

# Health Connection



A MESSAGE FROM MARLBORO PARK HOSPITAL

## Meet our new doctor



Kenneth Thompson, D.O.  
Obstetrics/Gynecology

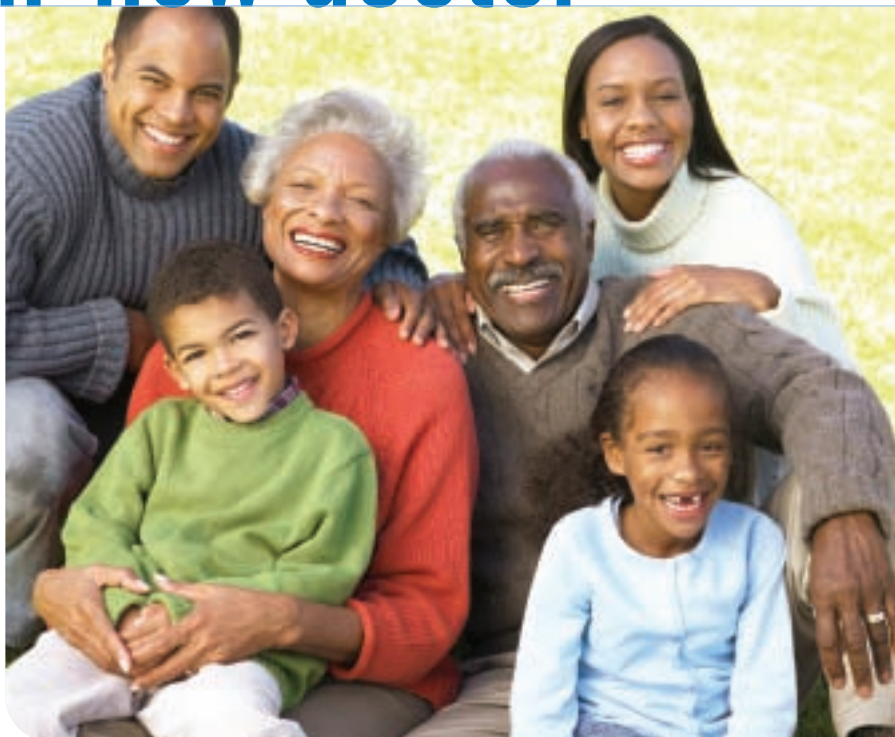
**P**lease join us in welcoming Kenneth Thompson, D.O., to Marlboro Park Hospital and Marlboro Women's Health. Dr. Thompson is board-certified in obstetrics and gynecology.

Born and raised in Pennsylvania, he earned his medical degree at Philadelphia College of Osteopathic Medicine and completed his internship and residency at Saint Luke's Hospital in Allentown, Pa. Dr. Thompson received advanced laparoscopic surgery training from Harry Reich, M.D., a world-renowned physician specializing in advanced gynecological laparoscopic surgery.

Marlboro Women's Health provides high-quality services, including obstetrics, gynecological surgery, perimenopausal, menopausal and postmenopausal medicine, as well as preconception, contraception and well-woman care. Dr. Thompson also treats pelvic pain, pelvic prolapse, sexual dysfunction and infertility.

Dr. Thompson believes in educating patients about their health issues and the different treatment options available. He strives to provide up-to-date treatment in a relaxed, enjoyable environment.

Dr. Thompson and his wife, Diana, have two children: Paige, 10, and Tyler, 4. They recently relocated from Illinois and are enjoying life in South Carolina.



We're pleased to welcome Dr. Thompson to Marlboro Park Hospital and our community and we're excited to add his wealth of knowledge in obstetrics and gynecology to our already comprehensive scope of healthcare services.

### Make your appointment today!

**D**r. Thompson practices at Marlboro Women's Health, located directly behind the hospital at 1040 Marlboro Way, Suite 8, in Bennettsville. To schedule an appointment, call (843) 454-1100.

# Preparing for outpatient surgery

**T**hanks to the miracle of science, surgeries that once required a hospital stay can now be done on an outpatient basis. That's good news for those who recover better in the comfort of home, but it also means that any necessary arrangements must be made before the surgery date. If you or a loved one is facing outpatient surgery, try the suggestions below to help make the experience as smooth as possible.

## PLAN AHEAD

As surgery day draws closer, you'll find it helpful to have certain things taken care of. Once you know your surgery date and time, ask yourself these questions:

- **Do I need to make any changes in my house's setup?** You may have to set up a temporary bedroom on the first floor if you think you'll have difficulty climbing stairs, for instance.
- **Do I have enough food in the house?** Stock up on meals in the freezer (either homemade or store-bought) so you

won't have to worry about food preparation. Ask your doctor about dietary restrictions or recommendations.

- **Will I need help in the house?** Plan to have a friend or a family member drive you home from the hospital. It's also a good idea to have someone stay with you during the first 24 hours. After that, schedule your visitors. They'll brighten your mood but may also cut into your resting time. Be sure to limit visits based on how you feel.
- **Is there anyone I'm responsible for?** If you have baby-sitting or caretaking responsibilities, remember to make other arrangements for your recovery period.

## THE DAY BEFORE

Your doctor will probably instruct you not to eat or drink within eight hours of surgery. Ask your doctor whether you should abstain from taking medication or bring a day's dosage with you to the hospital.

If you're recovering from or coming down with a cold, tell your doctor. Your surgery may be postponed until you feel healthy.

Because skin-tone changes can sometimes be a sign of postsurgery problems, don't wear any makeup the day of surgery, including eye makeup and nail polish. Also, plan to wear loose clothing to the hospital.

## AFTER SURGERY

Tell your healthcare team about any discomfort, irritation or pain you feel. How long you stay at the hospital will depend on your ability to drink fluids, walk and urinate. The amount of pain you're in will also affect your discharge. Before you leave, get a written list of postoperative instructions, symptoms to monitor and in-case-of-emergency phone numbers.





**A strong, stable core helps reduce your risk of injury and prevent back pain.**

# At the core of fitness

postures that focus on building flexibility, balance and strength.

- **Tai chi.** This Chinese ritual involves precise, relaxed exercises to increase both agility and balance.

- **Pilates.** It's the latest craze, involving the use of certain exercises to create longer and stronger muscles without the bulk.

- **Weight training.** Focus on exercises that target your core muscles. Start light and increase the intensity of your workout over time. You may want to consult with a personal trainer to develop a program tailored to your needs.

- **Stability ball.** Sometimes

**H**ead of core conditioning? It's the "apple-a-day" way for you to ensure that your body stays strong and steady. Simply put, core conditioning is a series of exercises that target your core—the body's center of power that starts just below your shoulders and ends just below your hips. You work out to gain strength in the muscles that control your trunk and spine while improving balance, agility and flexibility. Adding core strength helps you perform daily functions like lifting grocery bags, playing with your kids and getting in and out of your car. A strong, stable core also helps reduce your risk of injury and prevent back pain.

Try these exercises to build the back, abdominal, thigh and buttock muscles associated with a strong core. Check with your physician first to be sure you're starting at a fitness level that's right for you.

- **Yoga.** This ancient practice involves stretching and holding

called a Swiss ball or a resist-a-ball, this large, rubber exercise ball is one of the best ways to actively target and stabilize your core. Start with the ball slightly deflated or secure it against a wall until you're ready to add more challenge to your balance. Choose a ball that comes with a video of basic exercises.

- **BOSU ball.** Shaped like a stability ball cut in half—flat on one side, domed on the other—the BOSU ball is designed to activate and strengthen your core as you perform exercises on it. Many gyms offer BOSU ball classes, and you can also buy video and DVD workouts to use with the BOSU at home.

- **Stability equipment.** Other light equipment ranging from foam rollers, balance pads and discs and mini-trampolines (ideal for beginners) to balance and wobble boards (for the more advanced) can help you improve core strength and stability.



“The full implementation of secondary prevention guidelines is a critical step in saving the lives of coronary patients,” says Lynn Smaha, M.D., Ph.D., the AHA volunteer chairman for the national GWTG project. “The AHA’s GWTG program is designed to help hospitals like MPH implement appropriate evidence-based guidelines for care and protocols that will reduce the number of recurrent events and deaths in these patients.”

### SAVING LIVES

According to the AHA, more than 450,000 people suffer recurrent heart attacks each year. Statistics also show that within six years of a heart attack, about 22 percent of men and 46 percent of women will be disabled with heart failure. Within one year of an attack, 25 percent of men and 38 percent of women will die.

Research indicates that discharging patients from the hospital on appropriate medications, such as lipid-lowering medicines, aspirin, ACE inhibitors and beta-blockers, saves

lives by reducing their risk of a second event.

“MPH is dedicated to making our cardiac unit among the best in the country, and implementing the AHA’s GWTG program has helped us accomplish that by making it easier for our professionals to improve long-term outcomes for our cardiac patients,” says Denise Manghi, R.T., director of cardiac services.

GWTG will continue to help the MPH staff develop and implement secondary prevention guidelines, including care maps, discharge protocols, standing orders and measurement tools. Designed to be quick and efficient, these tools will enable the staff to improve the quality of care they provide, save lives and reduce healthcare costs by lowering the recurrence of heart attacks. Projections show that if the GWTG program were implemented nationwide, more than 80,000 lives would be saved each year.

# A better kind of heart care

## New guidelines help hearts heal

**M**arlboro Park Hospital (MPH) has been certified by the American Heart Association (AHA) as a Get With The Guidelines-Coronary Artery Disease (GWTG-CAD) hospital. This quality improvement initiative is designed to reduce the risk of recurrent heart attacks by helping hospital staff follow proven, evidence-based guidelines for patients with CAD.

### HOW IT WORKS

Under the program, patients with CAD begin aggressive risk-reduction therapies, such as cholesterol-lowering drugs, aspirin, angiotensin-converting enzyme (ACE) inhibitors and beta-blockers, while in the hospital. They also receive smoking cessation and weight-management counseling and referrals for cardiac rehabilitation. These standards of care are outlined in the AHA/American College of Cardiology secondary prevention guidelines for patients with CAD.



Maggie Bobo, director of quality improvement for the American Heart Association (right), presents Denise Manghi, R.T., director of cardiac services for Marlboro Park Hospital, with the Get With The Guidelines certification.

# Trouble getting your ZZZs?

## Our new sleep center can help

**D**o you have trouble sleeping? Do you feel tired most days of the week? Did you nap today? Do you wake up tired? If you answered yes to any of these questions, you may be suffering from a sleep disorder. Nearly 70 million Americans of all ages and backgrounds are believed to suffer from sleep disorders such as sleep apnea, narcolepsy and insomnia, prompting some to call it an epidemic. And that doesn't even count the millions of people who suffer along with a spouse's sleeplessness.

Sleep experts say millions of Americans suffer enough to warrant medical attention, yet only a small percentage is aware of the nature of their condition and that effective treatment is available. "Sleep disorders are one of the most underdiagnosed diseases we see in the Carolinas," says Priyan Samarakoon, M.D., a board-certified physician in internal medicine, pulmonology, and critical care medicine.

### WE HAVE THE ANSWER FOR YOU

In December, Marlboro Park Hospital (MPH) announced the opening of its sleep center, located within the hospital at 1138 Cheraw Highway in Bennettsville. Dr. Samarakoon serves as medical director of the center, which treats a wide variety of sleep disorders in a comfortable atmosphere.

MPH is very fortunate to have two dedicated sleep lab rooms that use specialized equipment to monitor patients' sleep. In most cases, overnight sleep studies are used to determine a variety of disorders, including obstructive sleep apnea, hypoventilation, hypoxia, hypersomnolence,



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— Priyan Samarakoon, M.D.



Priyan Samarakoon, M.D.  
Internal Medicine, Pulmonology

insomnia with sleep apnea, hypersomnia with sleep apnea, parasomnia, sleep disturbance, narcolepsy and periodic limb movement syndrome, among others. In the morning, patients return home unless they've been scheduled for additional daytime studies.

In each sleep lab, highly trained technologists perform a variety of sleep studies designed to identify specific sleep disorders. These tests include overnight physiological studies called polysomnograms (PSGs). Treatments for sleep and breathing disorders, including the administration of continuous positive airway pressure/bilevel positive airway pressure and nocturnal oxygen, are frequently initiated during a PSG.

### Learn more!

**F**or more information on sleep studies at MPH, call (843) 479-2881, ext. 3178, or speak with your physician.

## HEALTHWISE QUIZ

### How much do you know about **menopause**?

Take this quiz to find out.

**1** The average age when women in the United States reach menopause is:

- a. 51
- b. 55
- c. 48
- d. 64

**2** The single biggest risk factor for osteoporosis, or brittle bone disease, is menopause. All of the following are signs that you may have osteoporosis except which one?

- a. height loss
- b. tooth loss
- c. joint pain
- d. backaches

**3** One of the few reasons you should consider using hormone therapy is to:

- a. prevent ovarian cancer
- b. relieve severe menopausal symptoms such as hot flashes
- c. protect against heart disease
- d. lower your risk of breast cancer

**4** The transitional period of two to 10 years before menopause, characterized by hormone fluctuations that can cause menopausal symptoms, is called:

- a. premature menopause
- b. premenopause
- c. perimenopause
- d. postmenopause

**5** Of the following remedies, which is the only one approved by the U.S. Food and Drug Administration to relieve hot flashes?

- a. soy
- b. black cohosh
- c. phytoestrogens
- d. hormone therapy

# Take control!

## 7 steps to healthy blood pressure and cholesterol

**H**eat disease and stroke kill millions of Americans each year. Unless you take steps to control your blood pressure and cholesterol levels, you may be at risk for these diseases. Get on the road to better health today with these seven simple steps:

- 1 Take a walk.** Exercise helps control your blood pressure and improves your cholesterol. Choose activities you enjoy and strive for at least 30 minutes of moderate-intensity physical activity on most days of the week.
- 2 Manage your weight.** Reducing your weight by just 10 pounds may help lower your blood pressure and reduce bad cholesterol. Since dropping pounds may be easier when working with a group, ask your healthcare provider to refer you to experts, groups or classes that can help.
- 3 Toss the cigarettes.** Smoking causes blood vessels to narrow and blood pressure to rise. It also makes it easier for cholesterol-rich plaque to stick to artery walls. A smoking cessation class can offer extra support.
- 4 Eat well.** Enjoy vegetables, fruits, whole grains, beans and legumes, along with moderate amounts of lean protein and healthy fats like those in salmon and olive oil. Avoid foods high in saturated fat, cholesterol, sodium, sugar and trans fatty acids.
- 5 Try soy.** A recent study shows that two servings a day of uncooked soy protein—found in tofu, soy milk or soy powder—lowers cholesterol levels by as much as 9 percent.
- 6 Limit your liquor.** Women should consume no more than one drink a day and men no more than two drinks a day.
- 7 Get screened.** Routinely checking your blood pressure and cholesterol levels keeps you on top of your cardiovascular disease risks. If your blood pressure's high, ask your doctor about buying a blood pressure monitor for home use.





# First-aid foresight

Would you know what to do?

**S**ooner or later, we all face a medical problem that calls for immediate first aid and clear thinking. Knowing what to do next is a health skill everyone needs.

**Bleeding.** Apply pressure to the wound with a thick, clean cloth and raise the wound above the heart. If bleeding is severe or isn't controlled in five minutes or if the wound is very dirty, longer than an inch or gaping, get immediate medical care.

**Puncture wounds.** Don't self-treat deep puncture wounds since they can result in deep-tissue injury or infection.

**Burns.** Run cool water over minor burns, immerse in cold water or wrap the burned area in a cold, wet cloth for about 10 minutes or until pain subsides. Apply an antibiotic ointment and cover with a bandage. Call your doctor if blisters form.

**Poisoning.** Before doing anything, call the National Poison Control Hotline at 1-800-222-1222. Induce vomiting only if instructed.

**Shock.** Shock may cause cold, clammy skin; weakness; confusion; a rapid heartbeat; or deep, shallow or irregular breathing. Keep the victim warm and lying down on his or her back until help arrives. Don't give the victim anything to drink.

**Electrical injuries.** Do not touch someone who has just been electrocuted—the current may pass through you. While waiting for help to arrive, try to turn off the source of electricity.

**Sprains and strains.** To treat sprains and strains, follow the RICE method: rest, ice, compression and elevation. Apply ice packs or cold-water compresses to relieve swelling. Wrap the injury in an elastic bandage and keep it elevated above the heart.

**Broken bones.** Quickly call for emergency assistance. It's best not to move the person or attempt to straighten a broken bone.

## Dine the Greek way

**A**lthough many of their meals consist of 40 percent fat, residents of the Greek isle of Crete who eat a traditional diet live longer than most other ethnic groups. In fact, Greeks who haven't succumbed to Western-style meals are 20 percent less likely to die of coronary artery disease and about 30 percent less likely to die of cancer than Americans are.

These stats make nutritionists take note, and what they've found is that the traditional Greek diet is one of the healthiest eating styles you can choose. The diet focuses on:

- vegetables, fruits, fish, grains, beans, nuts and legumes like chickpeas
- olive oil as the sole source of added fat
- only a few weekly servings of poultry, eggs and sweets
- daily, small to moderate amounts of cheese and yogurt
- red meats saved for special occasions only

What's more, the Greek diet is tasty—a sign that you don't have to give up good food to stay healthy.

### BEWARE OF TROJAN HORSES

But be cautious: Some Greek foods found in the United States don't fit the heart-healthy profile of traditional



Greek cuisine. The nonprofit Center for Science in the Public Interest analyzed typical restaurant-size portions of some popular Greek meals. What they found could stop your heart. For example, spanakopita (spinach pie in phyllo dough) has 410 calories and 24 grams of fat, beef or lamb gyro (sandwich) has 760 calories and 20 grams of fat and moussaka (a meat and eggplant casserole) has 830 calories and 48 grams of fat!



Bobby Ginn  
Chief Executive Officer

## Dear friends,

**A**t Marlboro Park Hospital (MPH), we're proud of our healthcare team's accomplishments in 2006. Our commitment to community service, as shown by our participation in events like Relay for Life and support of organizations such as the March of Dimes and United Way, remains strong. We continue to support Marlboro County with financial donations to worthy cultural and charitable activities and

causes. These activities, including youth programs, sports sponsorships, educational programs and more, are the foundation of our pride and reputation. It's the community's support—your support—that allows MPH to achieve excellence not only in the healthcare we provide, but also as a supportive and involved community member.

While 2006 brought great success in our mission to provide you with quality healthcare, 2007 offers the opportunity to continue growing our services and expanding our medical community, all in an effort to serve you better.

Thank you for your trust in our healthcare team. We look forward to continuing to offer you and your family the quality healthcare you've come to rely on from MPH. Our partnerships with local physicians and the addition of new physicians to our staff provide exciting opportunities to introduce new services and greater access to meet your needs. It's our hope that through this newsletter we can provide you with a better understanding of the services available to you at MPH. It's our sincere desire to address any questions or concerns you may have about your healthcare needs. On behalf of the MPH team, our Board of Trustees, staff, physicians and volunteers, thank you for your continuing trust and support of our commitment to provide the finest quality medical care.

Best regards,

BOBBY GINN  
Chief Executive Officer  
Marlboro Park Hospital

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# Health Connection

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