

HEALTH NEWS *from*

SUMMER 2019

st mary's

REGIONAL MEDICAL CENTER

Pain free, thanks to robotic surgery

Victor Perez finds lasting
relief for diverticulitis

Inside:

FOODS THAT DO HARM?

The health risk you
need to know about

MANAGING DIABETES

Important info - plus
a free upcoming
program!

Compliments of



St. Mary's
REGIONAL MEDICAL CENTER

FROM THE CEO



It was exciting to learn that St. Mary's Regional Medical Center received *Enid News & Eagle* 2019 Readers' Choice Awards for: Best Hospital, Best ER, Friendliest Business, Best Physical Therapy Center and Best Gift Shop. In addition, several physicians practicing at St. Mary's received an award, including: Best Cardiologist - John Bartolozzi, MD; Best Family Physician - Samantha Moery,

DO; Best OB/GYN - Chris Lee, DO; and Best Pediatrician - Eve Switzer, MD. Being recognized by the people we serve is a very special honor. On behalf of the entire staff, I'd like to express our sincere appreciation to everyone who voted for us.

In order to provide the best possible care, the team at St. Mary's is committed to continually improving services for our patients. To enhance the hospital's cardiac capabilities, we recently introduced a brand-new imaging system that provides exceptionally sharp images to help guide the physician and staff during complex cardiovascular interventions. With crisp, clear images, clinicians may be able to use less intravenous contrast, making it safer for the patient. The Canon Alphenix™ technology was just cleared for use by the FDA in December 2018, and St. Mary's is the first hospital in the state to install this new Canon technology. Just steps away from the cardiovascular suite is a new family consultation room where patients' loved ones can gather and meet with the physician following the procedure.

Having a team committed to your good health is important no matter what medical challenges you face. Please know that St. Mary's is here for you and will continue working hard to earn your trust as Enid's best.



Krista Roberts
Chief Executive Officer

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Help to live your best life



Specialized care *for a better night's sleep*

If you're snoring excessively, waking up tired or having other nighttime problems, the St. Mary's Regional Medical Center Sleep Disorders Center may be able to help. Care is focused on diagnosing and treating disorders such as sleep apnea, insomnia and other conditions. For some people, a home sleep study or an overnight stay at the sleep center may be recommended to monitor body functions such as breathing patterns and heart rate. Getting insufficient rest doesn't just affect how you feel but can also contribute to diseases like high blood pressure (hypertension), diabetes, cancer and others.*

To learn more, visit stmarysregional.com/sleep.

*National Institutes of Health

Taking care to the next level with a **new interventional system**

St. Mary's has acquired a new imaging system that offers industry-leading angiographic technology to help guide complex cardiovascular interventions. "We are excited to offer enhanced cardiac capabilities for our patients," says John Bartolozzi, MD, medical director of the Cath Lab. "And, because we're among the first in the nation to have this technology, we'll be showcasing our Cardiac Catheterization/Interventional Radiology suite to other hospitals across the country." Learn more about St. Mary's cardiovascular services at stmarysregional.com/cardio.



TIPS *to stay hydrated*

Your body needs water to regulate your temperature, get rid of waste and keep your joints lubricated; but sometimes you may need an extra incentive to sip. To stay hydrated, consider these tips from familydoctor.org, a website of the American Academy of Family Physicians.

- **Keep a reusable water bottle with you during the day.**
- **Try adding a slice of lemon or lime to your drink.**
- **Drink water before, during and after a workout.**
- **When you're feeling hungry, drink water. Thirst is often confused with hunger.**
- **Drink water on a schedule. For example, drink water when you wake up, at breakfast, lunch and dinner, and when you go to bed. Or, drink a small glass of water at the beginning of each hour.**
- **Drink water when you go to a restaurant.**



Staving off SKIN CANCER

Summer may be winding down, but now's not the time to skimp on sun protection. Ultraviolet (UV) rays can cause skin damage all year round, so it's important to continue preventive measures like wearing sunscreen, a hat, protective clothing and sunglasses. Also, don't forget to check your skin regularly and talk with your doctor about skin exams. The American Cancer Society® (ACS) says that many doctors recommend checking your own skin preferably once a month to learn what's normal and identify changes. Skin cancer is the most common cancer in the United States, according to the ACS. Catching it early can help support effective treatment.

Disease AND YOUR DIET

Research continues to show a link between certain foods and your risk of diseases like cancer, cardiovascular disease, Crohn's disease, rheumatoid arthritis and many others. A key factor is a condition called chronic inflammation, which can occur for years inside your body without you even realizing it.

This form of inflammation is different from acute inflammation, which happens when you experience redness or swelling from a cut or injury. Rather than acting as part of the body's natural healing process, chronic inflammation is harmful to your organs and bodily systems. "It's almost like there's an intruder that your immune system is trying to attack to heal your body," says Deirdre Postier, a dietitian at St. Mary's. "It could be what you're eating," she says. Factors like stress or smoking can also play a role. For cardiac patients, chronic inflammation can increase atherosclerosis (or plaque buildup) in the vessels, Postier says. "It can also occur in the gut and the intestinal tract."

Eating an anti-inflammatory diet high in plant-based foods, such as a vegan, vegetarian or Mediterranean diet, is recommended (see chart below). Also, it's important to avoid foods with trans fats (also known as hydrogenated oils), as well as sugary, processed products, which can cause inflammation. It takes effort, but making healthy choices may help you fight disease and feel better too. ■

Want more health tips? Visit our free wellness portal at stmarysregional.com/well.

SAMPLE DIET CHOICES TO HELP PREVENT INFLAMMATION

DO EAT ...

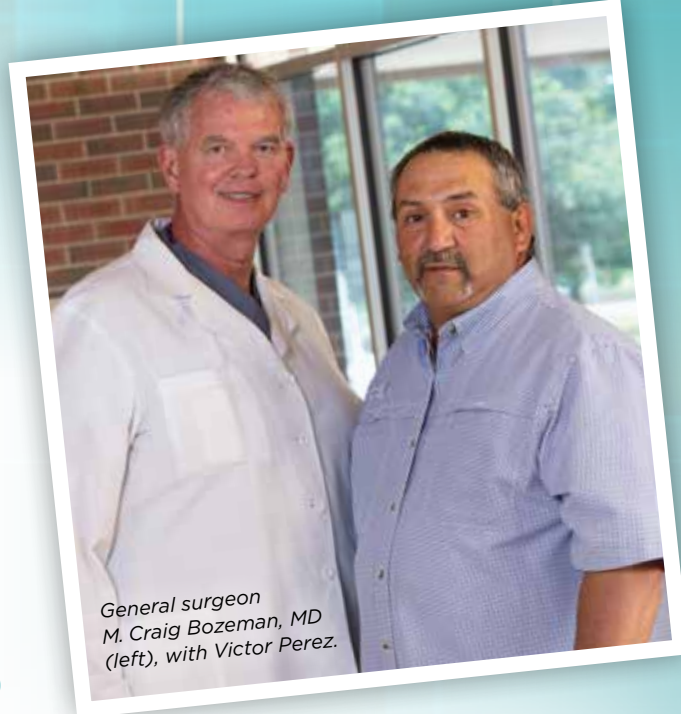
- ✓ **Vegetables and fruits, especially red, blue and purple varieties, which are high in anthocyanin, a compound that can reduce inflammation** (e.g., blueberries, blackberries, purple potatoes). Tip: Consider frozen as a convenient, less costly alternative to fresh.
- ✓ **Whole grains** (e.g., oatmeal, brown rice, whole-wheat bread, whole-wheat pasta).
- ✓ **Beans and legumes** (e.g., black beans, chickpeas, lentils, pinto beans, red beans).
- ✓ **Nuts** (e.g., almonds, pecans, peanuts).
- ✓ **Food sources for Omega-3 fatty acids** (e.g., salmon, mackerel, herring, sardines, tuna; also, walnuts, ground flax seeds, chia seeds).

AVOID ...

- ✗ **Foods with trans fats** (or hydrogenated oils), which may include certain bakery items, processed snacks, fried foods and others. Note: Food companies are removing trans fats from many products per the FDA, but trans fats are still out there.
- ✗ **Refined carbohydrates** (e.g., white bread, white rice, refined cereals).
- ✗ **Highly processed meats and meats with high saturated fat** (e.g., salami, fatty cuts of beef).
- ✗ **Foods and drinks with added sugars** (e.g., sugary sodas, fruit juices, desserts).
- ✗ **Alcohol** (avoid overconsumption).

Defeating diverticulitis

ROBOTIC-ASSISTED SURGERY PROVIDES RELIEF AND PEACE OF MIND



General surgeon
M. Craig Bozeman, MD
(left), with Victor Perez.

Victor Perez's abdominal pain was unbearable the last time he went to St. Mary's for emergency diverticulitis care. "I had to deal with it for years," he says of his condition, which caused a rupture in his colon during the last flare-up. "You really have to watch what you eat and do," he adds, explaining that certain foods could trigger a bad reaction.

Why it happens. Diverticular disease occurs when small pouches develop on the lining of the intestines, most commonly in the lower part of the colon. For many people, there are no symptoms. However, if the pouches become infected or inflamed, this causes diverticulitis. Along with severe abdominal pain, symptoms may include fever, nausea and vomiting, changes in bowel movements, and possibly other complications.

Life-changing treatment. Surgery is not always recommended, but Perez was a good candidate because of his recurrent flare-ups and because his diverticulitis was limited to the lower (sigmoid) portion of his colon, says physician assistant Megan Daniels, PA-C.

Perez already knew general surgeon M. Craig Bozeman, MD, and he felt confident choosing to have robotic-assisted surgery with him when Dr. Bozeman presented this option. With this minimally invasive approach, the surgeon sits at a console next to the patient and controls tiny instruments that are inserted into the body through small incisions. Benefits can include less scarring, reduced risk of infection, reduced post-operative pain, and shorter recovery and hospital time.

During the time he spent in the hospital, Perez enjoyed getting to know the hospital staff. "You're not just a number," he says. Six weeks after his procedure he was back at work, and today he's able to eat what he wants with no more pain. Also, his stomach feels less bloated, and he can wear pants he hadn't worn in years. "The recovery for me was terrific," he says.

He used to worry about the possible complications of diverticular disease and is relieved that he can now put those concerns behind him since getting treated. "It kind of saved my life," he says. ■

To see a video of Victor Perez's story, visit stmarysregional.com/victor.

Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if robotic surgery is right for you.

If you have concerns about your rectal or colon health, talk with your doctor. Specialized care at St. Mary's can help with many conditions, from diverticulitis, hemorrhoids, fissures, abscesses and infections to ulcerative colitis, Crohn's disease and cancer. For help finding a doctor, visit stmarysregional.com/find.

COULD YOU OR SOMEONE YOU LOVE *have diabetes?*

The American Diabetes Association® reports that an estimated 100,000 people in Oklahoma have diabetes and don't know it. Many more people have already been diagnosed.



Daniel D.
Washburn, MD

Type 2 diabetes, which is the most common form, is more prevalent among adults. But it can affect kids, too. "When I was in training, Type 2 diabetes in children was rare. Now it's very common," says internal medicine doctor Daniel D. Washburn, MD, of St. Mary's Physician Associates.

At any age, the possible consequences of this disease can be devastating. If left untreated, it can lead to blindness, amputations, kidney failure, and can be a major contributor to heart disease, stroke and other serious health problems. ➤

Join us for a **FREE
lunch-and-learn program
on Type 2 Diabetes**

Date: Wednesday, August 21

Time: Noon to 1 p.m.

Location: Independence
Tower (Oak Room)

302 N. Independence, Enid, OK

WHAT CAN YOU DO?

It's important to see your doctor regularly and know your risk factors, which can be affected by your genes and your lifestyle. Being overweight or obese can significantly increase your chance of getting Type 2 diabetes. Also, Native Americans (American Indians and Alaska Natives) have a greater chance of having diabetes than any other U.S. racial group.*

Dr. Washburn notes that classic symptoms are excessive thirst, urination and blurry vision, but they may not always be present early on, or sometimes people may pass them off as part of aging. The goal is to diagnose this disease before symptoms appear. Screening is an effective way to do this and involves just a quick and easy blood test to measure blood sugar levels.

THE GOOD NEWS

With treatment and lifestyle modifications, diabetes can be managed successfully. "Diet is the most important part," says Dr. Washburn. "We have to be careful about excessive amounts of carbohydrates, breads, potatoes, rice and sugary desserts." Also, sugary soft drinks are "a major issue."

"Genetics are another big part of it," he adds. "But if people can keep themselves healthier, keep themselves at normal weight and exercise more, they might be able to prevent, at least in some cases, diabetes from occurring as they get older."

Frequently, treatment also requires medication, Dr. Washburn says. "The exciting thing is that research has given us numerous medications that not only can lower someone's blood sugars but at the same time can reduce their risk of heart disease ... We've made a big improvement over the years. People can live a good life." ■

*Centers for Disease Control and Prevention

Daniel Washburn, MD, an internal medicine and endocrinologist specialist with St. Mary's Physician Associates, will address what diabetes is and how it affects you.

- **How can you make healthy food and drink choices?**
- **Stress, exercise and medications**
- **Living your best life after a diabetes diagnosis**

A light lunch will be served. Reservations are required and can be made by calling 580-249-9339.



His secret TO SUCCESS?

Since being diagnosed with Type 2 diabetes, Edwin Winters keeps his health on track with diet, medication and an occasional sugar-free candy that he keeps in his truck. "I love sugars," concedes the 78-year-old Oklahoman, who overcame rheumatic fever as a kid, a heart condition in 2000, and is now tackling diabetes with success.

"The biggest thing I've done was cut out my breads and as much of my starches as I could," says Winters, who has lost about 35 pounds. To keep his disease in check, he keeps a glucose monitor in his house to measure his blood sugar.

Staying healthy enables him to maintain his busy routine, which includes working part-time on maintenance at Leonardo's Children's Museum in Enid. He's also an accomplished construction worker and fondly recalls building an entranceway years ago at St. Mary's, where he feels like family.

He's confident about having his diabetes under control and knows that Dr. Washburn, his longtime physician, is there if he needs help. "He's a good doctor, a concerned doctor, and as far as St. Mary's, there's no place better," he says.

Highly skilled neurologist Joins St. Mary's Neurology Clinic



Rolfe D. Reitz, MD
Board-Certified Neurologist

St. Mary's Neurology Clinic is pleased to welcome Rolfe D. Reitz, MD, to our staff. He will provide quality care for conditions including:

- Dementia
- Epilepsy
- Headaches
- Movement disorder
- Multiple sclerosis
- Neuromuscular disorder
- Stroke

*Dr. Reitz will be accepting new patients.
Most insurance plans accepted.*

Call for an appointment:

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Request an appointment at

stmarysphysicianassociates.com

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St. Mary's Physician Associates

For language assistance, disability accommodations and the non-discrimination notice, visit our website.

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