

Springs health & wellness

A PUBLICATION OF SPRINGS MEMORIAL HOSPITAL

Do you have diabetes?

**Faster, easier
hospital registration**

**Meet our new
physicians**

**Make a delicious
meal that's healthy, too**

**How healthwise are you?
Find out inside**



WHEN IT'S AN EMERGENCY

Take action when every second counts

When 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

Invasive breast cancer is more prevalent in North America than anywhere else in the world. Approximately 2.5 million survivors live in the United States alone, according to the American Cancer Society. October is National Breast Cancer Awareness Month and Springs Memorial Hospital (SMH) hopes that you will use this month to educate yourself on this formidable disease.

While 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. IBC is, unfortunately, common in Lancaster County, but SMH has experience in diagnosing and treating people with this type of breast cancer.

Instead of a lump, certain areas of your breast may feel warm, appear red or bruised or look thicker. Your breast may also feel heavy. Other symptoms include:

- tenderness or swelling
- itching

- skin texture like an orange peel
- pain
- 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,” says Wendell Gains, M.D., of Mid-Carolina Surgery Specialists and a member of the SMH medical staff. “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.

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. If you haven’t had your annual mammogram, make your appointment before the end of the year. Mammograms are available at SMH’s Lancaster Imaging Center. For more information, call **(803) 286-1419**.

welcomes a new specialty



Abhijeet Nadkarni, M.D.

Despite the many advances in their prevention, diagnosis and treatment, infectious diseases are still prevalent in South Carolina. In 2003, South Carolina ranked 14th among all states in HIV-related deaths. In 2004, two infectious diseases, septicemia and influenza/pneumonia, represented two of the top 10 causes of death in Lancaster County. Unfortunately, physicians who treat infectious diseases are in short supply across the nation, accord-

ing to a 2004 report in *Chest*, a cardiopulmonary and critical care journal. Lancaster County is no exception to this situation and had been sorely in need of an infectious disease specialist. We are pleased to announce this is no longer the case. Springs Memorial Hospital (SMH) welcomes our first infectious disease physician in the county, Abhijeet Nadkarni, M.D., who will provide compassionate care for patients who have tuberculosis, HIV/AIDS and other infectious conditions.

CRITICAL CARE EXPERIENCE

Dr. Nadkarni is also a critical care physician—the second one available at SMH. He has expertise in caring for elderly people who have acute life-threatening illnesses and injuries, as well as administering antibiotics judiciously to avoid treatment resistance. Before Dr. Nadkarni joined the medical staff at SMH, we offered 28 specialties. We now have 29.

Dr. Nadkarni's training in internal medicine, infectious disease and critical care, as well as his unwavering zeal and enthusiasm, will enable him to expertly serve the medical needs of Lancaster and the surrounding areas.

Protect your health!

To contact Dr. Nadkarni or to find out more about infectious disease treatment, call (803) 286-1497.



Make a great meal good for you

Although 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.

Weight Watchers at SMH!

Meetings are every Thursday at 11 a.m. in the Marion Sims Building, 2nd floor. For more information, call (803) 286-1793.

MEET OUR NEW SPECIALISTS

CRAIG HART, M.D.
Pathology
York Pathology Associates

EVERETT JENKINS, M.D.
Pathology
York Pathology Associates

SAMUEL JOHNSON, M.D.
Nephrology
Nephrology Associates

TIMOTHY KELLY, M.D.
Otolaryngology
Central Carolina ENT

CHAD KESSLER, M.D.
Otolaryngology
Charlotte Ear, Nose & Throat

**SURESH
KHANDEKAR, M.D.**
Gastroenterology
Catawba Gastroenterology

**MILDRED
KINGHORN, M.D.**
Pediatrics
The Children's Clinic

**MARVIN E.
KNIGHT III, M.D.**
Internal Medicine
Palmetto Tri County
Internal Medicine

JAMES KOON, M.D.
Family Practice
Palmetto Family Medicine
of Kershaw

STEVEN LEDER, M.D.
Anesthesiology
Southeast Anesthesiology
at SMH

JOINING US SOON

CHARLES COOK, M.D.
Anesthesiology
Southeast Anesthesiology at SMH

EBENZER MANTE, M.D.
Pediatrics
Mante Pediatrics

JAMES MAYNARD, M.D.
Pathology
York Pathology Associates

**ABHIJEET S.
NADKARNI, M.D.**
Critical Care/Infectious
Diseases
Carolina Infectious Disease
and Critical Care Associates

**NIYATI A.
NATHWANI, M.D.**
Oncology
Carolina Blood and Cancer
Care Associates

KEVIN J. NUSZ, M.D.
Ophthalmology
The Eye & Laser Center

PAUL A. SLOTA, M.D.
Cardiology
Carolina Heart Specialists
(formerly Carolina Cardiology)

ED SIZEMORE, M.D.
General Surgeon
The Surgery Center of
Lancaster

**ROBERT E.
THOMAS, JR., M.D.**
Pathology
York Pathology Associates

**EDWARD
WASHINGTON, M.D.**
Family Practice
Barnett Family Practice

A MESSAGE FROM OUR CEO

Your provider of choice

Springs Memorial Hospital's (SMH) vision is to be the healthcare provider of choice for Lancaster and surrounding areas. One way to realize that vision is to recruit new physicians to serve the Lancaster community. This year, we will have more than 11 new physicians joining our staff, bringing our total to 130 physicians, representing 29 different specialties!

Most of our new specialists are here because existing practices have grown and need to expand to accommodate new progress in Lancaster County.

A NEW MEDICAL COMMUNITY CONCEPT

On August 1, we brought on four new internal medicine physicians to work only at SMH. Called hospitalists, they will be based in the hospital and will take care of inpatients referred by their private physicians. Our new hospitalists are Carlos Mercardo, M.D.; Vito Badalamenti, M.D.; Juan Velasco-Trujillo, M.D.; Muhammad Khan, M.D.; and Sanjay Bhatia, M.D.

As always, thank you for allowing the staff and physicians of SMH to care for you and your family. We take the trust you place in us very seriously. The fact that we've had such a banner recruitment year is a testament to our community commitment. You are the reason we strive to do more and provide more.

Regards,

ANGELA MARCHI, FACHE
Chief Executive Officer
Springs Memorial Hospital



Angela Marchi, FACHE
Chief Executive Officer

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

As 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?

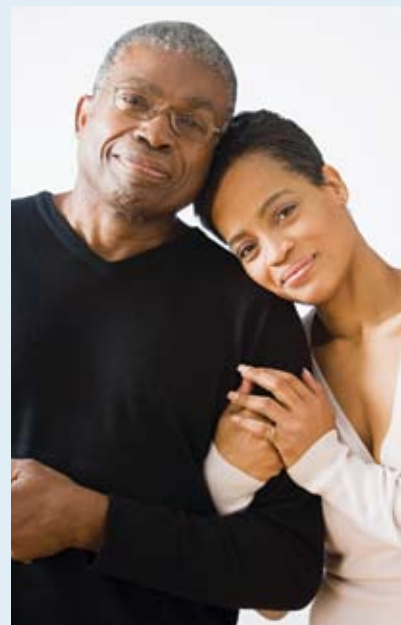
AAAs occur most often in men older than 65. Most aneurysms are caused by atherosclerosis—hardening of the arteries, which can result from a fatty, high-cholesterol diet. Other conditions that increase risk are smoking, high blood pressure, diabetes, congenital defects and a family history of aneurysms.

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

About 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

When 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.

Easier registration for patients at Springs Memorial Hospital



A Springs Memorial Hospital employee assists a patient during the Quick Registration process.

We are pleased to introduce yet another new process to provide our patients with a WOW experience called Quick Registration. This program will give all our patients more efficient and faster registrations.

“Our goal is to have all paperwork completed within a three- to five-minute time frame,” says Shannon Catoe, Assistant Director of Financial Services at Springs Memorial Hospital (SMH). “Our desire is to expedite our patients’ waiting periods because we recognize the value of their time. This new process will allow patients to arrive at their specific departments in a more efficient manner.”

Unfortunately, insurance regulations, forms and consents take time to read and sign. These things aren’t under SMH’s control, but we can make the process as

expedient as possible. Our staff understands how frustrating a hospital admissions encounter can be, and this is our way of relieving some of that frustration.

Currently, Quick Registration is only being used within our scheduling and surgical areas. We’re looking forward to expanding this service by the end of 2007.

For more information about Quick Registration, call Shannon Catoe at **(803) 286-1828**.



Fast fact

By age 65, one in three Americans has some form of vision-impairing eye disease. Eye conditions can result from aging, having a family history or from health conditions like diabetes or high blood pressure. Keep your eyes healthy by getting them tested regularly and seeking treatment for symptoms as they arise.

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