

YOUR HEALTH



Helping the Beat Go On

PAGE 4

Ask the Experts:
Osteoporosis

PAGE 3

Important
Screenings for Men

PAGE 6

Eating for a
Healthy Heart

PAGE 7



Find the hidden
umbrella and
you could **WIN**
an **iPod Shuffle!**
Details on page 2





To support our friends and neighbors who are battling cancer, Durham Regional Hospital recently partnered

with the American Cancer Society to open a Cancer Resource Center at Durham Regional. This center will benefit anyone newly diagnosed with cancer or living with cancer by offering resources, such as literature about their particular type

of cancer, support program offerings in the area, information on how to get a ride to treatment and more.

The center is open to all members of the community, not just patients at Durham Regional. We want anyone—regardless of where they are being treated—to be armed with all of the information needed to achieve success in their fight against cancer.

Please encourage your loved ones who are facing cancer to visit our Cancer Resource Center. It is located on Nursing Unit 5-3 and is staffed by trained volunteers Monday through Friday from 10 a.m. to 4 p.m.

Sincerely,
Kerry Watson, President

Looks Can Lift Your Spirits

The American Cancer Society's Look Good ... Feel Better® program provides support for female cancer treatment patients who have experienced hair loss or other physical appearance changes due to chemotherapy or radiation treatments.

The program features cosmetology professionals who can give you tips on the following:

- **Wig wear**—Learn how to pick a wig that's right for you and how to take care of it.
- **Beauty tips**—Discover a 12-step make-up guide that will give you a gorgeous glow.
- **Skin and nails**—Find methods for dealing with discolored nails and dry skin.
- **Head wrap**—Learn how to cover your head with a stylish scarf or trendy turban.

Look Good ... Feel Better® is held on the first Monday of every month from 1–3 p.m. at the Teer House, Duke University Health System's community education facility. The Teer House offers easy access and parking, and is located just blocks from Durham Regional Hospital at 4019 N. Roxboro Road.

To register, visit www.durhamregional.org or call 1-888-227-6333



Find the Hidden Umbrella!

Find the hidden umbrella and enter for a chance to win an iPod Shuffle! To enter, fill out the form at www.durhamregional.org/YourHealth. All entries must be received by May 16, 2011. Employees of Duke University Health System and their immediate family members are not eligible to win.

We're on Facebook! 

"Like" us on Facebook and get frequent updates about what's happening at Durham Regional Hospital.

ASK THE EXPERTS

Osteoporosis

OSTEOPOROSIS IS AN AGE-RELATED CONDITION, WHICH MAKES BONES MORE FRAGILE AND WEAK, THUS INCREASING THE RISK OF FRACTURES PARTICULARLY IN THE HIP, SPINE AND WRIST.

Your Health sat down with MargEva Cole, MD, OB/GYN, chair, department of OB/GYN at Durham Regional Hospital, and Joe T. Minchew, MD, orthopaedic surgeon with North Carolina Orthopaedic Clinic, to learn more about this condition, which affects 40 million people (mostly women) nationwide.



YOUR HEALTH: How can you prevent osteoporosis?

DR. COLE: Osteoporosis can best be prevented with an active lifestyle and adequate calcium and vitamin D intake as a young adult. Achieving a strong, healthy peak bone mass by age 30 will help prevent the onset

of osteoporosis with aging.

Bone density tends to decline in all women after menopause. This effect can be lessened with regular weight-bearing aerobic exercise, such as walking and light weightlifting for upper body and back strength. The recommendations about supplementation of calcium and vitamin D are constantly changing, but a safe guideline would be to take 1000mg of calcium and 1000 to 2000IU of vitamin D each day. I have found that a substantial number of my patients are vitamin D deficient—likely due to long hours spent indoors at work. Having your vitamin D level checked by your physician can help determine the best dose for you to take daily.

Hormone replacement therapy can also prevent bone loss after menopause. The decision to start hormone replacement therapy should be an individual one made by each woman after a thorough discussion of risks and benefits with her healthcare

provider. The decision for each woman may be completely different based on her medical as well as family history.

Building strong bones early and keeping them strong with exercise and good nutrition are the best ways to promote bone health.



YOUR HEALTH: What treatment options are available for osteoporosis? Can you reverse it?

DR. MINCHEW: Very few treatments can truly “reverse” osteoporosis once it is present. The majority of treatments act to slow the onset of osteoporosis or to slow or halt the progression once it is

present. Once osteoporosis has been established, the most recommended treatment is the use of medications that slow or inhibit the body’s breakdown of bone. These medications include the bisphosphonates, such as Fosamax®, Boniva® and Reclast®, and one with similar properties of bone as estrogen, such as Evista®. These medications are effective at slowing or preventing bone loss and may result in small increases in bone density.

However, the most effective treatment of osteoporosis, as Dr. Cole discussed, is early prevention with adequate calcium, vitamin D and weight-bearing exercise in childhood, adolescence and young adulthood. This allows you to achieve your highest attainable peak bone mass before you begin to lose bone.

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



Beat of a *Different Drum*

WHEN THE HEART HAS AN IRREGULAR HEARTBEAT, THE MOST COMMON CAUSE IS AN ELECTRICAL DISORDER OF THE HEART CALLED ATRIAL FIBRILLATION. TIMELY DIAGNOSIS AND TREATMENT FOR ATRIAL FIBRILLATION CAN SAVE YOUR LIFE.

What Is My Risk?

Atrial fibrillation—fast or irregular heartbeat—can occur without a known cause.

Talk to your physician about your personal risk for atrial fibrillation if you have one of the following risk factors:

- damaged heart valve
- heavy alcohol consumption
- high cholesterol-induced heart disease
- large heart due to elevated blood pressure
- lung disease
- overactive thyroid gland
- use of particular medications

A healthy heartbeat is regulated by electrical signals originating in a group of cells in the top of the heart that coordinate the timing of heartbeats, allowing the heart to pump blood efficiently. People with atrial fibrillation—irregularity in heart rhythm—have a greater risk of heart failure and stroke because this rhythm is disrupted.

Atrial fibrillation can have no symptoms, but seek medical attention if you are experiencing any of the following symptoms:

- chest pain
- confusion
- difficulty exercising
- fainting or dizziness
- fatigue
- heart palpitations (racing heartbeat)
- shortness of breath

DIAGNOSING AN ELECTRICAL PROBLEM

Effective diagnosis of atrial fibrillation requires a physician to review family and medical history, conduct a physical exam and

perform an electrocardiogram (EKG). This test records the rhythm, speed, strength and timing of a beating heart. To capture more than the few seconds recorded in a standard EKG, a portable EKG device, Holter Monitor or event monitor may be worn to obtain data on intermittent arrhythmias.

“If a patient is in atrial fibrillation while they are wearing a device, the event will be recorded,” says Tim Donahue, MD, electrophysiologist with Triangle Heart Associates and a member of Durham Regional Hospital’s medical staff. “We can then use that data for diagnosis.”

TREATING ARRHYTHMIAS

Medication and lifestyle modifications, such as limiting or avoiding caffeine and alcohol, may be used to slow down a rapid heartbeat. If medication does not resolve the arrhythmia or the symptoms are extreme, electrical cardioversion may be recommended.

“Electrical cardioversion administers an electrical impulse to the heart that

converts it to a natural rhythm,” says Dr. Donahue. “When patients are in atrial fibrillation, they have the potential for developing clots. We use a blood thinner along with electrical cardioversion so clots don’t form.”

HERE FOR YOU

“We offer full services for patients with atrial fibrillation,” says Dr. Donahue. “We are also very accessible and can see patients quickly. We perform procedures successfully and safely and use the best technology.”

For more information about heart services or cardiologists at Durham Regional Hospital, visit www.durhamregional.org/services/heart.



Your Arrhythmia Resource

If you are one of the more than two million people in the United States who have atrial fibrillation, cardiologists in the Electrophysiology Laboratory at Durham Regional Hospital have the experience and technology needed to treat your condition.

Atrial fibrillation is growing in the United States, with as many as 5 percent of people older than age 65 having the condition. Unlike with other heart rhythm conditions, pacemakers and other implantable devices are not commonly used to treat atrial fibrillation. Instead, cardiologists at Durham Regional often use ablation to treat atrial fibrillation and other arrhythmias.

With atrial fibrillation ablation, physicians utilize a series of radio waves to shock—or “burn”—selected areas of the heart in an attempt to prevent an irregular heart rhythm. According to a recent study published in *Journal of the American Medical Association*, this method is more successful for many patients than medication-based treatments.

In the study, two-thirds of patients who had failed to respond to earlier drug treatments had no symptoms of irregular heart rhythm nine months after having atrial fibrillation ablation, while fewer than 20 percent of patients treated solely with medication were symptom-free.



Important Screenings for Men



DO YOU SMOKE?

Smoking is one of the most detrimental habits for your health and contributes to your risk of heart disease, stroke, diabetes and other conditions. If you have ever been a smoker and are between the ages of 65 and 75, an abdominal aortic aneurysm screening is recommended.

AS MEN AGE, THEIR HEALTH NEEDS CHANGE. UNDERGOING THE APPROPRIATE SCREENINGS CAN INCREASE YOUR CHANCES OF DETECTING DISEASE EARLY—AND SAVE YOUR LIFE.

COLORECTAL CANCER

Colorectal cancer—the fourth most common cancer among people in the United States—is often curable if caught in the early stages. Men should begin screenings at age 50, or earlier if they have a family history of colorectal cancer. These screenings involve a fecal occult blood test, sigmoidoscopy or colonoscopy—the most common test that allows physicians to remove precancerous polyps during the procedure.

DEPRESSION

Depression cannot be detected through a blood or urine test, but a simple screening can help physicians diagnose this serious condition. If you have experienced sadness, a loss of interest or hopelessness, your physician can help determine if your feelings signal depression.

DIABETES

Affecting more than 26 million people in the United States, diabetes occurs when the body has trouble producing insulin. If your blood pressure is higher than 135 over 80 or you have a family history of diabetes, your physician may suggest testing.

“Though health screenings are essential for early detection, health maintenance is more than just these tests. Immunizations—such as flu, pneumovax and shingles vaccines—are important tools for protecting yourself against preventable diseases.”

—Samuel Warburton, MD, family practice physician
with Durham Regional Hospital

HYPERTENSION

Occurring when an individual’s blood pressure is above 140 over 90, hypertension affects about 30 percent of the American population. Blood pressure tests should begin at age 18 and help diagnose hypertension or prehypertension—120-139 over 80-89.

“Screening for hypertension is critically important in reducing the risk of heart attack, stroke and kidney problems,” says Samuel Warburton, MD, family practice physician with Durham Regional Hospital. “Because high blood pressure does not result in noticeable symptoms, diagnosis can only be achieved through screening.”

HIGH CHOLESTEROL

Cholesterol screenings should begin at age 35 for most men, but some risk factors may indicate a need for earlier testing, including:

- diabetes
- family history of a male relative who suffered a heart attack before age 50 or a female relative who suffered a heart attack before age 60
- high blood pressure
- obesity

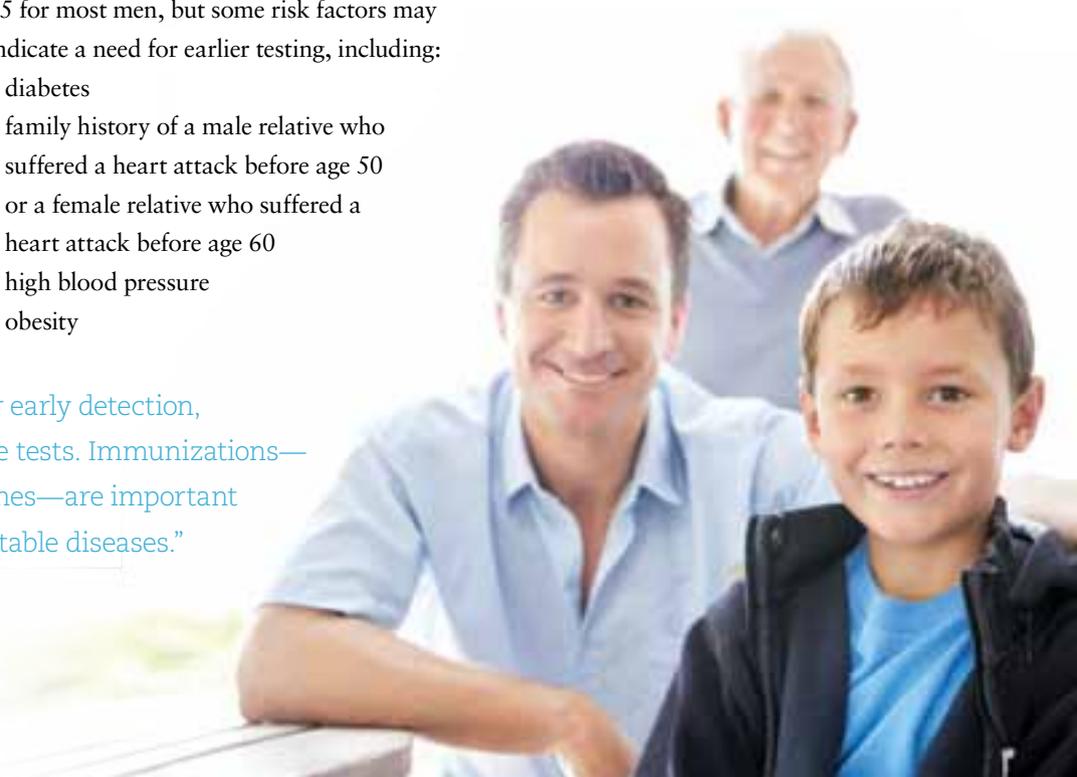
- personal history of heart or artery disease
- tobacco use

Cholesterol is checked through a blood test and should be screened during routine physician visits.

SKIN CANCER

Skin cancer is the most commonly diagnosed cancer in the United States, but a simple self-exam can help you detect the condition as early as possible. Take note of changes in your skin—including color, size, shape or texture—and report these changes to your physician as soon as possible.

To consult a primary care physician at Durham Regional Hospital, call (919) 403-4DRH.



Eating for a Healthy Heart

Maintaining a well-balanced, nutritious diet is essential to keeping your heart healthy. In addition to regular physical activity, eating foods that are low in fat and high in fiber and taking vitamins can help you prevent heart disease and feel healthier. To help your diet pack a more heart-healthy punch, try to incorporate these foods into your meals:

▶ **BLUEBERRIES**—One of the most powerful super fruits, blueberries are rich in antioxidants, fiber and vitamin C and can be easily added to cereal or salads.

SALMON—A tremendous source of omega-3 fatty acids and protein, salmon is simple to cook and provides an excellent alternative to fatty red meat.

SPINACH—Vegetables are a staple of any healthy diet, and spinach is one of the best-all-around leafy greens. Full of iron and folate, spinach provides a vital defense against heart disease.



Healthy Spring Recipe

Grilled Chicken Kabobs

Warm spring and summer temperatures mean it's time to fire up the grill. As the days grow longer, get cooking and try this delicious recipe.

INGREDIENTS:

- 4 skinless, boneless chicken breast halves, cubed
- 1 large green bell pepper, cut into 2-inch pieces
- 1 large red bell pepper, cut into 2-inch pieces
- 1 onion, cut in wedges
- 1 cup barbecue sauce
- Skewers

DIRECTIONS:

1. Preheat grill to high.
2. Assemble kabobs using vegetables and chicken, alternating between the peppers and onions.
3. Lightly oil grill and place kabobs on the grate. Brush kabobs with barbecue sauce. As the kabobs cook, turn frequently and continue brushing with sauce.
4. Grill kabobs until the chicken is cooked thoroughly.

NUTRITION FACTS PER SERVING:

Yield: 4 servings
 Calories: 256
 Fat: 3.2 g
 Cholesterol: 67 mg

Source: *allrecipes.com*



April/May/June/July

Good Neighbors, Good Health

April 19 • 7 p.m.

Durham Regional Hospital Auditorium

Good Neighbors, Good Health is a free educational series to help the community stay on top of important health issues. Join us on April 19 for a discussion on skin care and plastic surgery presented by Laura Gunn, MD, with Gunn Plastic Surgery Center. To register, visit www.durhamregional.org or call (919) 403-4DRH (4374). Light refreshments will be provided and free parking is available.

Stroke Survivor Support Group

April 11, May 9, June 13, July 11 • 1–2:30 p.m.

Private Dining Room C • Durham Regional Hospital

Durham Regional hosts a stroke survivor support group to educate stroke survivors, caregivers and people in the local community about stroke prevention and stroke disabilities. Register by calling Mark Constable at (919) 660-0096 or visit www.durhamregional.org/events.

Diabetes Support Group for Adults

April 19, May 17, June 21 • 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 (3853) or visit www.durhamregional.org/events to register.

Look Good...Feel Better®

May 2, June 6 • 1–3 p.m.

Teer House

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 1-888-227-6333.

ONGOING

Tour the Birth Place at Durham Regional Hospital

Tuesdays • 7 p.m.

To help prepare for the delivery of your little one, take a free, guided tour of The Birth Place at Durham Regional. The tour meets in the First Level Classroom. To register, call (919) 403-4DRH (4374) or visit www.durhamregional.org/events.

Weight Loss Surgery Information Seminar

Tuesdays • 4–6 p.m.

Fridays • 3–5 p.m.

The Duke Center for Metabolic and Weight Loss Surgery offers a free seminar that provides information about obesity, surgery and the Duke Center for Metabolic and Weight Loss Surgery's program. To register, call (866) 637-0711 or visit www.durhamregional.org/events. Registration is required.

Prenatal classes on a variety of topics are also offered though the Teer House, a community education facility for Duke University Health System. Visit www.durhamregional.org for a complete list of classes.



This is a
recyclable product.

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines. For more information or suggestions concerning this publication, call the Marketing Department at (919) 470-6520 or e-mail DRHealth@notes.duke.edu.

Mark, Raleigh, NC

Lost 135 pounds

His weight kept him grounded. Now the sky's the limit.

Results are typical*

* After weight loss surgery at Duke combined with the support of our top-notch nutritionists, counselors, and medical staff, Mark was able to shed his excess weight and something else—borderline type 2 diabetes. At Duke, the average weight loss surgery patient loses 60 percent of excess weight over two years. What can we do for you?

Find more success stories like Mark's and register for a free informational seminar at dukehealth.org/weightlosssurgery.

Duke Center for Metabolic & Weight Loss Surgery

Durham | Raleigh 888-ASK-DUKE

Durham Regional Hospital has achieved recognition as a bariatric surgery Center of Excellence by the American Society for Metabolic and Bariatric Surgery, Medicare, BCBS of North Carolina, and CIGNA



Bariatric Surgery Center of Excellence is a registered trademark of the American Society for Metabolic and Bariatric Surgery (ASMBS). Used by permission of ASMBS. All rights reserved.

Designation as Blue Distinction Centers® means these facilities' overall experience and aggregate data met objective criteria established in collaboration with expert clinicians' and leading professional organizations' recommendations. Individual outcomes may vary. To find out which services are covered under your policy at any facilities, please call your local Blue Cross and/or Blue Shield Plan.

