

# Health Connection

MPH  
Marlboro Park  
HOSPITAL

www.marlbroparkhospital.com

A MESSAGE FROM MARLBORO PARK HOSPITAL

## Breathe easier

### Our new Pulmonary Rehab program keeps you healthy

**K**eeping lungs healthy requires some special attention, especially as we get older. That's because as we age, we're more vulnerable to respiratory problems, including complications from the flu, dangerous forms of pneumonia and chronic conditions like chronic obstructive pulmonary disease (COPD).

#### TAKE ACTION

Here are some steps you can take to keep your lungs in proper working order as you age:

- If you smoke, consider joining a smoking cessation program to help you quit. Check to see whether Medicare or your insurance company covers the program. (Marlboro Park Hospital [MPH] offers smoking cessation classes; call (843) 479-2881, ext. 3382, for more information.) Talk with your physician about effective prescription medications available for help with quitting smoking.

- Get an annual influenza shot. The vaccine is offered every year beginning in October and is particularly important for older adults and those with chronic health conditions, since they're more likely to suffer serious complications from the flu.

- Ask your physician for a pneumonia vaccination, which is typically given once after age 65.

- Keep your weight in check with a healthy diet.



Priyan Samarakoon, M.D.



### ! How we can help

**M**PH recently implemented a Pulmonary Rehabilitation program—an outpatient program designed to help patients of all ages with lung disease recover faster. Services include supervised exercise, education, counseling and social activities with follow-up care. Priyan Samarakoon, M.D., a board-certified internist, pulmonologist and critical care specialist, directs the cardiopulmonary team. Dr. Samarakoon is qualified to treat a number of respiratory diseases. For more information about the program, call (843) 479-2881, ext. 3187.

- Get regular physical activity to keep your lungs in good working order.

“If people follow these guidelines, they will see remarkable improvements and health benefits such as living longer and a better quality of life,” says Priyan Samarakoon, M.D., medical director of the Pulmonary Rehabilitation department at MPH.

# Minimally invasive surgery

## Less pain, faster recovery

**M**inimally invasive surgery (MIS) is the buzzword in healthcare right now. And with good reason.

With advancing technology and surgical techniques, patients now have the benefit of undergoing procedures that require just a few small incisions. In years past, those same procedures would have required large cuts and left equally large scars.

### HOW IT WORKS

MIS—sometimes referred to as laparoscopic surgery—mirrors the techniques of traditional surgery but decreases the patient's surgical trauma. Because surgeons using MIS lose some visibility with smaller incisions, they have to create a larger workspace. They do this by making a small cut in the skin, then gently expanding the body cavity with a gas (such as carbon dioxide). A small camera (laparoscope) is then inserted through the incision and into the newly expanded space to help surgeons see where to operate.

While MIS isn't suited for all types of surgery, it has been used for such procedures as appendectomies, hernia repair, gallbladder surgery, hysterectomies, brain tumors, herniated spinal discs, knee and hip replacements, sinus surgery and certain types of heart procedures.

### MINIMAL TRAUMA, MAXIMUM BENEFITS

The goal of MIS is to treat patients with the least amount of trauma. In addition to minimized scarring, this type of surgery also:

- **Minimizes bleeding.** Decreased blood loss means a decreased chance of blood transfusion.



- **Lessens pain.** Small incisions reduce trauma to the skin and underlying muscles, meaning less postoperative pain.
- **Reduces infections.** Unlike a traditional operation, where the body is wide open, tissue isn't exposed to the air for extended periods during MIS.
- **Shortens hospital stays.** Reducing bleeding, pain and the chance for infection means you'll get to walk out of the hospital sooner.
- **Hastens recovery.** MIS can dramatically reduce recuperation time—in some cases, by half.

## Other minimally invasive procedures

**E**ndoscopic surgery is similar to laparoscopic surgery because it also requires a small camera. However, the equipment (endoscope) passes through an existing opening such as the mouth, anus or urethra.

Robotic laparoscopic surgery uses techniques identical to laparoscopic surgery but allows surgeons to use robotic arms to perform the procedure.

Ablation targets and destroys diseases, such as kidney and prostate cancer, with high-frequency energy, leaving normal tissue nearby intact. It's also been used to correct benign heart arrhythmias.

## WAITING TO INHALE

# Breathing problems you shouldn't ignore

**T**ake a deep breath." The command sounds easy, but for some people it's not so simple.

Being unable to breathe deeply or feeling short of breath may be a sign of a serious condition.

If you have any of the following symptoms, get them checked out by a physician:

- inability to take a deep breath
- shortness of breath without exertion
- shortness of breath after mild exertion, such as climbing a short flight of stairs
- wheezing
- tightness in the chest
- pain or discomfort when inhaling and exhaling
- a chronic cough or clearing of the throat
- difficulty breathing when you lie down
- a lack of energy
- coughing up blood or mucus

Difficulty breathing shouldn't be taken lightly. Lung disease is the number three killer in the United States.

It takes on many forms, including:

- Asthma, a chronic disease in which the passages that

carry air in and out of your lungs become sore and swollen. Asthma is characterized by wheezing, coughing, chest tightness and trouble speaking.

- Chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. In COPD, your airways and air sacs lose their shape and become floppy, like a stretched-out rubber band. Coughing up mucus is often a first sign of this disease. COPD is typically caused by cigarette smoking.
- Pneumonia, an inflammation of the lungs, usually caused by an infection. It's normally accompanied by shortness of breath and a cough or a fever.
- Lung cancer, which can take years to develop. If it's diagnosed early, before it spreads, the survival rate is almost 50 percent.

Breathing difficulties can also be a sign of heart disease or a heart disorder, such as congestive heart failure, heart arrhythmia or pulmonary hypertension.

In these or any other case of breathing distress, your physician can help you find the source of the problem with a thorough physical exam.



If you're having trouble catching your breath, it's time to see your doctor.

### When cough drops don't do the trick

**A** chronic cough—one that lasts more than three weeks—may be your body's way of telling you a problem exists. Your cough could be the result of:

- allergies, particularly postnasal drip, which often triggers coughing
- asthma
- heartburn, where acid from your stomach backs up into your throat
- medicines, including beta-blockers for high blood pressure, migraines and glaucoma and ACE inhibitors

# MPH goes tobacco free

## Quit smoking for those you love

**S**moking remains the single leading cause of preventable death in the United States. As the community's largest healthcare provider, Marlboro Park Hospital (MPH) will lead by example and create a healthier environment for our patients and employees.

Beginning Feb. 14, 2008, MPH is going tobacco free. Cigarettes, cigars, chewing tobacco, snuff, dip and pipe smoking are banned. The ban applies to patients, visitors, hospital staff, medical staff, vendors, contractors and volunteers. Our new policy prohibits use of all tobacco products in every work and public area, including hospital buildings, grounds and parking lots, extending to the inside of all vehicles while parked at our facilities.

### COMMITTED TO YOUR HEALTH

When admitted, patients will be advised that MPH is a tobacco-free organization and that leaving the hospital to smoke is prohibited. Smoking cessation should be discussed with your physician at or before admission. MPH's security staff and administration is fully authorized to enforce this policy and assist any hospital employees who request help with noncompliant individuals. People who don't follow the tobacco-free policy will be asked to leave the hospital's property or may be escorted from the premises.

We thank you for your cooperation and support as we make this commitment to a healthier tomorrow.

### ! For more information

**F**or more information about smoking cessation and classes offered by Marlboro Park Hospital, contact Denise Manghi, director of cardiac services, at (843) 479-2881, ext. 3382.



### Try these quitting tips!

- **Check your calendar.** If you've got a big project at work or special events just ahead, you're probably going to be stressed—not the best time for quitting.
- **Anticipate traps and how to deal with them.** Brush your teeth if you start "tasting" a cigarette, or envision a dream vacation with the money saved by quitting—more than \$1,000 annually on average.
- **Avoid situations that trigger cravings.** Continuing to party with the gang while you're trying to quit is bound to derail you. Make other plans temporarily.
- **Clean house.** Toss out lighters, matches and ashtrays. Deodorize the car. Ask loved ones, friends and co-workers for support—and to not smoke around you anymore.

# A better kind of surgery

## Laparoscopy speeds recovery

**M**any people consider surgery to be a major procedure that involves large incisions, a great deal of discomfort and a long recovery period. However, new technological advances in healthcare have created a multitude of benefits for surgical patients.

One of these advances is laparoscopy, or minimally invasive surgery. During laparoscopy, the surgeon makes dime-sized incisions and places plastic tubes called ports through these incisions. A miniature video camera with a fiber optic lens is positioned inside the patient's body and transmits an image of the organs onto a television monitor. The video camera becomes the surgeon's eyes as he or she uses several thin instruments to perform the required procedure. Laparoscopic surgery is considered safe and effective and dramatically reduces risks.

### WHAT PROCEDURES QUALIFY FOR LAPAROSCOPY?

Almost all open surgeries can be performed laparoscopically, the most common being cholecystectomy (removal of the gall bladder), appendectomy (removal of the appendix), tubal ligation, diagnostic laparoscopy and hernia repair. These are just a few examples—there are many available laparoscopic procedures in female and general surgery.

### QUALITY LAPAROSCOPY OFFERED CLOSE TO HOME

Marlboro Park Hospital is pleased to have three experienced surgeons performing laparoscopic procedures. Chi-Dai Chen, M.D., general surgery, performs a variety of laparoscopic procedures including cholecystectomies, large intestine procedures, hernia repair and appendectomies. In addition, Dr. Chen is highly trained in breast surgery, performing breast biopsies and mastectomies, amputations, colonoscopies and esophagogastroduodenoscopies (EGDs).



Dr. Cindy Crittendon, Ob/Gyn, has more than 18 years of experience performing laparoscopic gynecologic surgery, and Dr. Ken Thompson, Ob/Gyn, has advanced training in laparoscopic gynecologic surgery. These surgeries include laparoscopic-assisted vaginal hysterectomies, procedures to treat pelvic pain due to ovarian cysts or endometriosis, pelvic mass removal and tubal ligation. Dr. Thompson also performs hysteroscopic surgery to resect fibroids and polyps without any incisions.

Most of these procedures are done on an outpatient basis or with an overnight stay in the hospital.



### For more information

**F**or more information about laparoscopy, call our surgical services department at (843) 479-2881, ext. 3258.

## HEALTHWISE QUIZ

How much do you know about **sleep disorders**?

Take this quiz to find out.

1

**Lack of sleep may put you at a higher risk for:**

- a. type 2 diabetes
- b. low blood pressure
- c. asthma
- d. gastric ulcers

2

**Which of the following changes in your sleep routine may be a result of an underlying heart problem?**

- a. waking up during the night to urinate
- b. waking up during the night due to shortness of breath
- c. not being able to fall asleep
- d. both a and b

3

**Restoring your body with sleep has been shown to:**

- a. improve skin tone
- b. improve red blood-cell count
- c. reduce eye strain
- d. improve reaction time and attention span

4

**Women diagnosed with obstructive sleep apnea often experience these symptoms:**

- a. snoring loudly with periods of gasping or snorting
- b. waking up with a sore throat
- c. waking up with a headache
- d. all of the above

5

**The most common treatment for sleep apnea is:**

- a. antihistamine medication
- b. surgery
- c. a continuous positive airway pressure (CPAP) mask worn at night
- d. analgesic medication

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



## WOMEN: Is a heart attack in your future?

**A** heart attack may seem to come out of the blue. Yet your personal risk factors and lifestyle habits may hold clues to your heart's health and what your odds are of suffering from a heart attack.

### LOOK FOR THE SIGNS

High blood pressure (140/90 mm Hg and above) and high blood cholesterol (240 mg/dL and above) are significant clues that you may be developing heart blockages in the form of plaque. Being postmenopausal and having diabetes or rheumatoid arthritis can also increase heart attack risk.

Talk with your healthcare provider about what risk factors are significant for you. He or she can help you control your blood pressure and cholesterol levels and may also recommend testing for metabolic syndrome. Recent research shows this condition may be useful for detecting signs of heart disease in women who might appear healthy. The signs of metabolic syndrome include a waist size greater than 35 inches, higher-than-normal levels of triglycerides and glucose, and insufficient levels of HDL, or good cholesterol.

Also, be aware of what a heart attack might feel like for a woman, as some symptoms can differ from those of men. Chest pain or pressure; nausea; vomiting; indigestion; cold sweat; shortness of breath; light-headedness; fatigue; or discomfort in the arms, back, neck, jaw or stomach are all possible signs.

### GO HEART SMART

- Aim for a normal weight.
- Exercise for 30 minutes every day.
- Quit smoking and avoid secondhand smoke.
- Avoid foods high in saturated or trans fat and curb refined carbohydrates—cookies, white bread, sweet drinks—sometimes referred to as “high-glycemic-index” foods.





# Extended care services at MPH

**A**t Marlboro Park Hospital (MPH), our vision is to be the preferred provider of quality, cost-effective health services in communities we serve through continuous improvement of our services. The swing bed program is just one way we're meeting that goal.

Our swing bed program is designed for patients who need additional days to recuperate from a hospital stay but who don't require acute care. When patients are referred to other hospitals for service, they can request to come back to MPH for additional healthcare services through the swing bed program.

## WHAT IS SWING BED CARE?

Swing bed services provide a few days of post-hospital skilled care within the hospital, as well as rehabilitative and skilled care for primarily older adults. Each resident is formally discharged from the hospital and admitted to

the swing bed unit. If the resident becomes acutely ill in the swing bed unit, he or she is discharged and admitted to the hospital upon admission orders.

The swing bed unit's full services include 24-hour nursing care by licensed clinical personnel (R.N.s, L.P.N.s and C.N.A.s); physical and occupational therapy; laboratory, radiology and respiratory therapy services; and daily activities through an activities coordinator.

## OUR DEDICATION TO YOU

The swing bed unit at MPH bridges the gap between a hospital stay and home or another facility placement. We're proud to offer you this service and sincerely appreciate your trust. We're truly committed to our mission statement—to improve the health status of Marlboro County by providing excellent, comprehensive healthcare services in a safe environment of care.

[www.marlbورoparkhospital.com](http://www.marlbورoparkhospital.com)

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Marlboro Park Hospital  
1138 Cheraw Highway  
Bennettsville, SC 29512

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# Health Connection

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