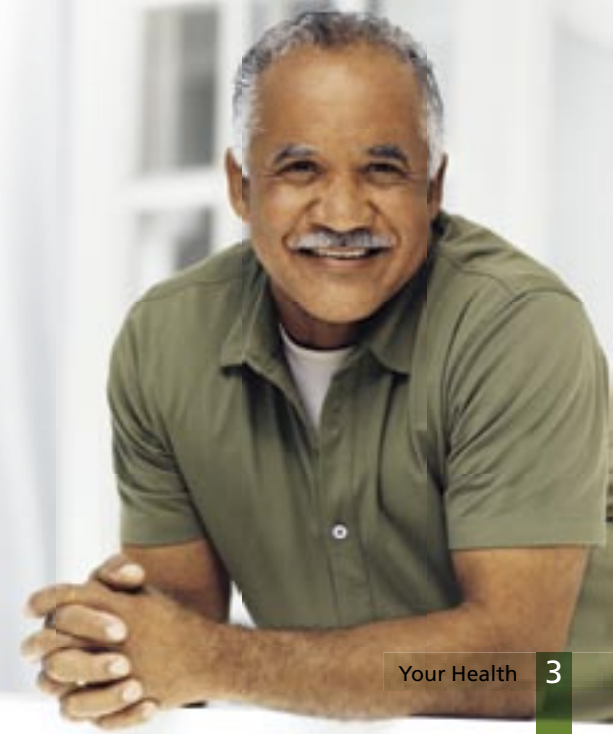
- difficulty starting to urinate, or diminished urine flow
- excessive urge to urinate during the night
- frequent and urgent need to urinate
- lower back pain
- occasional blood in semen or urine
- painful ejaculation
- pelvic pain
- reoccurring bladder infections
- slight fever

## TREATMENT OPTIONS

Both acute and chronic bacterial prostatitis are treated with antibiotics and pain medications to relieve symptoms. However, chronic bacterial prostatitis is more resistant to treatment and may require several rounds of antibiotics to kill off the infection. Controlling symptoms and managing pain generally treat chronic non-bacterial prostatitis. In combination with other treatments, stress reduction counseling also may be used to treat all forms of prostatitis.

“Stress takes a toll on your body, making it more susceptible to illness,” says Dr. Huang. “A good treatment regimen will help you to better manage your stress while relieving your symptoms”

*To find a urologist at Durham Regional, visit [www.durhamregional.org](http://www.durhamregional.org) and click on “Physician Search.”*



# A Life-Saving Operation»



AT 460 POUNDS, TIM ARMSTRONG KNEW HE WAS A WALKING TIME BOMB BECAUSE OF HIS WEIGHT. THOUGH THE RALEIGH NATIVE HAD LOST—AND REGAINED—HUNDREDS OF POUNDS WITHIN THE PAST TWO DECADES, TIM WAS NEVER ABLE TO KEEP THE WEIGHT OFF. BARIATRIC SURGERY PERFORMED BY THE DUKE CENTER FOR METABOLIC & WEIGHT LOSS SURGERY AT DURHAM REGIONAL IN 2006 CHANGED HIS LIFE FOREVER.

Though Tim says that he was always a “big” guy, the former Navy electronic engineer says his active lifestyle kept his weight under control until about 1980. That year a motorcycle accident that broke his leg in multiple places brought his active lifestyle to a screeching halt.

“After I got out of the hospital, I was placed on minimum duty where I would sit around and answer phones for eight hours a day,” Tim remembers. “My weight started creeping up, and it never stopped.”

## OUT OF CONTROL

Over the next 26 years, Tim’s poor eating habits continued. He left the Navy and began traveling extensively for his job, and meals away from home helped his weight continue to balloon. Even after marrying, having two children, and finding his “dream job,” Tim knew that his weight was out of control.

“The highlight of my day was eating, and my co-workers and I would start talking about where we were going for lunch at 9 a.m.,” says Tim, whose weight was 423 pounds at the time. “I made a concentrated effort to lose weight in 1999 and lost 100 pounds, but I didn’t keep it off.”

By 2005, his weight had grown to 460 pounds. Tim’s quality of life suffered dramatically. He had to fly first class or purchase two tickets on a plane, he wasn’t able to sit in a regular chair in public and he couldn’t enjoy many activities—such as amusement park rides—with his

children. His blood pressure and cholesterol skyrocketed, and he began experiencing joint pain and symptoms of sleep apnea.

“When we went on a family vacation to Northern California to celebrate our 25th wedding anniversary, I couldn’t walk more than 200 feet without stopping to rest,” Tim says. “Around that same time, I learned I had less than a 65 percent chance of living 20 more years if my weight remained the same. I was only 46, and I knew had to do something if I wanted to be around for my wife and kids.”

## MOTIVATED TO LOSE

Tim researched bariatric surgery on the Internet, and quickly realized that weight-loss surgery was available locally from the Duke Center for Metabolic & Weight Loss Surgery at Durham Regional Hospital. He attended one of the free informational seminars to learn more about morbid obesity, the treatment options that were available to him, as well as the weight loss surgery program at Durham Regional.

“I was extremely motivated and the doctor felt like I would be successful, but I wasn’t a candidate for the surgery until I weighed less than 400 pounds,” Tim says. “I went on a serious diet. By January of 2006, I was down to 395 pounds and was

AS A COMPREHENSIVE WEIGHT LOSS PROGRAM, THE DUKE CENTER FOR METABOLIC & WEIGHT LOSS SURGERY AT DURHAM REGIONAL PROVIDES A PROGRAM THAT INCLUDES STRATEGIES IN BEHAVIOR MODIFICATION, EXERCISE, NUTRITION, PSYCHOLOGICAL COUNSELING AND SOMETIMES MEDICATIONS.

## DO IT FOR YOUR HEALTH

While losing weight can improve your appearance, it can also dramatically improve your health. Here are some of the amazing health benefits patients at the Duke Center for Metabolic & Weight Loss Surgery have seen.

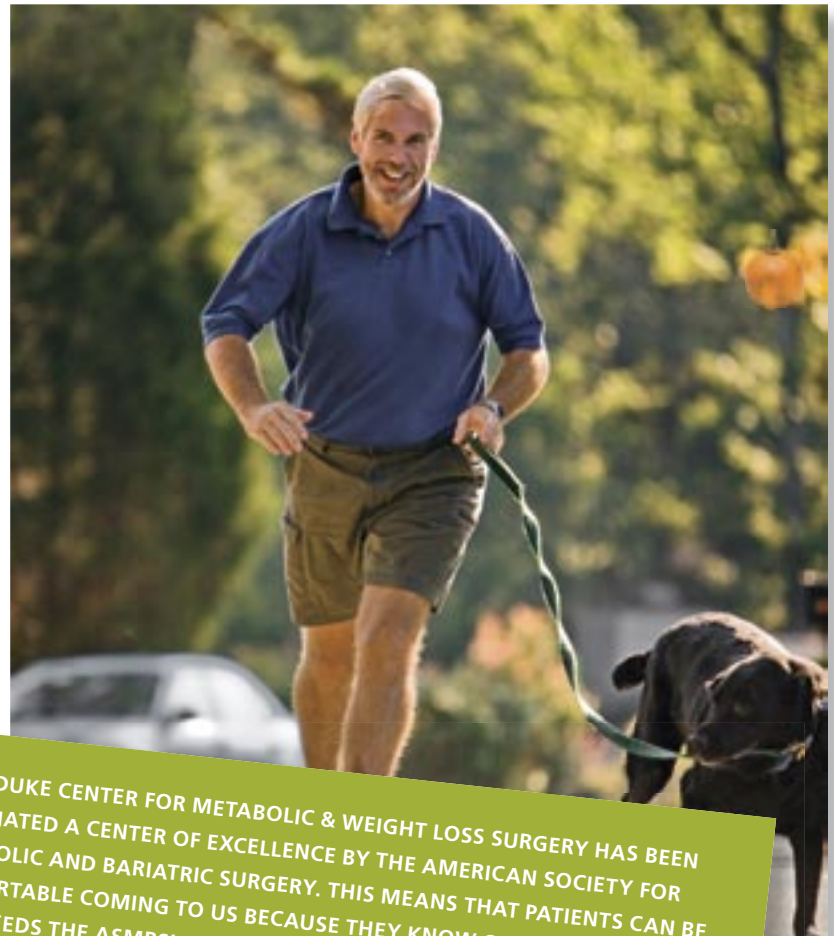
**Diabetes**—90 percent improved or resolved

**High blood pressure**—76 percent improved or resolved

**High cholesterol**—71 percent improved or resolved

**Urinary Incontinence**—67 percent resolved

**Sleep apnea**—86 percent resolved



“THE DUKE CENTER FOR METABOLIC & WEIGHT LOSS SURGERY HAS BEEN DESIGNATED A CENTER OF EXCELLENCE BY THE AMERICAN SOCIETY FOR METABOLIC AND BARIATRIC SURGERY. THIS MEANS THAT PATIENTS CAN BE COMFORTABLE COMING TO US BECAUSE THEY KNOW OUR PRACTICE MEETS OR EXCEEDS THE ASMBS’ STRICT STANDARDS FOR QUALITY.”

—ERIC DEMARIA, MD, DIRECTOR, DUKE CENTER FOR METABOLIC & WEIGHT LOSS SURGERY

ready to begin the consultations I would need with the physicians, nutritionists and psychologists before surgery.”

### NEW LOOK, NEW LIFE

On April 17, 2006, Tim entered Durham Regional for Roux-en-Y gastric bypass. During this laparoscopic procedure, Aurora Pryor, MD, surgeon, Duke Center for Metabolic & Weight Loss Surgery, stapled off a small section of Tim’s stomach so he would have a decreased food capacity. A portion of the lower small intestine was attached to Tim’s new stomach, and then connected back to the existing intestine to make a “Y” shape. He was released from the hospital within a few days, and returned to work three weeks later.

With his smaller stomach and new diet, Tim’s weight began to drop off. Encouraged by his weight loss, he began exercising regularly with his family and friends, and was down to less than 220 pounds within a year of his surgery.

“Before my surgery, I was just trying to survive each day with the help of medications and a bi-pap machine,” Tim says. “Today, I am back to living my life to the fullest.”

### WHAT TO EXPECT

The application process for bariatric surgery at the Duke Center for Metabolic & Weight Loss Surgery is extensive. Here’s what you’ll need to do to apply.

- Attend one of the free seminars at Durham Regional Hospital.
- Have an assessment by the program’s surgeons, nutritionist and psychologist.
- Discuss the financial responsibilities you’ll have to address if the surgery is not covered by your health insurance company.

If the physicians and staff at Duke agree you’re a candidate for the surgery, you’ll have further meetings with the psychologists and nutritionists so you can learn how your life will change following the surgery.

### COMING SOON...

The Duke Center for Metabolic & Weight Loss Surgery is undergoing exciting new changes to provide exceptional services and care for patients. In October 2008, the program’s outpatient clinic will relocate to an expanded, state-of-the-art facility, located at Durham Regional Hospital’s Health Services Center.

Additionally, Durham Regional has updated its operating rooms and added six bariatric inpatient suites, designed to meet the needs of weight-loss surgery patients.

For more information about the program and its expansion, visit [www.durhamregional.org](http://www.durhamregional.org) and click on “Duke Center for Metabolic & Weight Loss Surgery.”

## Community Focus:

# Project Access of Durham County

**P**roject Access of Durham County (PADC) provides specialty care and diagnostic and pharmacy services at no charge to uninsured and underinsured Durham residents living at or below 200 percent of the federal poverty level. These residents have access to primary care through Lincoln Community Health Center, but specialty care is often a challenge.

PADC emerged out of commitment from: The Partnership for a Healthy Durham; Durham Congregations, Associations, and Neighborhoods; NC Institute of Medicine; Durham County Government; Duke University Health System; Lincoln Community Health Center; The Durham-Orange Medical Society; Prima Health; NC Specialty Hospital; The Durham Academy of Medicine, Dentistry, and Pharmacy; and Community Physicians of Durham County.

Launched this summer, PADC and its administrative offices are housed at Durham Regional Hospital's Health Services Center on Crutchfield Street. Durham Regional also provides technological support for the program.

"Project Access of Durham County is a first step in improving healthcare access in our community," says Gayle Harris, assistant health director and vice chair of Project Access of the Durham County Board of Directors. "The work that occurred in its development created partnerships that can provide a forum to continue to explore ways to turn the City of Medicine into the Community of Health. I am excited about the impact that these efforts can have on our ability to eliminate health disparities."

*For more information about Project Access, call (919) 470-7262.*

## Exercise When You're Expecting

IN GENERAL, THE MORE FIT WOMEN ARE BEFORE THEY BECOME PREGNANT, THE BETTER OFF THEY WILL BE DURING THEIR PREGNANCY.

**T**he healthier a woman is at the beginning of her pregnancy, the better she will be able to handle the physical stresses of pregnancy.

"Physical fitness is an essential part of good health," says Mike Fried, MD, obstetrician and gynecologist at Chapel Hill Obstetrics and Gynecology, and a member of the medical staff at Durham Regional Hospital. "Women who are already participating in an exercise program may continue their regimen after discussing the matter with their obstetrician."

Women who are relatively inactive (although chasing a toddler is a form of exercise) can begin an exercise program by starting slowly and building up to a moderate level of exertion after consulting with their obstetrician.

### BE SENSIBLE

Women should stay within limits dictated by comfort. Pushing their limits may lead to uterine contractions. It also is essential that women stay hydrated while exercising, as well as pay attention to extreme temperatures (avoiding exertion in the heat of the day). There are conditions when your physician may put restrictions on physical activity including pregnancy with twins, preterm labor or elevated blood pressure.

### EXERCISING AFTER GIVING BIRTH

While discomfort around the vaginal opening will probably be the limiting factor, exercise may be resumed relatively quickly after a vaginal delivery.



A C-section does not prohibit resuming certain exercises and walking will certainly aid in recovery, however, exercises that put a direct strain on the abdomen (sit-ups, etc.) should be avoided until approved by a doctor.

Additionally, remember that new moms are sleep deprived and should adjust exercise levels accordingly.

*Need an obstetrician near you? Visit [www.durhamregional.org](http://www.durhamregional.org) and click on "Physician Search."*



# Shopping for Exercise Shoes?

Just like there is the perfect outfit for each event, there are correct shoes for every sport.

Shopping for exercise shoes can be quite an ordeal, especially since there seems to be more types of shoes than sports to play. However, no matter which shoes you buy, make sure they're comfortable.

Follow these tips to help you find the right exercise shoes:

**GOT SOCKS?** Shoes will fit your feet differently depending on whether or not you are wearing socks. Try on shoes with the same type of socks you will be exercising in.

**SHOP AT NIGHT.** Your foot is smaller and tighter in the morning than in the afternoon. Since you want your exercise shoes to fit correctly while you are exercising, shopping in the evening will decrease your chances of buying a shoe that is too tight.

## Healthy Fall Recipe

# Pumpkin Mixed Greens Salad with Maple Vinaigrette



### INGREDIENTS

- 2 tablespoons raw green pumpkinseed kernels
- cooking spray
- 1 cup (1/2 inch) cubed peeled pumpkin
- 1/2 teaspoon fresh minced thyme
- 3 tablespoons red wine vinegar
- 1 tablespoon extra virgin olive oil
- 2 teaspoons maple syrup
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 8 cups mixed salad greens

### DIRECTIONS

Preheat your oven to 400 degrees.

Place pumpkinseeds in a medium, non-stick skillet over medium heat. Cook for about 5 minutes or until toasted, stirring frequently. Remove from pan.

Coat pan with cooking spray. Add pumpkin and cook for approximately 8 minutes, or until browned and tender. Remove from pan and add thyme, tossing to combine, and cool.

Combine vinegar, oil, syrup, salt and pepper, stirring with a whisk. Drizzle over salad greens and toss well to coat. Add pumpkin seeds and pumpkin and toss.

### NUTRITION INFORMATION

**CALORIES: 51**      **TOTAL FAT: 3.6G**

**CARBOHYDRATES: 18.7G**

**PROTEIN: 8.2G**

Source: [myrecipes.com](http://myrecipes.com)

*Want to submit a healthy recipe of your own? Simply e-mail your name, phone number, city where you live and your recipe to [DRHealth@notes.duke.edu](mailto:DRHealth@notes.duke.edu) and your recipe could be featured in a future issue of Your Health!*

## COMMUNITY CALENDAR

### SEPTEMBER/OCTOBER/NOVEMBER

#### Ladies Night Out

September 16, October 21 and November 18, 7 p.m.  
First Level Classroom, Durham Regional Hospital  
Durham Regional is pleased to present "Ladies Night Out," a free seminar series to help women stay on top of important health issues. Join us on September 16 for a discussion on Total Joint Replacement presented by Scott Kelley, MD, of North Carolina Orthopaedic Clinic, on October 21 for a discussion on breast health during National Breast Cancer Awareness Month and on November 18, when Michael Komada, MD, of Triangle Heart Associates, will discuss Life After a Stent. Register online at [www.durhamregional.org](http://www.durhamregional.org) or call (919) 403-4DRH (4374). Refreshments will be provided.

#### Look Good, Feel Better®

September 15, October 20 and November 17, 6 p.m.  
Marketing and Corporate Communications Office  
Durham Regional Hospital  
Look Good, Feel Better® is a free American Cancer Society program that teaches women beauty techniques while they undergo chemotherapy and radiation treatments. Participants receive a free cosmetics kit and instruction by beauty professionals. Registration is required. To register, call (919) 470-6524.

#### Stroke Survivor Support Group

September 8, October 13 and November 10, 1-2:30 p.m.  
Private Dining Room C, Durham Regional Hospital  
Durham Regional Hospital hosts a stroke survivor support group to educate the stroke survivors, caregivers and people in the local community about stroke prevention and disabilities. Register by calling Jennifer Gagnon at (919) 470-4241.

#### Diabetes Support Group for Adults

September 16, October 21 and November 18, 6 p.m.  
Teer House  
This monthly support group discusses topics and has informal discussions to help participants manage their diabetes. It is facilitated by certified diabetes educators and sponsored by the Durham Regional Hospital Outpatient Nutrition and Diabetes Education Center and the Duke University Adult Diabetes Education Program. Call (919) 416-DUKE to register.

#### American Red Cross Blood Drive

October 1, 10 a.m.-2:30 p.m.  
First Level Classroom, Durham Regional Hospital  
Give the gift of life to someone in need. To schedule your appointment to give blood, call (919) 470-6524.

### ONGOING

#### Tour the Birth Place at Durham Regional Hospital

Tuesdays, 7 p.m., Durham Regional Hospital  
To help prepare for the delivery of your little one, take a free, guided tour of The Birth Place. The tour meets at the Radiation Oncology Waiting Area. To register, visit [www.durhamregional.org](http://www.durhamregional.org) or call (919) 416-DUKE.

Prenatal classes on a variety of topics also are offered through the Teer House, a community education facility for Duke University Health System. Visit [www.dukehealth.org](http://www.dukehealth.org) for a complete list of classes.



### Robotics gets you back on course sooner.



New robotic surgery technology can mean an easier recovery. Less postoperative pain. A shorter hospital stay. Even smaller scars.

Only 1 in 4 community hospitals has robotic surgery technology. And now that includes Durham Regional Hospital, where surgeons are using cutting-edge robotics for minimally invasive urologic procedures (including the

treatment of prostate cancer), gynecologic procedures, and weight-loss surgery.

Find out if Durham Regional can change what surgery means to you. Contact us at [durhamregional.org](http://durhamregional.org) or **919-403-4DRH (4374)**.