

Health Connection



A MESSAGE FROM MARLBORO PARK HOSPITAL

Meet our new doctor



Sherrilynn Campbell, M.D.
Geriatric Psychiatry

Marlboro Park Hospital (MPH) is pleased to announce the arrival of Sherrilynn Campbell, M.D., as medical director of MPH's Senior Mental Health

Program (SMHP). A specialist in geriatric psychiatry, Dr. Campbell completed medical school at East Carolina University and performed her residency at Pitt County Memorial Hospital, both in Greenville, N.C.

For the past 10 years, Dr. Campbell has worked with the South Carolina Department of Mental Health. During her tenure with the state, she cared for patients of all ages, from children to seniors. She also has extensive experience in crisis services.

At MPH, Dr. Campbell treats patients in the SMHP and assists the medical staff with inpatient referrals. Dr. Campbell plans to



“ Dr. Campbell's psychiatric skills are an asset to MPH and its patients. ”

Learn more!

Referrals and inquiries can be made to Dr. Campbell and the SMHP by calling (843) 479-2881, ext. 3441. For more information on the SMHP, see page 8.

open an outpatient private practice in Bennettsville in the future.

Dr. Campbell and her husband, Barry, originally from Marion, S.C., have been married for 17 years and have two daughters, Ivy, 14, and Angel, 10.

MPH proudly welcomes Dr. Campbell to the hospital and the Bennettsville community. Dr. Campbell's psychiatric skills are an asset to MPH and its patients.

Turn housework into a workout

Is exercise a part of your daily life? Not if you're like most U.S. adults. More than 50 percent don't get enough physical activity to reap any health benefits. That may be hard to believe when days are a blur of work, household chores, errands and family time. Unfortunately, busy-ness is not the same as fitness. But you can find plenty of ways to stay in shape and accomplish all you need to if you look in the right places.

Try these tips to fit fitness in your daily routine:

- **Make cleaning count.** The stretching, lifting and sheer physical work involved in mopping floors, scrubbing tubs and other housework can get you moving. Put on your sneakers, play some lively music and pick up the pace.
- **Wash the car.** This can be a refreshing chore on a warm day.
- **Mow the lawn with a push mower.** Sorry, ride-on mowers don't count.
- **Make your garden grow.** Raking, hoeing, pruning and digging are great exercises to strengthen your arms, legs and back. A vigorous hour of gardening can burn up to 300 calories.
- **Walk the dog.** Share a twice-daily constitutional with your furry friend. Choose a hilly route and keep a brisk pace.
- **Work out while watching TV.** Pedal a stationary bike, walk on a treadmill, use a stair climber, lift weights or use other home fitness equipment while you watch TV.
- **Paint it pretty.** Don't hire painters; get a good workout and save money by taking on home repairs and improvement projects yourself.
- **Walk the talk.** Get up and move around while talking on the phone. Even better, grab your cell and take a few laps around the block as you chat.
- **Run errands on pedal power.** If you live far from your



Put on your sneakers, play some lively music and pick up the pace for an energetic, calorie-burning boost!

town's main strip, drive to a central location and head out on foot or bike (or scooter!) to swing by the bank and post office, drop off dry cleaning, return videos and library books and pick up fresh vegetables for dinner.

Aim to find at least 30 minutes a day for moderate physical and aerobic activity that gets your heart pumping faster and your lungs taking in more air than usual. Regular exercise can lower cholesterol and triglycerides and help reduce stress from a hectic schedule. Pumping up the fitness volume of ordinary chores not only provides health benefits but makes accomplishing tasks more enjoyable.

Is arthroscopic surgery right for you?

Years ago, surgery to repair a joint usually meant a large incision and a long, painful recuperation. These days, patients are finding relief from joint ailments through arthroscopic surgery, or arthroscopy, a minimally invasive procedure that allows for a less painful, faster recovery.

Joint arthroscopy is most commonly used to diagnose and treat knee, shoulder, elbow, ankle, hip and wrist problems. In many cases, arthroscopy is performed on an outpatient basis, eliminating the need for an overnight hospital stay. It's most often used to treat:

- bone spurs or loose bone fragments
- torn cartilage or ligaments
- inflamed or infected joints
- scar tissue
- arthritis
- unexplained joint pain

Doctors also use arthroscopy to collect joint tissue samples and monitor joint disease's progression.

If you've tried medication, physical therapy and joint supports for your joint ailment and they're not helping, you may be a candidate for arthroscopy. Because arthroscopy causes less trauma to muscles, ligaments and tissues than conventional open surgery that uses longer incisions, patients have less scarring, heal faster and resume normal activities sooner.

WHAT'S INVOLVED?

The type of anesthesia you'll need—local, regional or general—depends on the affected joint and the procedure's complexity. During arthroscopy, the surgeon makes small incisions in the area around the joint. In one incision, he or she inserts an arthroscope, a small tube equipped with a camera, lenses and a light for viewing. A video monitor lets the surgeon see inside the joint to repair damage using surgical tools inserted through the other incisions. A simple arthroscopy lasts about one hour.

After the surgery, you'll be sent home to recover and rest for several days, keeping the joint elevated and applying ice to relieve swelling and pain. You'll likely be able to resume normal activities—with certain precautions—in a few days, although the joint may take several weeks to fully heal. Depending on

the joint operated on, your doctor may suggest physical therapy or the use of crutches or a cane during your recovery.

WHAT ARE THE RISKS?

Less than 1 percent of arthroscopic surgeries result in complications such as infection; bleeding or blood clots; and damage to nerves, blood vessels, ligaments, tendons, muscles or cartilage. People who are allergic to medications or anesthesia or have a skin infection near the affected joint and women who are pregnant should discuss their risks with their healthcare providers.





Bill Donohoo
Chief Executive Officer

Dear friends,

In January, I returned as chief executive officer of Marlboro Park Hospital (MPH) after holding the position from 1999 to 2001. Bobby Ginn, my predecessor, moved to one of our other facilities in Alabama, closer to his hometown and family. After being gone for nearly six years,

I'm glad to be back in Bennettsville.

MPH and Bennettsville have made many improvements over the years. I'm especially impressed with the medical staff here at MPH. I was delighted to see many familiar faces upon my return, and I've met many new physicians who are very competent, compassionate and friendly. Marlboro County is fortunate to have recruited these fine physicians while retaining many of its best. Marlboro County should be proud to have a hospital like MPH, which is able to provide many services that aren't available in other towns this size. The physician recruitment efforts made by the hospital and community have resulted in the addition of many qualified doctors who will continue to benefit this community for years to come.

Again, I'm pleased to be back and look forward to helping our hospital continue providing quality care, close to home.

Best regards,

BILL DONOHOO
Chief Executive Officer
Marlboro Park Hospital



Avoiding stroke

Someone suffers a stroke in America every 45 seconds, and each year this catastrophic attack on the brain kills about 157,000 people. These statistics would likely improve if people knew more about preventing stroke. While some of stroke's risk factors—increasing age, family history of stroke and race—are beyond your control, you can reduce your risk by:

- **Getting regular checkups** for high blood pressure, heart disease and diabetes.
- **Losing weight** to help prevent conditions that cause atherosclerosis, heart disease and diabetes.
- **Changing your diet.** Eat less fat and cholesterol and more fish, poultry, fiber-rich whole grains and fruits and vegetables. Also, try baking and broiling instead of frying.
- **Lowering salt intake.** Too much salt can contribute to high blood pressure. Keep your daily intake to one teaspoon or less—about 2,400 milligrams.
- **Exercising regularly.** Aerobic workouts like jogging and swimming strengthen your heart and help raise good cholesterol levels, control weight and reduce blood pressure. Get your doctor's OK, then gradually work up to 30 to 45 minutes of exercise most days of the week.
- **Quitting smoking.**
- **Limiting alcohol** to two beers, glasses of wine or mixed drinks a day if you're a man and one a day if you're a woman.

In June 2006, the Food and Drug Administration approved Gardasil®, the only vaccine available in the United States that prevents certain types of human papillomavirus (HPV). Gardasil protects against four HPV types (6, 11, 16 and 18) 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.

According to the National Cancer Institute, each year more than 400,000 people develop cervical cancer worldwide, resulting in about 200,000 deaths. Approximately \$1.7 billion a year is spent to treat this cancer in the United States alone. 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

Studies have shown that Gardasil can successfully prevent nearly 100 percent of precancerous and cancerous lesions caused by HPV types 6, 11, 16 and 18 at four years after vaccination. 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 six 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



Guard yourself against cervical cancer

Breakthrough vaccine now available in Bennettsville

By Kenneth Thompson, D.O.

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!

Gardasil 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.

HEALTHWISE QUIZ

How much do you know about **diabetes**?

Take this quiz to find out.

1 Of the 20.8 million people in the United States who have diabetes, how many are undiagnosed?

- a. 1 million
- b. 500,000
- c. 6.2 million
- d. 3.3 million

2 Which of the following is *not* true about pre-diabetes?

- a. Pre-diabetes may also be referred to as impaired glucose tolerance or impaired fasting glucose.
- b. Pre-diabetes occurs when a person's blood glucose levels are lower than normal.
- c. People with pre-diabetes are at higher risk for cardiovascular disease.
- d. People with pre-diabetes can prevent or delay type 2 diabetes with weight loss and exercise.

3 Type 1 diabetes:

- a. was previously referred to as non-insulin-dependent diabetes
- b. can be treated with a healthy diet and regular exercise
- c. usually develops from stress
- d. is treated with insulin delivered through injection or a pump

4 Among adults ages 20 to 74, diabetes is the leading cause of new cases of _____.

- a. blindness
- b. asthma
- c. Crohn's disease
- d. hemophilia

5 Type 2 diabetes is more prevalent among:

- a. African Americans
- b. Asian Americans
- c. Hispanic Americans
- d. all of the above

5 misconceptions about heart health

MYTH 1: A LOT OF VITAMIN E PROTECTS YOUR HEART.

Recent studies suggest that high daily doses of vitamin E supplements—400 IU or more—are associated with a higher risk of death from any cause, including cardiovascular disease. Until more research is done on safe levels of vitamin E, take one multivitamin pill a day, but aim to get your vitamin E naturally from a healthy, varied diet instead of from supplements.

MYTH 2: HEART ATTACKS START WITH CHEST PAIN.

The classic heart attack comes on with crushing chest pain, but many start with discomfort, such as pressure, squeezing or fullness in the chest. Some heart attack symptoms don't appear in the chest at all, but rather in the upper body with pain or discomfort in the arms, neck, jaw, back or stomach. Other signs include shortness of breath, cold sweats, nausea and light-headedness. If you suspect a heart attack, call for immediate emergency help.

MYTH 3: HEART DISEASE IS A MAN'S PROBLEM.

Cardiovascular disease is the leading killer of women, claiming about 500,000 women's lives a year—more than the next four causes of death combined.

MYTH 4: SMOKING HURTS LUNGS, NOT HEARTS.

You're at risk for lung disease if you smoke, but you're also two to four times more likely to develop coronary heart disease than a nonsmoker. Regular exposure to secondhand smoke is bad for your heart as well as your lungs.

MYTH 5: EXERCISING THREE TIMES A WEEK IS ENOUGH.

It's a good start, but it's not the ultimate goal. You should shoot for exercising at a moderate to vigorous level for at least 30 minutes on most days. To lose weight, make that 60 minutes.





Coping with food allergies

When your child has a food allergy, everyday events like birthday parties, field trips and eating in the school cafeteria can be hazardous to his or her health. Avoiding the most common food allergens

in children—milk, eggs, peanuts, wheat, soy and tree nuts like walnuts or pecans—can be a challenge because they're pervasive in typical family fare and often lurk as minor ingredients in many other foods.

To protect your child, take these steps:

- **Read labels carefully.** Check the ingredients for the food

and its alternate names. If your child is allergic to eggs, for example, avoid foods that contain eggs, mayonnaise, albumin and meringue and check labels on noodles, marzipan, marshmallows, nougat, pasta and artificial flavorings.

- **Notify key people.** Explain your child's allergy to child-care providers, school personnel, playmates' parents and other adults who interact with your child. Tell them what precautions to take and how to recognize symptoms.
- **Prepare for an emergency.** Write an action plan explaining the steps to take and medications to give if your child has an allergic reaction. Provide a copy to the school nurse and others who care for your child. Carry an epinephrine kit so you can give an injection of adrenaline in an emergency.
- **Teach your child to speak up.** Insist your child wear a medical alert bracelet or necklace. Teach him or her how to ask adults about a food's ingredients and to seek help at the first sign of a reaction.
- **Provide alternate foods.** Give your child's teacher a stash of safe snacks he or she can substitute for a classmate's birthday treat, which may contain an allergen.

Hooked on salmon

One super-healthy fish, three super-delicious ways

Looking for a food that can cut your risk of heart disease, stroke and even high blood pressure? How about one that tastes delicious, is easy to prepare and can be cooked a dozen different ways?

Then cast your net for salmon, a fish with a meaty texture and bold flavor that's low in saturated fat and rich in heart-healthy omega-3 fatty acids. While salmon tastes terrific prepared the traditional way—with a spritz of lemon and olive oil and popped under a flame—don't be afraid to experiment.

- **Grill it.** With their thick texture, salmon steaks are made for the grill. (To prevent sticking, coat the rack with vegetable oil spray before preheating.) Try marinating the steaks in low-sodium soy sauce, ginger and garlic. Or simply brush them with oil, grill (the fish is done when it flakes easily) and serve with a fruit salsa made with chopped mango (or cantaloupe or pineapple), cilantro, lime juice and a little jalapeño pepper for a kick.
- **Bake it.** With thinner cuts of salmon, like fillets, opt



for the less-intense heat of the oven—the fish will stay moister than if it's cooked over an open flame. For a zesty flavor, try coating the fillets with a mixture of Dijon mustard, a touch of olive oil and a drizzle of lemon, then adding fresh-snipped chives or dill before serving. For a sweet flavor, baste the fish with maple syrup and chunks of fresh fruit, like peaches.

- **Poach it.** Poaching—or simmering the fish in liquid—works well for either fillets or whole salmon. Remember, though, the more flavorful the liquid, the more flavorful the fish. Add white wine, broth, lemon, onion, peppercorns, or herbs like dill, a bay leaf and parsley to the pan to infuse the fish with extra taste.

Peace of mind

Marlboro Park Hospital's Senior Mental Health Program benefits older adults



Growing older should be a full and rewarding experience. But sometimes it can present serious emotional difficulties. The death of friends and loved ones can be traumatic for seniors, and the loss of physical or mental abilities can mean losing an independent lifestyle. As a result, confusion, depression, memory loss, frequent mood swings, anxiety, withdrawal from others and even suicidal thoughts may develop. The good news, however, is that the skilled professionals in the Senior Mental Health Program (SMHP) at Marlboro Park Hospital (MPH) can help patients who are struggling with these problems.

The SMHP is an inpatient service located at MPH, offering a comprehensive scope of personalized services. The physician-directed program addresses the psychiatric, medical and social aspects of emotional problems for adults ages 55 and older. Individualized treatment plans are designed to meet each patient's specific needs, while providing support and education to family members and encouraging them to become a part of the patient's ongoing treatment process.

A PERSONALIZED APPROACH

The psychiatrist-supervised treatment team is comprised

of trained professionals that may include psychiatric nurses, social workers, physical therapists, dietitians and psychiatric technicians. Each integrated, intensive treatment plan includes:

- comprehensive psychiatric and medical assessments
- individual and group counseling
- physical therapy
- activity therapy
- nutritional counseling
- family counseling
- extensive discharge and aftercare planning

The cost of the treatment is covered in whole or in part by most health plans, including Medicare and Medicaid. The SMHP respects their patients' privacy rights and maintains strict confidentiality.

Care that counts

Sherrilynn Campbell, M.D., serves as the SMHP's medical director. (Read more about Dr. Campbell on page 1.)

For more information about the program or to make a referral, call (843) 479-2881, ext. 3441.

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