

# Health Connection



A MESSAGE FROM MARLBORO PARK HOSPITAL

## What's in a name?

Our imaging department offers more than just X-rays

**Y**ou may ask yourself if “diagnostic imaging department” is just a fancy new name for our X-ray department. Well, it is and it isn't. The diagnostic imaging department still takes X-rays, but now it does far more than that.

Marlboro Park Hospital's (MPH) modern-day diagnostic imaging department includes computerized axial tomography (CAT or CT) scans, ultrasound capabilities, nuclear medicine scans, mammography and magnetic resonance imaging (MRI).

### OUR STAFF

Misha Lee, R.T.(R), heads the department and has a staff of 11 people. Each member of the diagnostic imaging team has his or her own specializations and is certified by the American Registry of Radiology Technologists (ARRT) and licensed by the state of South Carolina.

Steven Glassman, M.D., serves as the medical director of the imaging department. Dr. Glassman is board certified in radiology.

### WHAT WE OFFER

Currently, MPH's diagnostic imaging department offers X-ray studies, CT scans, MRIs, ultrasounds, mammography and nuclear medicine scans. You don't need to drive



far when all of these services are offered right here in town and provided by dedicated, caring professionals you know and trust.

In fact, MPH is certified as a Softer Mammogram Provider, a distinction awarded only to an elite group of healthcare facilities. That means we provide a soft, foam cushion called a MammoPad® for each woman's personal use during every mammogram screening. We make it a top priority to ensure your mammogram is warm and comfortable. It's one way we provide the tender loving care you deserve.

### ALWAYS READY TO SERVE

Upgrading to new technology is a never-ending process in the world of diagnostic imaging. MPH has received several upgrades in equipment over the last several years, including a 10-slice CT scanner and ultrasound and mammography units. But what will never change are the good people who work here to take care of their neighbors, making sure they receive only the best care.

Learn more!

**T**o schedule an appointment at our diagnostic imaging department, call us at (843) 479-2881 ext. 3187.

# WHEN IT'S AN EMERGENCY

Take action when every second counts

**W**hen medical emergencies arise, it's not always easy to think clearly. But, when someone is hurt or in danger and needs immediate help, calling for emergency medical assistance is the best way to get that help—for you or someone else.

A crisis demands that you act quickly rather than waste time deciding whether to call for assistance. Sometimes people have difficulty assessing the level of urgency in an emergency situation. It's better to err on the side of caution and make that phone call. Always consider a situation more serious rather than less serious, especially if you aren't sure of the medical implications.

The best time to prepare for an emergency is before it happens. Make sure you keep all emergency numbers posted near your phone where family members can see them. When you call for immediate medical assistance, be prepared to tell the dispatcher about the emergency.

## SPECIFIC QUESTIONS THE DISPATCHER MAY ASK

- **Where is the emergency?** Give your exact whereabouts such as street address, building number, apartment number, floor, nearest intersection and town.
- **What is the emergency?** Tell the dispatcher exactly what's wrong.
- **What is your name?**
- **What is the phone number** you are calling from?
- **Who needs help?** Be sure to give the approximate age of the injured and the number of people who need emergency care.
- **What is the condition of the victim(s)?** For example, is the person(s) conscious or unconscious, breathing normally, able to talk and so on.

## ADDITIONAL INFORMATION TO ASSIST WITH THE CALL

- Listen to the specific instructions the dispatcher gives you on how to care for the injured until an ambulance arrives. Your ability to communicate the facts clearly and take instruction carefully could mean the difference between life and death.
- Don't hang up! Stay on the line and remain calm until the dispatcher tells you it's OK to hang up.

Sometimes people are confused about when to call for emergency assistance. Remember, when in doubt, call for help!



## Be prepared



1. Know basic choking rescue techniques, such as the Heimlich maneuver.
2. Take a CPR class.
3. Cover burns with cool (not cold) wet cloths. Never apply home remedies (butter, ice, petroleum jelly). Never break blisters or remove burned skin.
4. Never move a person who has a back or neck injury.
5. Know how to stop a wound from bleeding. (A first-aid class can help.)
6. Keep individual medical history information handy.



# When there's no lump

## What you need to know about inflammatory breast cancer

**W**hile a breast lump is one of the classic signs of breast cancer, not every form of the disease bears this warning sign. Inflammatory breast cancer (IBC) is a rare but deadly form of cancer that often remains silent until it has spread.

IBC appears in women at an earlier average age than other forms of breast cancer—about age 52 versus 62—and accounts for up to 5 percent of all breast cancer cases in the United States. Although its prognosis has improved over the years, its five-year survival rate is still only about half that of non-IBC cases, or about 40 percent. While its cause is not entirely known, some studies have suggested family history may play a role in a woman's risk of developing the aggressive disease.

Despite its name, IBC isn't a product of inflammation. Rather, the disease occurs when cancerous cells block the lymphatic vessels in the breast's skin. Instead of a lump, you may notice that certain areas of the skin feel warm, appear red or bruised or look thicker. Your breast may also feel heavy. Other symptoms that develop in an affected breast include:

- tenderness or swelling
- itching
- pain
- skin texture like an orange peel
- enlarged lymph nodes under the arm, above or below the collarbone

- flattened or inverted nipple
- swollen or crusty nipple skin
- discoloration of skin around the nipple (areola)

IBC symptoms can easily be confused with a breast infection. However, it doesn't cause a fever and doesn't respond to antibiotics like an infection does. If you're experiencing any of the symptoms listed, contact your healthcare provider immediately. Because the disease spreads rapidly—changes in your breast can become noticeable in a matter of days—many women are already in advanced stages of IBC by the time they're diagnosed. If your healthcare provider suspects cancer, he or she will perform a biopsy to analyze a sample of your skin and tissue.

### TREATMENT

Chemotherapy, surgery and radiation therapy are often combined to treat cases of IBC. Removal of the affected breast is often recommended following a treatment such as chemotherapy.

The chances of recurrence for this type of cancer are high. Further chemotherapy or hormone therapy, such as tamoxifen or anastrozole, may be necessary to help prevent the cancer from returning.

IBC is a scary diagnosis, but you can empower yourself against the disease by becoming educated. Talk to your healthcare provider about what to expect before and after treatment.

# MPH recognized for quality and safety

**M**arlboro Park Hospital (MPH) and its laboratory have earned The Joint Commission's Gold Seal of Approval™ by demonstrating compliance with national standards for healthcare quality and safety. The laboratory accreditation survey was conducted in May, and the hospital accreditation survey was held in July.

Founded in 1951, The Joint Commission is dedicated to continuously improving the safety and quality of the nation's healthcare through voluntary accreditation.

"The national standards are intended to stimulate continuous, systematic and organization-wide improvement in performance and the outcomes of care," says Darlene Christiansen, executive director of The Joint Commission's Hospital Accreditation Program.

"The community should be

proud that Marlboro Park Hospital is focusing on the most challenging goal—to continuously raise quality and safety to higher levels."

Bill Donohoo, MPH chief executive officer, spoke of his pride in a staff whose members ask what needs to be done to receive accreditation by The Joint Commission. "In addition, they appreciate the educational aspect of the survey and the opportunity to interact with the surveyor," says Donohoo. He calls the accreditation "proof of an organization-wide commitment to provide quality care on an ongoing basis."



## Make a great meal good for you

**A**lthough dining out is as American as apple pie, this favorite pastime can also be a diet killer. The good news is that many restaurants feature "lite" menu selections that cater to today's weight watchers. These strategies can help keep your belt on the same notch tomorrow morning:

- Trim your calories a bit a few days before your night out. That way, you can indulge and not gain.
- Don't go to the restaurant super-hungry. You'll blow your budget and your waistline. Hint: Have a small snack at home if your tummy's growling—fruit slices, graham crackers or a glass of milk.
- Alcohol has calories, too, so they must be added to your total caloric intake for the evening. If you wish to indulge, order wine by the glass.
- Ask your waiter to skip the breadbasket. Or move the bread to the far side of the table.
- When looking over the menu, watch for these good-health words: steamed, poached, boiled, baked, broiled and grilled. They translate to lower fat. On the other hand, skip high-fat items with these words: fried, sautéed, crispy, creamy or breaded.
- When your meal arrives, ask yourself, "Do I eat this much at home?" If the answer is no, cut the meal in half and ask for a doggie bag before digging in.

## Meet our team

**DR. CRITTENDON**, who has 13 years of experience in Ob/Gyn, can be reached at Women's Health Specialists, adjacent to the hospital at 1076 Marlboro Way, Suite 1, Bennettsville, S.C. Make an appointment by calling (843) 454-2294.

**DR. THOMPSON** joined the medical staff at MPH in November 2006, bringing with him more than 12 years of expertise in the field of Ob/Gyn. Operating Marlboro Women's Health, directly behind the hospital at 1040 Marlboro Way, Suite 8, Bennettsville, S.C., he can be reached at (843) 454-1100.

**DR. ACAYLAR** and **DR. CANDELA** have a combined 12 years of practice in Bennettsville and can be reached at CareSouth Pediatrics at 210 W. Main St., Bennettsville, S.C., at (843) 479-1200.

**DR. CAIN** has been practicing for 18 years and works with CareSouth Family Practice at 999 Cheraw Highway, Bennettsville, S.C. He can be reached at (843) 479-2341.

# Tender care for mom and baby

## Our Women and Children's Unit delivers

**E**ver hear of a patient who couldn't wait to get to the hospital, with bags packed ahead of time? Of course you have—we're talking about an expectant mother. If you're planning your child's birth, consider the Women and Children's Unit at Marlboro Park Hospital (MPH) for that special event.

Patients can't wait to arrive at the Women and Children's Unit at MPH. This unit provides the most attentive, comprehensive healthcare available with friendly, competent and supportive staff.

The childbirth experience is filled with joy, anxiety, nervousness and elation. It's a time when personalized care, compassion and understanding are needed. Our Women and Children's Unit focuses on making childbirth a positive experience in a family-centered environment.

### WHAT YOU CAN EXPECT

Our spacious Labor and Delivery rooms are designed to focus on comfort and care of mother and child, while also providing room for family. This design allows a woman to

labor, deliver and recover all in the same room, reducing her stress and increasing her comfort.

"Our mothers receive personal and quality care in a family-centered environment where our nurses have, on average, over 13 years of experience," says Cheryl McDonald, R.N., unit director.

The staff is experienced and our physicians are well trained. Cindy Crittendon, M.D., and Kenneth Thompson, D.O., provide obstetrics and gynecology services at MPH, while Francis Acaylar, M.D., Zenaida Candela, M.D., and Haynes Cain, M.D., provide specialized services to newborns and pediatric patients.

**M**PH's goal is to provide personal service and quality care. If you'd like to know more about our facility and the personal care we offer our patients, stop by or call Cheryl McDonald at (843) 479-2881, ext. 3430.

## HEALTHWISE QUIZ

### How much do you know about the flu?

Take this quiz to find out.

1

#### Flu season runs from:

- a. November to April
- b. October to February
- c. January to December
- d. December to March

2

#### About how many Americans die each year from complications of the flu?

- a. 900
- b. 5,600
- c. 15,600
- d. 36,000

3

#### The best thing you can do to avoid getting the flu is:

- a. take a daily multivitamin
- b. get vaccinated
- c. exercise at least five days a week
- d. avoid intimate contact with people

4

#### Flu is most often spread by:

- a. mosquitoes
- b. doctors and other healthcare providers
- c. people who cough or sneeze virus-infected droplets into the air
- d. the flu vaccine

5

#### Which of the following statements about the flu is not true?

- a. It's useless getting vaccinated after the season begins.
- b. Getting the flu can lead to pneumonia and other life-threatening complications.
- c. People who are allergic to eggs should not get a flu shot.
- d. You can spread the flu to others before your symptoms show.

# The weakest link: Understanding abdominal aortic aneurysm

**A**s the body's largest blood vessel, the aorta has the important job of carrying blood from your heart throughout the rest of your body. When the aortic wall in your abdomen weakens or becomes damaged by plaque buildup, it enlarges, causing an aneurysm, or bulge. Aneurysms that grow too large can burst, causing potentially fatal internal bleeding.

Three out of four people with an abdominal aortic aneurysm (AAA) have no symptoms, although some patients may feel back pain; intense, intermittent abdominal pain; or a pulsating sensation in the abdomen.

#### WHO'S AT RISK?

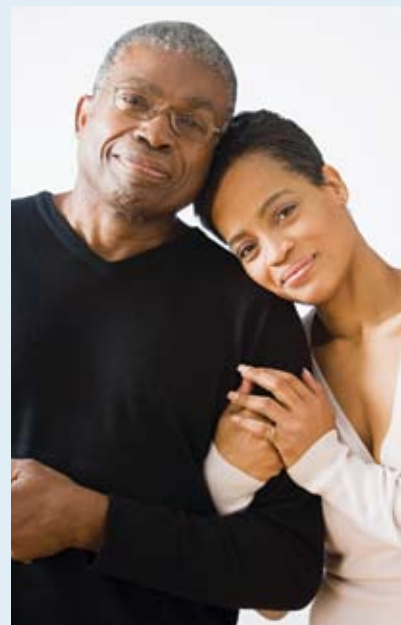
AAAs occur most often in men older than 65. Most aneurysms are caused by atherosclerosis—hardening of the arteries, which can result from a fatty, high-cholesterol diet. Other conditions that increase risk are smoking, high blood pressure, diabetes, congenital defects and a family history of aneurysms.

Decrease your chances of developing an aneurysm by not smoking; eating a low-fat, low-cholesterol diet; exercising regularly; and controlling blood pressure.

#### HOW IS AAA TREATED?

Treatment depends on the aneurysm's size and whether it's life-threatening. Most aneurysms are less than 2 inches in diameter and seldom rupture. If you're diagnosed with this type of AAA, your doctor will likely monitor it and prescribe blood pressure-lowering medicine. But if you have an aneurysm that leaks, is small but grows quickly, expands to greater than 2 inches or seems about to burst, your doctor can surgically repair the damaged part of your aorta.

When an aneurysm ruptures, the results can be fatal, so immediate medical attention is needed. Symptoms of a ruptured aneurysm include sudden, severe pain with rapid pulse, sweatiness or clamminess, anxiety, nausea and vomiting, low blood pressure, dizziness, fainting, dry mouth and paleness.



ANSWERS: 1. A; 2. D; 3. B; 4. C; 5. A



# Take steps now to prevent diabetes in your child

**A**bout 15 percent of children and teens are overweight—double from 20 years ago. This has led to a surge in the number of children with type 2 diabetes, the form more commonly found in overweight adults over age 40. According to

experts, one in three American children born in 2000 will develop diabetes if we don't take steps now to address their fatty diets and poor fitness habits.

Talk to your family doctor about diabetes testing if your child seems to be gaining too much weight or is already overweight and has any of these risk factors:

- a family history of type 2 diabetes, particularly among first- or second-degree relatives
- being of African-American, Hispanic/Latino, Native

American or Asian/Pacific Islander descent

- signs of insulin resistance or conditions associated with insulin resistance such as high blood pressure, poor cholesterol and triglyceride levels and *acanthosis nigricans*, a condition where the skin around the neck or in the armpits appears dark, thick and velvety

## WHAT YOU CAN DO

- **Eat at home.** Avoid super-sized fast-food meals on the run. Make the time to cook and eat healthy family fare.
- **Limit screen time.** The sedentary nature of modern play-time—TV, video games and using the computer—has contributed to overweight kids.
- **Exercise together.** Make physical activity a group event. Go on a family hike or bike ride. Join a gym together or enter family fun walks.
- **Don't use food, sweets or candy as rewards or gifts.** Try activity-minded presents such as jump ropes, kites, pogo sticks or scooters.

## Give your fridge a health makeover

**W**hen it comes to wellness, we are what we eat. To benefit your heart, food choices must be low in saturated fat, the number-one dietary contributor to cardiovascular disease. Culprit foods include those from animals—primarily meats and whole-milk products—and from certain plant-based oils—coconut, palm and cocoa butter. Evict those and other artery-clogging foods from your icebox and replace them with the foods on this heart-smart guide from the American Heart Association:

- **Fruits.** Buy fresh, frozen or canned—but select fresh if you have a choice. Check labels on canned fruits, especially those packed in syrup, for calories.
- **Veggies.** Again, fresh is best. Frozen or canned are good choices, too, but watch salt content. Avoid sauces and other gimmicks, like flavor pouches.
- **Meat, poultry and fish.** Buy skinless poultry and lean beef, veal, lamb and pork with all fat trimmed away. Canned tuna and salmon packed in water are excellent low-fat choices.
- **Meat substitutes.** Try dried beans, lentils and soybean items like tofu and tempeh.



- **Drinks.** Store orange, grapefruit, prune, apricot or grape juices or low-salt tomato or vegetable juices. Stash a pitcher of cold water in your refrigerator, too.
- **Dairy.** Stock up on low-fat favorites like low-sodium cottage cheese, mozzarella, ricotta and Neufchâtel, along with yogurt and either skim or 1 percent milk.
- **Fats and oils.** Go with unsaturated oils—canola, olive, corn, cottonseed, peanut, safflower, soybean and sunflower. Buy unsalted, low-fat margarine and low-fat, low-sodium mayonnaise and salad dressing.
- **Sweets.** Enjoy (in moderation) gelatin, cocoa, frozen juice bars, sorbet, sherbet, jelly, jam, preserves, apple butter, maple or cane syrup, honey, molasses or fig bars.

# Guard yourself against cervical cancer

By Kenneth Thompson, D.O., Obstetrician/Gynecologist

In June 2006, the Food and Drug Administration approved Gardasil®, the only vaccine available in the United States that prevents infection from certain types of human papillomavirus (HPV). Gardasil protects against four HPV types that cause 70 percent of cervical cancer and high-grade precancerous cervical lesions and 90 percent of genital warts.

## WHAT IS HPV?

HPV is a group of 100 viruses that can be passed from one person to another through sexual contact. Almost all women will have HPV at one time or another, but not all will develop cervical cancer.

When given before exposure to the targeted HPV types, Gardasil is nearly 100 percent effective in preventing cervical cancer caused by these HPV types.

## AN EFFECTIVE TOOL

Gardasil was recommended unanimously by the Centers for Disease Control and Prevention and the Advisory Committee on Immunization Practices for females ages 9 to 26.



Gardasil is given in three injections; the last two doses are given two and sixth months after the first.

Gardasil doesn't protect against sexually transmitted diseases, nor does it treat current HPV infections or cervical cancer. Gardasil also does not cover all types of HPV that cause cervical cancer, so it's important for women to continue to have annual Pap tests to detect precancerous lesions before they cause cervical cancer. When it's detected in the early stages, cervical cancer is a curable disease.

At this time, South Carolina Medicaid does not cover Gardasil, but that may soon change. Most private insurances are already covering it.



Kenneth Thompson, D.O.

## Make your appointment today!

**G**ardasil is available at Dr. Thompson's office, Marlboro Women's Health, located at 1040 Marlboro Way, Suite 8, in Bennettsville, directly behind the hospital. He is accepting new patients. Make an appointment by calling (843) 454-1100.

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# Health Connection

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