

HEALTH NEWS *from*

WINTER 2016

st. mary's

REGIONAL MEDICAL CENTER

A good night's sleep is great for your *heart*

The link between
sleep apnea and
cardiovascular health



Also inside:

ST. MARY'S CHANGE OF HEART

Debbie Bell finds
encouragement in
cardiac rehab

EAT YOUR WAY TO A HEALTHIER HEART

Your diet can be a
valuable tool

Compliments of



St. Mary's
REGIONAL MEDICAL CENTER



Regardless of your age, a strong heart is essential to quality of life. At St. Mary's Regional Medical Center, we want you to have every advantage for long-lasting cardiac health. Through articles and real-life experiences, this *Health News* illustrates how we can help with prevention and treatment of disease, and sensible tips for heart-wise living.

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A guide for both men and women

You may not be aware that sleeping (or not sleeping) can affect your heart. Studies have linked sleep apnea, a disorder that interrupts sleep, to cardiovascular disease, high blood pressure, diabetes and stroke. Treating sleep apnea can actually help your heart stay healthier. Read more on page 4.

Besides talking about prevention, we also feature recovery. After a cardiac event, patients are eager to be independent again and get back to a familiar routine. This was true for Debbie Bell, an Enid wife and grandmother who suffered debilitating heart failure. St. Mary's Change of Heart rehabilitation program helped her regain her energy and physical fitness, and adopt a healthier lifestyle. Read more about her on page 6.

It's always a pleasure to reach out through the pages of this magazine. Thank you for reading it, and for following us on Facebook and Twitter. We hope these communications clearly express the commitment St. Mary's Regional Medical Center has made to you and the rest of our community.



Stanley Tatum
Chief Executive Officer

February is American Heart Month

Heart disease is still the leading cause of death for both men and women in the United States.* St. Mary's Regional Medical Center encourages you to make healthy changes to lower your risk. Controlling and preventing risks is also important for people who already have heart disease. Consider these basic steps:

- Watch your weight.
- Control your cholesterol and blood pressure.
- Quit smoking and stay away from secondhand smoke.
- If you drink alcohol, drink in moderation.
- Get active and eat healthy.



If you need a cardiologist, call St. Mary's free physician referral line at 580-249-3741.

*Centers for Disease Control and Prevention

Eating your way to better *heart health*

Your diet is one of the best tools for fighting diabetes and heart disease.

The American Diabetes Association reports diabetes doubles your risk for heart attack and stroke. The high blood glucose levels associated with diabetes can cause fatty materials to build up inside the blood vessel walls, causing blockages. Your diet is one of your best allies. The right meal plan can improve the condition of your blood vessels and reduce the risks that contribute to disease. Heart-healthy foods are also good choices when you have Type 1 diabetes, and can help reverse Type 2.

TIPS FOR A HEALTHIER DIET:

Limit foods high in unhealthy fats and cholesterol

- Avoid cooking with butter, lard and vegetable shortening
- Bake, broil, grill and steam rather than fry
- Choose beans, soy-based products, skinless chicken and fish over processed meats
- Choose low-fat or no-fat dairy products

Decrease the amount of salt you eat

- Eat fresh foods rather than processed foods
- Canned foods and soups should be low-sodium
- Omit salt when you cook; add herbs and spices instead
- Limit eating at restaurants; one meal can contain as much as 1500 mg of sodium

What about carbohydrates?

Eating fresh fruit (not canned with sugary syrup), vegetables and whole grains is recommended. They add valuable fiber. They all contribute to the amount of carbohydrates you consume, so make sure the food amounts are counted as part of your meal plan.

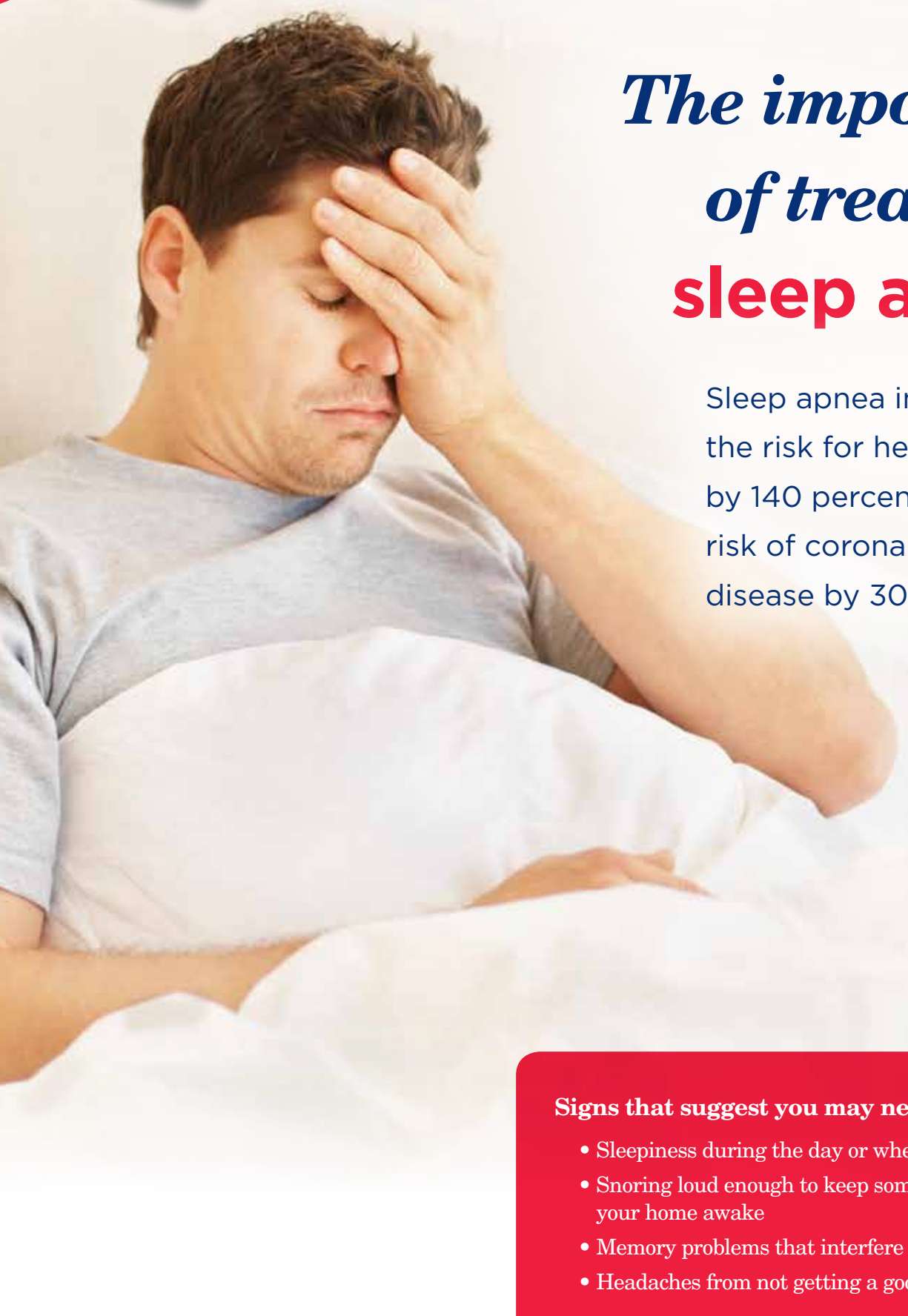
Tips you can use every day

- Instead of snacking on chips or cookies, pack a serving of nuts
- Add more vegetables to your meals and decrease the amount of meat
- Buy lean meats such as chicken or turkey; cook and slice for lunchmeats
- Switch from white bread to whole grain; have fruit instead of sweet desserts
- Freeze leftovers in small containers instead of buying processed frozen dinners

To help monitor your blood pressure, cholesterol and glucose levels, download our “Know Your Numbers” guide at www.stmarysregional.com/numbers.

Source: American Diabetes Association; National Institute of Diabetes and Digestive and Kidney Diseases





The importance of treating sleep apnea

Sleep apnea increases the risk for heart failure by 140 percent and the risk of coronary heart disease by 30 percent.*

Signs that suggest you may need a sleep study

- Sleepiness during the day or when working
- Snoring loud enough to keep someone in your home awake
- Memory problems that interfere with activities
- Headaches from not getting a good night's sleep

Sleep apnea is a disorder that causes brief interruptions in breathing – sometimes hundreds during the night. Loud snoring and gasping for breath are two common symptoms. Diagnosis and treatment of sleep apnea are a major focus at St. Mary’s Sleep Disorders Center.

The dangers of sleep apnea

Normally, when a person is sleeping, the muscles in the throat relax. In obstructive sleep apnea patients, the airways close up or become blocked. Oxygen intake is decreased and strain is put on the heart. This can lead to serious cardiac conditions such as coronary heart disease, irregular heartbeats (arrhythmias) and heart failure.

Jeffrey Young, Sleep Operations Coordinator, says increasing awareness can make all the difference. “The importance of identifying sleep apnea is to diagnose and treat the underlying conditions, which can range from cardiovascular disease, high blood pressure and diabetes to obesity,” he says. “In most cases, left untreated, the conditions will develop further.”

A sleep study can identify problems

Often doctors prescribe a sleep study if sleep apnea is suspected. This is a diagnostic test that is conducted overnight. Patients sleep in the Sleep Lab’s quiet, comfortable hotel-like setting. Trained clinicians monitor and record the patient’s sleep patterns, heart rate, breathing, muscle movement, brain waves and oxygen levels. If sleep study results are positive, a treatment plan is developed.

For mild cases, lifestyle changes may be recommended. The most widely used treatment for moderate to severe sleep apnea is Continuous Positive Airway Pressure (CPAP) therapy. Steady air pressure, delivered via a mouth or nosepiece, keeps the patient’s airways open while sleeping. There are also more than 100 oral appliances available to treat obstructive sleep apnea.



Emily Cooper, MD

Encouraging screenings

“Many people don’t know to get tested for sleep apnea, since symptoms can be vague,” says Emily Cooper, MD, Family Medicine Physician. Snoring is one sign of sleep apnea, but requires someone else to hear it. Another symptom may be daytime sleepiness, but that can be attributed to a wide variety of causes.

Kent Jordan, Director of Respiratory, Stress Testing and the Sleep Lab at St. Mary’s Sleep Disorders Center, says this lack of understanding can complicate diagnosis. “There’s no pain prompting patients to see their doctors, so the signs are easy to ignore,” he says. “If someone is having problems sleeping, a sleep study is an excellent first step toward a better quality of life.” ■

For more information, call 580-249-5870 or visit www.stmarysregional.com/sleep.

**Kasasbeh E, Chi DS, Krishnaswamy G. Inflammatory aspects of sleep apnea and their cardiovascular consequences. South Med J 2006;99:58-67.*

St. Mary's *Change of Heart* program can change lives



Debbie Bell made it back from heart failure and open-heart surgery with the help of the caring, dedicated therapists at St. Mary's Regional Medical Center.



Enid resident Debbie Bell, 57, mother of three and grandmother of six, says she is getting better every day. She attributes the new energy she feels to St. Mary's Change of Heart cardiac rehabilitation program. "The therapists are very encouraging," says Debbie. "They are doing an excellent job teaching me how to get healthier." >

Ongoing therapy and a new outlook on life

Debbie hadn't been feeling well for about three weeks in November 2014. Having no energy and feeling like she had the flu, she went to an urgent care clinic three times. On November 18, while working, she could hardly breathe. Debbie checked into St. Mary's Emergency Department, and a chest X-ray showed fluid around her heart and in her lungs. "Debbie's heart was functioning at less than 30 percent," says Yasir Yaqub, MD, the interventional cardiologist who treated her at St. Mary's.



Yasir Yaqub, MD

After undergoing double-bypass, open-heart surgery, Debbie chose to return to St. Mary's for outpatient cardiac rehab. She wanted to continue the quality care she received from Dr. Yaqub.

Through the cardiac rehab program, Debbie acquired the tools she needed to exercise – both cardiovascular and resistance training. "Regular sessions over a period of time got her strength back and her physical condition improved," says Dr. Yaqub.

A multidisciplinary approach to recovery

Cardiac rehabilitation at Change of Heart doesn't stop at physical improvement. Besides the physicians, the rehab team includes registered nurses, exercise specialists, a counselor, dietitian and chaplain. The team addresses all aspects of recovery, ranging from depression, which can set in during an illness, to healthy eating.

A comprehensive program like Change of Heart can:

- Reduce risk of future heart problems and the risk of dying from a heart attack.
- Decrease pain and the need for medicines to treat heart or chest pain.
- Lessen the chance of having to go back to the hospital or emergency room.
- Improve overall health by reducing risk factors for heart problems.
- Improve quality of life and make it easier to work and take part in daily activities.
- Provide peace of mind: an ER physician is on-site if patients need assistance.

"The Change of Heart staff is just awesome. They are very caring. God put me where I needed to be when I needed to be there." - Debbie Bell

The program worked beautifully for Debbie. Besides exercising, she worked with the dietitian, who coached her on a heart-healthy diet. "I learned how my diet was hurting me," she says, noting that she and her husband have cut out a lot of fried foods, and are eating more vegetables and fish. After much hard work, Debbie is grateful for her progress and the people who helped her. ■

**National Heart, Lung and Blood Institute*

To learn more about cardiac rehab at St. Mary's, visit www.stmarysregional.com/change.





REGULAR SCREENINGS CAN BE “*early detectors*” OF DISEASE.



Part of protecting your health includes regular checkups

and screenings. These help present a broad view of your health, and can detect underlying conditions early, when they’re usually easier to treat. Here, **Jill Vilaythong, MD**, a physician who specializes in internal medicine with St. Mary’s Physician Associates, answers questions about exams that fall in the “regular” category.

Q: Should everyone get a physical every year?

Routine checkups are recommended annually for adults ages 18 to 21, and those 50 years old and above. For people whose age falls in between, a physical every one to three years is suggested based on the person’s risk factors.

Q: What are other health recommendations?

Flu shots are recommended yearly for everyone aged 6 months and older.*

Q: Are screenings free through Marketplace health plans?

Marketplace health plans and many other plans must cover certain preventive services without charging a copayment or coinsurance. This is true even if you haven’t met your yearly deductible. For more information, visit healthcare.gov.

To find a doctor, call our free physician referral line at 580-249-3741.

**Centers for Disease Control and Prevention*

***National Cancer Institute*

****American Cancer Society*

†United States Preventive Services Task Force

Q: What tests are recommended for women?

Mammograms can help reduce the number of deaths from breast cancer,** the second most common cancer among women in the United States.*** Those who have an average to high risk of breast cancer should talk with their doctors about when to start mammogram screenings and how often to have them.† High-risk patients may need a more aggressive plan, such as adding breast magnetic resonance imaging or ultrasound imaging along with a mammogram. Women should also get regular Pap tests, to detect cervical cancer, starting at age 21.*

Q: Have guidelines for prostate screenings changed?

The American Cancer Society recommends that men discuss prostate cancer screening with their doctor before deciding whether to be screened. The discussion should take place at age 50 for men who are at average risk for prostate cancer. It should happen at 45 for men who are at higher risk, including African-American men and those who have a father or brother diagnosed with prostate cancer. ■





Career trucker Bill Stanley relearns how to walk ...

and to see things from a new
perspective at St. Mary's Center for
Rehabilitation.



Enid resident Bill Stanley had a long road recovering from what one doctor called, "The most severe leg trauma I've ever seen." Entering St. Mary's outpatient Center for Rehabilitation in late October 2014 was a turning point. Bill found the staff welcoming and the therapy and support lifesaving. "St. Mary's taught me how to walk again," he says.

A LIFE-CHANGING STEP

It was just after dark one night in September 2014 when Bill pulled his big rig into Alliance, Nebraska. He was hauling train motors from Topeka, Kansas. While unloading, he was knocked off balance and fell off the back of the truck, striking a shipping crate. "I was in pain at first," says Will. "Then my whole leg just went numb and felt like it was bleeding, but there was no blood."

Bill was transferred by ambulance and helicopter to Denver, where his leg was stabilized with an external fixator and screws. He was then flown to an Oklahoma hospital for specialized surgery on his badly shattered tibial plateau, the top of the shinbone that forms part of the knee. A two-and-a-half hour operation was followed by months of healing. When he was ready to regain use of his left leg, he arrived as an outpatient at St. Mary's Center for Rehabilitation using a wheelchair and a walker.

GETTING BACK ON TRACK

The first few weeks, physical therapists focused on range of motion, balance and using his good leg. Since Bill likes to cook, his goal was to stand at a stove. After about 12 therapy sessions, he was able to walk with a cane. "It took me three months to put weight on my left leg," he says.

Bill says physical and occupational therapy was just a part of his recovery at St. Mary's Center for Rehabilitation. The staff was also able to help with the depression that had set in. "The therapists at St. Mary's were so good. We'd get talking and it would clear my mind," he says. The experience also gave him time to reflect.

"I truly think this is God's way of telling me it's time to change," says Bill. "I was smoking, putting on weight and living recklessly. St. Mary's Center for Rehabilitation and its terrific staff helped me grow physically and mentally, and improved my health and my character." ■

You'll find convenient on-site parking and a relaxed, comfortable environment at St. Mary's Center for Rehabilitation, 2123 West Willow Road. For information and to make an appointment, call 580-237-8278.



Safe driving for seniors

Tips from the National Highway Safety Administration can help you be your best behind the wheel.

Drivers' licenses are renewed every four years in Oklahoma, with no special provisions for age. However, senior drivers should be aware of physical changes that can affect reaction time, strength, coordination, vision and hearing. Here are suggestions:

Addressing physical changes

- Have your vision checked every one to two years; hearing every three years.
- If you have trouble seeing in the dark, limit driving to daytime.
- If you have difficulty hearing, get your hearing checked or see an ear, nose and throat doctor.
- Start braking early when you need to stop to avoid collisions.

Beware of the effects of medications and alcohol

- If your medicine includes, "Do not use while operating heavy machinery," don't drive while taking it.
- Your doctor or pharmacist may be able to adjust the dosage or timing if medications interfere with driving.
- Never drink and drive.
- Know the effects of any over-the-counter medications you're taking.

Tips to keep in mind

- Take a refresher course. Brushing up on your driving skills can give you confidence.
- Use good judgment. If you don't see well at night but want to go out, get a ride.
- Stay in good physical shape. Even 12 weeks of exercise can improve coordination.
- Adjust seat height so you can see at least 10 feet in front of your car.
- Plan your route.

St. Mary's Healthy Connections program can provide speakers for your school, church or community organization. Call 580-249-3665 for more information.

WHAT ABOUT YOUR LOVED ONES?

These four questions can help you decide whether to start a conversation with a friend or loved one about their driving abilities.

1. Has there been a near miss or crash?
2. Has your older driver received a ticket for a moving violation?
3. Has he or she been getting lost on familiar routes?
4. Is your loved one overwhelmed by road signs?

Taking care of adults' mental health

Help in the face of a crisis is now available at Resilience Behavioral Health at St. Mary's Regional Medical Center.

More than half of Americans will develop a mental illness at some point in their lives.* If problems become chronic, they can make daily living a challenge. Previously, people had to travel far from Enid to find help during this kind of crisis. That's changed now that St. Mary's Regional Medical Center has opened Resilience Behavioral Health, an inpatient unit just for adults.

A CARING ENVIRONMENT

A warm, professional staff includes nurses, mental health technicians, social workers and recreational therapists. Under the direction of Psychiatrist Jahangir Ghaznavi, MD, staff members welcome patients ages 18 to 64 who need inpatient treatment for a primary behavioral health diagnosis such as depression, bipolar disorder or schizophrenia.

"We stabilize patients, get them safe in their own private room and determine what kind of help they need," says Eric Ward, RN, BSN, Director of the unit. "An individual treatment

plan may involve therapy and medication. We may also collaborate with community organizations for assistance with housing, finances and other needs."

FAMILY CAN BE A SUPPORT

When one person suffers from mental illness, it affects everyone he or she is close to. The Resilience team works closely with relatives and friends encouraging them to express their feelings and teaching new ways to cope. In this way, families become involved in loved ones' recovery.

"Resilience Behavioral Health gives our community something it has not had for a long time," says Ward. "It gives adults the privacy and safety they need to begin recovery, and provides dedicated professionals who care about their patients." ■



What is bipolar disorder?

Bipolar disorder or manic depression is an illness that often appears in the late teens or early adult years. It has no known cure, so it must be managed throughout a person's lifetime. Bipolar disorder causes extreme mood swings that include an overexcited state (mania) and a sad or hopeless state (depression). Bipolar disorder can usually be managed with therapy and medication and is determined through a mental health evaluation. "We will also discuss the patient's family history since bipolar disease tends to run in families," says Eric Ward, Director of Resilience Behavioral Health.

Admissions at Resilience Behavioral Health are accepted 24 hours a day, seven days a week. For more information, call 580-233-CARE (2273).

*National Institutes of Health

Check it off the list ... *we'll make it easy!*

We know you're busy and that finding time for your annual mammogram can be a challenge. But consider this ... one in eight women will develop breast cancer in her lifetime.* And many don't have any risk factors.

Screenings save lives

A mammogram is a screening test for breast cancer and can help find breast cancer early when it's easier to treat.

The **Women's Imaging Center** offers a comprehensive range of imaging services, including digital mammography for clearer, sharper images than with traditional mammography.

**American Cancer Society*



Don't wait

Schedule your mammogram with us.

Is it time for your regular mammogram?

Ask your doctor for an order or call our Women's Imaging Center at **580-249-3771** to schedule an appointment.



St. Mary's Regional Medical Center

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