

RUSSELL MEDICAL CENTER

Connections

MEDICAL NEWS YOU CAN USE

SPRING 2010

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Karen J. Mockler, M.D. (left), and Tara Jones, D.N.P., CRNP, review patient records at Medical Park Family Care.

HealthExtra

{ WELLNESS NEWS FROM THE WORLD OVER }

> The skinny on skinny girlfriends

We all have that thin friend who can eat and eat and somehow never gain a pound. As it turns out, dining in her company may be dangerous for your diet. According to a study published in the *Journal of Consumer Research*, watching a thin friend overindulge makes us feel we can do the same. But when we eat in the company of heavier friends who overeat, we're likely to exercise more self-control. Researchers had 210 female college students watch a movie with a woman who sometimes appeared as her normal thin self and other times in a fat suit. The students ate more of the snacks offered when their thin companion took a large portion than when their obese companion took a similarly large portion. The study highlights how much social pressures affect our eating habits. The next time you make dinner plans with that skinny friend, don't keep up with her excessive eating.



> Depression is bad for your bones

You may have heard that depression is linked to insomnia, weight gain, even heart disease. But new research suggests the condition is also bad for your bones. In their review of 23 studies, researchers from the Hebrew University of Jerusalem compared the bone density of 2,327 people suffering from depression to that of 21,141 healthy people and found that those who were depressed had much lower bone density than nondepressed people. Low bone density puts you at risk for osteoporosis. The association between depression and weak bones was stronger in women than men, and premenopausal women were at especially high risk, say the researchers, whose work was published in the journal

Kids and teens spend a whopping **7 hours and 38 minutes** a day in front of the TV, computer or other media.

—Kaiser Family Foundation

Biological Psychiatry. Both conditions are treatable, so if you're suffering from depression, ask your healthcare provider about your risk factors for osteoporosis and do what you can to ward off the disease.

Breathing in secondhand smoke at home or at work raises your risk of lung cancer by **20% to 30%**.

—Office of the Surgeon General





> Cancer doesn't sleep

Add insomnia to the list of health problems people with cancer must face. In a study published online in the *Journal of Clinical Oncology*, researchers examined questionnaires filled out by 823 cancer patients after undergoing their first two chemotherapy treatments. The findings: Thirty-seven percent suffered from sleep problems such as occasional trouble falling and staying asleep, and another 43 percent had insomnia at least three nights a week. Luckily, sleep disorders are very treatable. If you're suffering from cancer-related insomnia, talk with your healthcare provider about the problem. You need your rest to help fight this disease.

> Booster seats save lives

Does your child think he or she is too old for a booster seat? Think twice before you remove it from the car, says new research published in the journal *Pediatrics*. In a study of more than 7,000 children ages 4 to 8 who were restrained in the back seat of a car that crashed, only 30 percent were secured in a booster seat. These children were 45 percent less likely to suffer injuries than children in a traditional seatbelt. The booster seat gives your child the lift needed to ensure your car's seatbelt is providing the necessary protection. The National Highway Traffic Safety Administration recommends booster seats for all children up to age 8 or 4 feet 9 inches tall.



> Squeeze out excess sugar

We're taking in way too much added sugar and, according to the American Heart Association (AHA), we need to cut back. The AHA's new guidelines say that most women should consume no more than 100 calories (about 6 teaspoons) of sugar a day, and most men should consume no more than 150 calories (about 9 teaspoons). The average person takes in about 22 teaspoons, or 355 calories, of sugar a day, mostly from soft drinks and other sugar-sweetened drinks (just one can of soda has some 130 calories and 8 teaspoons of sugar). High intake of sugar seems to be related to the nationwide rise in obesity, which is linked to an increase in high blood pressure, high triglyceride levels and other risk factors for heart disease and stroke. An easy way to reduce your sugar intake? Swap out those sweetened beverages for water with a twist of lemon or lime.



1,610:

 number of calories in a medium movie theater popcorn and soda combo.

—Center for Science in the Public Interest



Exceptional care in Dadeville

At Medical Park Family Care

Nestled on the shores of Lake Martin, Dadeville is a vibrant community with a look and southern charm all its own. As the seat of government for Tallapoosa County, the picturesque downtown area holds the Courthouse building at its center, surrounded by specialty shops and business offices. Many of these court square shops and businesses have made a huge effort to restore the historical significance and architectural integrity of the downtown area. In addition to the downtown, Dadeville residents are proud of the great restaurants in the area and the many access points to Lake Martin recreation.

Medical Park Family Care, an extension of Russell Medical Center (RMC), is located in the heart of Dadeville at the intersection of Highway 49 and Old Suzanna Road, on the way to the Still Waters community and the popular Blue Creek area. It's an ultra-modern, first-class medical facility offering primary care that includes walk-in accessibility for local residents. To have a facility close to home that can meet the needs of residents and vacationers alike is indeed a blessing!

SERVING A COMMUNITY'S NEEDS

Meeting the needs of a community is our goal as health-care providers, and Medical Park offers immediate referral access to RMC's entire medical staff and technological and diagnostic capabilities. Karen J. Mockler, M.D., has been practicing at Medical Park since 2004 and has seen tremendous growth in the number of patients being cared for at the center. "During my tenure here, we have seen an increase in the number and type of patients we serve," she says. "That's due in part to the fact that we offer more services such as gynecological exams. Our primary care volumes have also increased because we offer the latest technology."

The picture archiving and communications system (PACS) is just one important feature that allows doctors who see patients at Medical Park to consult with other experts through the Internet. Doctors can view multiple patient images simultaneously and make a joint decision about a patient's diagnosis and treatment.

FOCUSING ON PATIENT CARE

While Medical Park's beautiful facility and state-of-the-art technology are noteworthy, two of the clinic's best assets are Dr. Mockler and Tara Jones, D.N.P., a certified registered nurse practitioner (CRNP). Dr. Mockler is an excellent physician who has a very personal and warm bedside manner. Her warmth and compassion are appreciated community-wide, and her patients are always pleased when she spends time with them in the office.



◀ Photos from left to right: View of North Broadnax Street; Karen J. Mockler, M.D., at Medical Park; the shops at Courthouse Square; and Tara Jones, D.N.P., CRNP.

▼ Photo at bottom left: Ginkgo Manor near downtown Dadeville.

discussing their medical needs and history. “One of the things I enjoy most about the care we provide at Medical Park is our ongoing followup for patients. I often follow up with phone calls at home to check on my patients’ progress. Our patients seem to appreciate this involved, personal care much more,” says Dr. Mockler.

Ms. Jones has a smiling and energetic presence at Medical Park, with a natural dedication to caring for others as a devoted wife and mother of her young children. Throughout the day at Medical Park she greets patients with a warm smile and an infectious enthusiasm. With their equal dedication to patient care, she and Dr. Mockler complement each other well, and Ms. Jones is quickly establishing her own loyal following of patients.

CONVENIENT HEALTHCARE FOR ALL AGES

At Medical Park, patients enjoy streamlined access to the advanced capabilities of RMC for either primary

> So many services!

Medical Park services include:

- comprehensive physicals
- pulmonary function testing
- gynecological exams
- in-house X-rays
- in-house laboratory
- diabetes treatment
- nebulizer treatment for asthma patients
- electrocardiograms (EKGs)



or specialty care. Medical Park offers a wide range of care options including pulmonary function testing, annual immunizations, diabetes treatment, electrocardiograms and an in-house laboratory. Patients also enjoy the convenience of digital X-ray equipment and the state-of-the-art PACS technology, allowing their doctor or specialist to instantly receive images for review. “With our services and passion for serving others in their time of medical need, we can address the needs of more patients in our community,” Dr. Mockler says. ●



> Get healthy!

Medical Park Family Care is located at the intersection of Highway 49 and Old Suzanna Road in Dadeville and is open Monday through Friday, 8 a.m. to 4:30 p.m. Appointments are only made for physicals; patients can simply walk in to be seen. For more information, call **(256) 825-9900**.

Do you have diabetes?

Diabetes doesn't seem like the kind of disease you could have without realizing it, but about 6 million Americans are in the dark about their status. Symptoms develop gradually, so many people don't realize that there's a problem. But untreated diabetes is dangerous—it can lead to heart disease, kidney failure, blindness, foot amputations and other complications. If you're unsure whether you've got diabetes, consider these warning signs:

YOU MAY HAVE TYPE 1 OR TYPE 2 DIABETES IF:

- you're always thirsty or very hungry, especially if you also have unexplained weight loss
- you constantly feel tired and irritable
- you urinate more often than everyone else

YOU MAY HAVE TYPE 2 DIABETES IF:

- you're obese or overweight
- you've ever been diagnosed with pre-diabetes or impaired glucose tolerance
- your cuts and bruises take a long time to heal, or you get infections frequently

You can't prevent type 1 diabetes, which develops when the body doesn't produce enough insulin. But you can reduce your risk of type 2 diabetes, or help keep it under control. How?

- If you're overweight, lose 5 percent to 10 percent of your body weight. That's 10 to 20 pounds for a 200-pound person.
- Exercise at moderate intensity for 30 minutes a day, at least five days a week.
- Cut back on junk food and eat small portions of healthy foods, including fruits, vegetables, whole grains, lean meats and nonfat dairy products. ●

People diagnosed with diabetes before **age 65** have a **125%** increased risk of developing **Alzheimer's disease.** —*Diabetes*



> The final word on sugar

Doctors used to tell

people with diabetes to avoid all sugar. But today, people who have diabetes can include small portions of sweets in their diets on occasion and still keep their blood-glucose levels safe.

Sugar is a carbohydrate, and recent research shows that it's the total number of carbohydrates consumed, not just sugar, that affects blood-glucose levels. So if you want to treat yourself to something sugary, you'll need to reduce other carb-containing foods from a meal. For example, if you're out to dinner, skip the pre-dinner bread and split a small dessert. Experts recommend doing this infrequently to ensure that you maintain a healthy diet. Your healthcare provider can explain how to read food nutrition labels so you can make proper substitutions.

Test your heartburn knowledge

You eat a greasy burger and fries and chase it down with a big soda. Soon, you feel the burning pain in your chest known as heartburn. If you have heartburn or acid indigestion more than twice a week, it's known as gastroesophageal reflux disease (GERD). The condition occurs when the sphincter muscle separating the esophagus from the stomach doesn't close properly, allowing stomach contents (including acid) to rise up into the esophagus, causing a burning sensation in the chest or a bitter taste in the mouth. If left untreated, GERD can lead to more serious conditions, including esophageal cancer. Test your knowledge about this common, treatable condition:

1 Which of the following is not regularly confused with GERD?

- A. stiff neck B. asthma C. laryngitis D. chest pain

ANSWER: A. GERD is common in people with asthma, and can even worsen their condition. Frequent acid reflux can cause sore throats or laryngitis. And some GERD sufferers mistake the surge of acid reflux in the esophagus for angina or heart-related chest pain.

2 What can you do at home to help alleviate your GERD symptoms?

- A. wash your hands frequently C. maintain a healthy weight
B. eat softer foods D. go to sleep early

ANSWER: C. Being overweight places excess pressure on your abdomen, which causes stomach acid to back up into the esophagus. Don't try squeezing into too-tight jeans—the pressure on your stomach can push acid into the esophagus. Extra sleep can't cure GERD, and getting into bed within three hours of eating can make the condition worse. Elevating the head of your bed six inches can help, though; you'll use gravity to keep your stomach contents out of your esophagus.



3 What treatment is often recommended for new GERD patients?

- A. antacids C. antidepressants
B. proton pump inhibitors D. surgery

ANSWER: B. Over-the-counter antacids are OK for infrequent heartburn, but for GERD, doctors often prescribe proton pump inhibitors, which can decrease the flow of stomach contents to the esophagus and simultaneously heal esophageal damage caused by stomach acid. Your doctor may also prescribe pro-motility drugs, which help move food from the stomach and remove acid from the esophagus. If medication doesn't help control the condition, surgery is an option.

4 True or false: Chewing gum makes heartburn worse.

ANSWER: FALSE. Chewing gum or sucking on hard candies forces you to make more saliva, which acts as a natural barrier to acid, helping to ease the burn. Just avoid peppermint—it can make the problem worse. ●

> Top trigger foods

Alleviate GERD by steering clear of these common culprits:

- alcohol
- caffeine
- chocolate
- cigarettes
- citrus fruits
- fried foods
- garlic
- mint
- onion





F. Anthony McLeod, M.D., FACS, uses new technology at RMC to treat sinus problems.

When sinus pain starts

Find relief at RMC

We've all been there: crushing sinus pain, headaches, a stuffy nose or a cough that make it difficult to get through the day. For many of us, these symptoms subside as quickly as they come on. But for some people symptoms persist and they need a doctor's care. When sinus pain strikes, F. Anthony McLeod, M.D., FACS, otolaryngologist (ear, nose and throat physician) at Russell Medical Center (RMC) is the solution provider. And now, with new technology available to treat sinus conditions, Dr. McLeod is helping more people breathe easier.

> So long, sinus pain

To make an appointment with Dr. McLeod, call (256) 329-1114.

ABOUT EAR, NOSE AND THROAT

While they also treat many primary care problems in both adults and children, otolaryngologists specialize in diagnosing and managing diseases that affect the sinuses, voice box, mouth, throat, neck and face.

Otolaryngologists treat:

- ear infections in children
- tonsil, adenoid and sinus problems
- mass or tumor removal in the head and neck
- allergies
- adult ear and hearing problems
- skin cancer in adults
- head and neck cancer
- thyroid problems

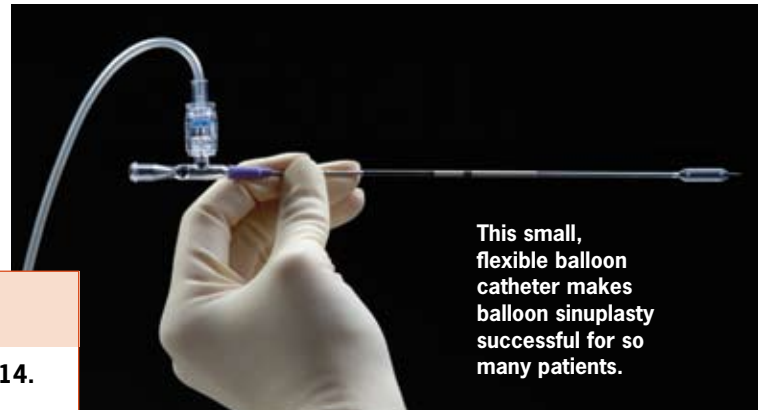
Married with three daughters, Dr. McLeod enjoys the variety his specialty allows in caring for patients of all ages. "I can perform a lot of procedures in the office or in the operating room, treat both adults and children and concentrate in different areas of medicine like sleep medicine," he says.

SOLVING SINUS PAIN

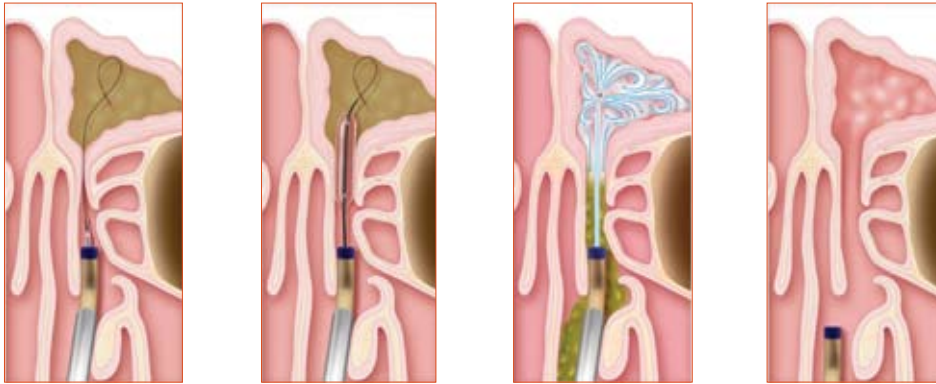
Traditionally, patients experiencing painful, chronic sinus problems were limited to two treatment options: medical therapy, such as antibiotics, or surgery. Medical therapy can help rid some patients of their symptoms, but for many patients, medication alone isn't enough to stop a chronic problem. For those patients, sinus surgery is the next step in helping them find relief.

Conventional sinus surgery involves bone and tissue removal to open up blocked sinus passageways. Because many patients don't want to undergo this surgery or aren't considered candidates for the procedure, a large number are left with a problem sinus condition.

In the 14 years that Dr. McLeod has been a



This small, flexible balloon catheter makes balloon sinuplasty successful for so many patients.



During balloon sinuplasty, a balloon catheter is placed through the nostril into the blocked sinus passageway. The balloon is gently inflated, restoring normal sinus function.

practicing otolaryngologist, he's seen many changes in his field. "Sleep testing has advanced, and CPAP [continuous positive airway pressure] machines are dramatically better than they were," he says. "Sinus surgery has also improved since balloon sinuplasty was developed."

ADVANCED CARE

Balloon sinuplasty, a minimally invasive procedure, is now performed by Dr. McLeod at RMC. During the procedure, a small, flexible balloon catheter is placed through the nostril into the blocked sinus passageway. When the balloon is inflated, it gently restructures and opens the sinus, restoring normal drainage and function.

Balloon sinuplasty helps physicians treat sinus conditions entirely through the nostrils, without the need for tissue or bone removal. "The procedure is faster, patients recover quicker and, because it's less invasive, it's opened the doors for patients who may not have been candidates before," he says.

Being able to help more patients with a more convenient procedure is key for Dr. McLeod. "We're finding that we can help more patients who are suffering from headaches," he says. "And if patients' sinus conditions can be treated with balloon sinuplasty, they can be back at work or school the next day. It's much easier to recover from than traditional sinus surgery."

WITH PATIENTS IN MIND

While bringing advanced treatment options to area residents is one way Dr. McLeod ensures patients receive the care they need, he also believes in providing convenient programs designed with patients in mind. "Jamie Chappell, our nurse practitioner who works with sleep patients, and I noticed that many sleep apnea patients were struggling with weight problems," he says. "So we opened a weight-loss clinic to help them out so they don't have to be on CPAP forever or need to undergo surgery. We thought that doing this with CPAP would give patients the best results."

Dr. McLeod has also made it convenient for patients who require weekly allergy shots to get them without needing to set an appointment. "Being able to walk in and get your allergy shot makes it easier to live life," says Dr. McLeod.

ENJOYING LIFE

Dr. McLeod understands patients' needs to get back out there and enjoy their days because he appreciates everything the area has to offer. "I grew up in Clay County and was happy to come practice at RMC," says Dr. McLeod. And with a family that keeps him on the go—his wife, Jennifer, is a professor at Auburn and his three daughters are all active in cheerleading, track and basketball—he's a busy doctor and family man enjoying every minute. ●

"[Balloon sinuplasty] is faster, patients recover quicker and ... it's opened the doors for patients who may not have been candidates before."

—F. Anthony McLeod, M.D., FACS

After the ER: What next?

You've read enough about heart-attack warning signs and bagel-cutting accidents to know when you should head to the emergency room (ER). But will you know how to care for yourself when it's time to go home? Recent research has found that 78 percent of patients discharged from the ER don't fully understand the instructions that they're given by doctors. That can lead to complications. If you find yourself in the ER, consider these points:

If you've had a heart attack ... You'll be admitted to the hospital, not sent home. When you eventually do leave the hospital, be sure to ask the doctor how to take any prescribed medication and what dangerous symptoms to watch for that could require another visit to the ER.

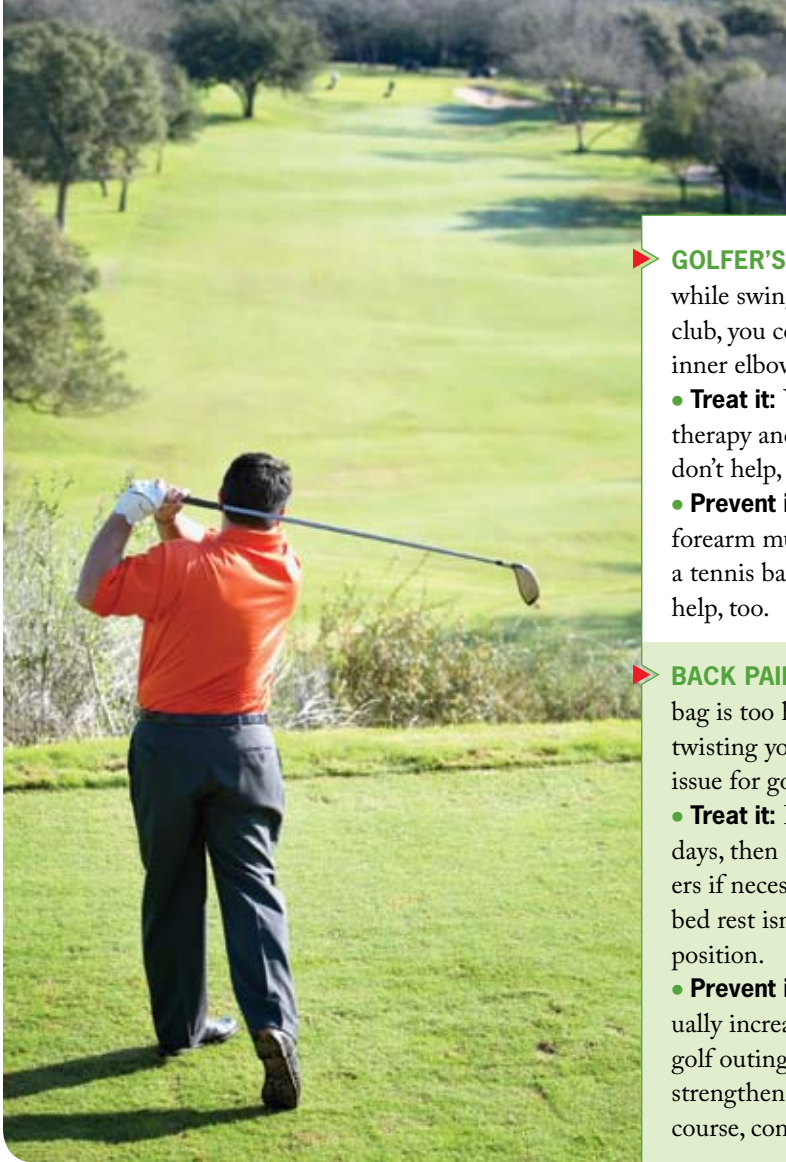
If you've been injured ... Many people have their wounds sealed with topical skin adhesive, but others receive stitches or staples. Some stitches dissolve and don't warrant another doctor visit, but others need to be removed by a physician, so you should understand whether—and when—it's necessary to make a follow-up appointment, especially if the stitches are in an area that you can't see. Find out whether you can get the wound wet; how to clean it and change your bandages, if need be; and how it will look and feel if it gets infected (redness and a foul odor are likely signs).

DON'T FORGET TO FOLLOW UP

If the doctor gives you written instructions about taking medication or asks you to be on the lookout for symptoms that could signal infection or a relapse, make sure you understand everything before leaving. Find out what pain medication to use, and whether you'll need a prescription. Ask whether to return to the ER or to your healthcare provider if your health worsens; the doctor's response will depend on your condition and the time of your visit. Many ER doctors recommend an appointment with your provider a week or two after being discharged, so ask whether this will be necessary. You probably won't need to phone your health insurance company after your ER visit, although some companies require a phone call beforehand. ●

Chest pain is the most common reason for adult ER visits.

—Centers for Disease Control and Prevention



Don't let golf injuries sideline you

Most people hit the links to calm the mind, but golf can be stressful on the body. Swing too hard and you can develop tendinitis. Lug your clubs around all day and you could strain your back. If you're one of the 28 million golfers nationwide, take steps to avoid these common injuries during your next outing:

▶ **GOLFER'S ELBOW** If you overemphasize your wrists while swinging or accidentally hit the ground with your club, you could develop this painful tendinitis along the inner elbow.

- **Treat it:** Your doctor may recommend rest, physical therapy and anti-inflammatory medications. If those don't help, you may need cortisone injections or surgery.
- **Prevent it:** Stretch before playing, and strengthen your forearm muscles regularly. (Try wrist curls or squeezing a tennis ball.) Developing a smooth, slow golf swing can help, too.

▶ **BACK PAIN** Whether you hunch over the ball, your golf bag is too heavy or your back just can't handle all the twisting you do while teeing off, back pain is a serious issue for golfers.

- **Treat it:** Ice the painful area for the first two to three days, then switch to heat. Try over-the-counter painkillers if necessary. Don't lie down hoping to get better; bed rest isn't recommended. At night, sleep in the fetal position.
- **Prevent it:** Warm up with a few practice swings, gradually increasing to your full range of motion. Between golf outings, use the rowing machine at the gym to strengthen your back muscles. If you prefer to walk the course, consider a wheeled golf bag.

▶ **SUNBURN** You may not instinctively reach for sunscreen, but you'll be outside for hours during the sunniest part of the day, so without protection, you risk getting burned.

- **Treat it:** Take a cool shower to soothe a burn, then apply a moisturizing lotion like aloe vera to the affected areas. Anti-inflammatory medications can help with pain and soreness.
- **Prevent it:** Liberally apply sunscreen half an hour before heading outside. Wear long sleeves and a broad-brimmed hat (though a golf visor is better than nothing).

▶ **HEAD INJURIES** Golfers suffer more than 8,000 head injuries annually. Sometimes, an errant ball is to blame. Other times, someone accidentally stands in the path of a swinging club.

- **Treat it:** See a doctor or visit the emergency room, depending on the severity of the injury and whether you've lost consciousness.
- **Prevent it:** Listen for people shouting "fore!" and stand back when someone else is swinging. ●

The quest for a good night's sleep

A sleep study helps a husband and wife rest better



Alexander City residents Bennie Tuck and his wife, Peggy, weren't getting a very good night's rest. Their nights were interrupted by Mr. Tuck's loud, consistent snoring. As a result, both of them were always tired and never felt fully rested. "It was a bad way to go through the day," says Mr. Tuck.

FINDING A SOLUTION

Mr. Tuck began the path to a better night's sleep with a visit to his family physician. "My doctor suggested I get an overnight sleep study to get an idea of what was going on with me during the night," he says. "I have all kinds of things going on—high blood pressure, allergies—so it made sense to see if those health issues were affecting my sleep." He had a consultation with F. Anthony McLeod, M.D., FACS, otolaryngologist (ear, nose and throat physician) at Southern Head and Neck Surgery and the directing physician at the Sleep Center at Russell Medical Center (RMC), and scheduled a sleep study.

THE EXPERIENCE

Mr. Tuck had his most recent overnight sleep study in spring 2009. He brought an overnight bag with his pajamas, a change of clothes and his bedtime toiletry items and arrived at the RMC Professional Building (where the Sleep Center is located) around 9 p.m.

First, the technician settled Mr. Tuck into his room, which resembles a nicely furnished hotel room with a

queen-size bed, TV and reclining chair. Then the technician placed sensors on Mr. Tuck's chest and head to monitor his heart rate, breathing patterns and vital signs throughout the night. "It's really a relaxing experience," says Mr. Tuck. "The room is nice, and I watched the news and some TV until I was ready to go to sleep, just like at home."

A PEACEFUL RESOLUTION

It was obvious from Mr. Tuck's sleep study that he needed the continuous positive airway pressure (CPAP) machine. He had several episodes of sleep apnea, a condition that causes a person to stop breathing while sleeping. "I've been using the CPAP machine for a while now," says Mr. Tuck. "It's quiet, like a soft whisper in our bedroom, and I wear the small nosepiece type mask because I find it more comfortable than the larger mouthpiece. I'm sleeping better and I feel rested when I wake up in the morning, with more energy. And thankfully Peggy is sleeping better, too!" ●

> Just close your eyes

To learn more about the Sleep Center at Russell Medical Center, visit www.russellmedcenter.com or call (256) 329-7149.

A place to talk

When you've beat a disease like cancer, having friends who understand and have shared your experiences can help you get back to enjoying life as a survivor. That's why Russell Medical Center (RMC) and the American Cancer Society (ACS) teamed up to provide the Today Our Understanding of Cancer is Hope (TOUCH) support group.

A CARING COMMUNITY

TOUCH provides a safe place for survivors, their families and loved ones to learn and share their experiences together. "The group is entirely different from other resources," says Rosemary V. Brigham, LBSW, a social worker for the Cancer Center at RMC and TOUCH group facilitator. "Their doctor can help answer questions, but he or she may not be able to answer questions as a cancer survivor." TOUCH group members are all cancer survivors and share a closeness with each other through their experiences.

The diverse group includes members ranging in age from 13 to 80, but Brigham says they all relate to each other and new members instantly. "The group shares a special camaraderie," says Brigham. "Whether a member is experiencing a recurrence or asking general lifestyle questions, they all come together to provide answers and support."

LEARNING TOGETHER

A main component of the group is open discussion facilitated by Brigham. "We're fortunate to have Rosemary lead this group," says Mabry A. Cook, director of the Cancer Center at RMC. "She creates an environment where everyone feels at ease and safe to discuss their experiences." TOUCH also features educational topics presented by physicians, clergy, nutritionists and more based on topics requested by members. Past topics have included:

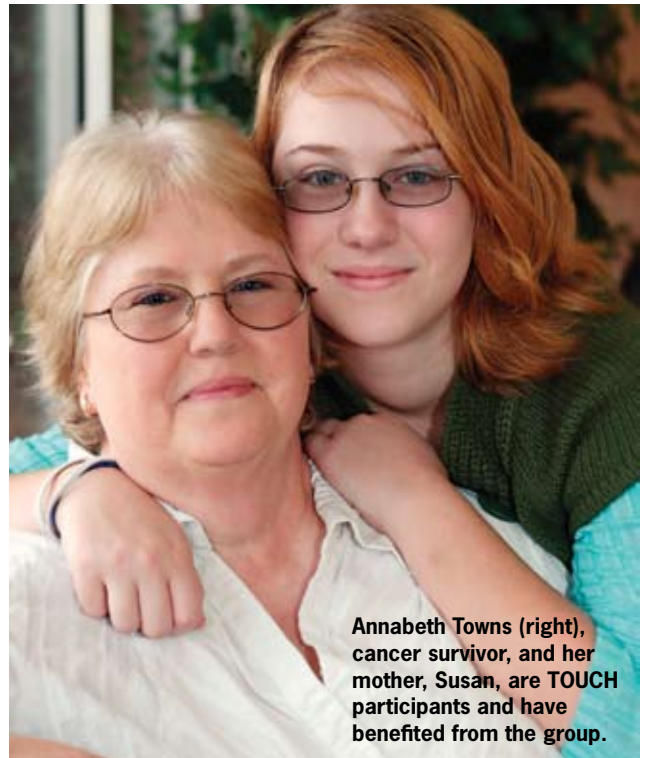
- new cancer treatments and tests
- cancer research and statistics from the ACS
- neuropathy
- Total Fitness at RMC
- reducing cancer risk
- pet therapy
- home health, hospice and stress relief

"The group belongs to its members, and this is what matters to them," says Brigham. "We're happy to bring in

area experts on the topics they're interested in." Southern Care Hospice also provides lunch for the group once a month.

LIFE AFTER CANCER

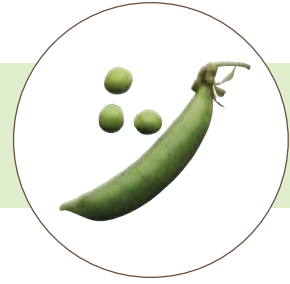
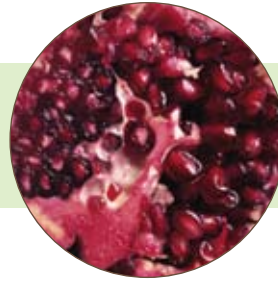
"The TOUCH Group is an important part of providing cancer survivors and their families healing after the healing," says Cook. Perhaps the best result of the group is helping its members see that there is life after cancer. Members are active volunteers in the community and their churches, and enjoy playing tennis and being involved with their families. "We're pleased to offer TOUCH, even if a person only needs to come once," says Brigham. "That one time may make a difference for him or her, and that's what counts." ●



Annabeth Towns (right), cancer survivor, and her mother, Susan, are TOUCH participants and have benefited from the group.

> Join today!

TOUCH meets the first Wednesday of each month from noon to 1 p.m. in the Community Room of the Professional Building at RMC. For more information, call **(256) 329-7882**.



Healthy eating, A to Z

Explore how delicious—and healthful—the alphabet can be

A LMONDS: Including a handful of walnuts or almonds in your diet every day can help you lower your cholesterol and may lower your risk of heart disease.

B ERRIES: They're small, but blueberries, strawberries, blackberries and raspberries are packed with a large variety of antioxidants and phytochemicals that help fight cancer, according to a growing body of research.

C LEMENTINES: These oranges are easy to peel on the go, are loaded with vitamin C and are an excellent source of folate, which helps prevent birth defects.

D AIRY: Milk, cheese and other dairy products can help you build strong bones, lose weight and even reduce your risk of gum disease. Choose low-fat or nonfat varieties.

E DAMAME: Snack on these boiled soybeans straight from the pod. They boost brain function, ward off hot flashes and may reduce the risk of heart disease and breast and prostate cancers.

F IBER: Eating the recommended amount of dietary fiber will not only keep you regular, it can help you lose weight and lower your risk of heart disease and diabetes. The best sources include fresh fruits and vegetables, beans, nuts and whole grains.

G UM: Chew a stick to lose weight or de-stress. Chewing gum before snacking can reduce your subsequent calorie intake, according to one study, and it can relieve tension in stressful situations, like driving in traffic.

H UMMUS: This tasty Middle Eastern staple is available at supermarkets nationwide. Made from garbanzo beans, hummus is high in fiber, protein, iron and folate. Enjoy with whole-wheat pita.

I RON: You need iron to make hemoglobin, which brings oxygen from the lungs to the rest of the body; a deficiency can lead to anemia. Eggs, beans, red meats, oysters and iron-fortified breakfast cereals are excellent sources.

J UICE: Don't drink too much juice; the extra calories can really add up. Try cooking your meat or poultry in fruit juice, not pan drippings, to lower your cholesterol.

K ALE: Cruciferous vegetables like broccoli, cabbage and kale are high in fiber, calcium, vitamin C and beta carotene, and they may help prevent colon cancer.

L ENTILS: Research has shown that people who regularly eat these tasty legumes consume more fiber, folate and iron and less fat.

M ARGARINE: It's better for your heart than butter and has more unsaturated fats and no cholesterol. Buy it in tub form, rather than by the stick, for less trans fat.

N UT BUTTER: Build a heart-healthy, grown-up PB&J with whole-wheat bread, sugar-free jelly and almond butter, cashew butter or macadamia butter. The nuts' good fats can help lower cholesterol.

O **MEGA-3s:** These unsaturated fatty acids can lower your cholesterol and may reduce your risk of heart disease. Good sources include fatty fish (like salmon), walnuts and ground flaxseed.

P **OMEGRANATES:** Drink up! Preliminary research indicates that antioxidant-rich pomegranate juice helps lower your cholesterol.

Q **UINOA:** Try this South American side dish to vary the whole grains you eat, which contribute to a high-fiber diet.

R **EDS:** Bright red fruits like tomatoes, watermelon and grapefruit contain lycopene, an antioxidant that is associated with a lower risk of heart disease and prostate cancer.

S **OUP:** Trying to lose weight? Begin your meal with a low-calorie broth. Research shows that soup fills you up, prompting you to eat fewer calories during the rest of the meal.

T **URKEY:** Lean protein like skinless turkey, in conjunction with a healthy diet, can help reduce your risk of heart disease. Trim visible fat before cooking, and bake or broil instead of frying.

U **NSATURATED FATS:** You need some fat in your diet (about 25 percent to 35 percent of your calories), but it's best to avoid unhealthy trans fats and hydrogenated fats. The wisest choices are monounsaturated and polyunsaturated, found in nuts, fish and avocados.

V **EGETABLES:** Most Americans don't eat enough vegetables. To lower your risk of heart disease, stroke and certain cancers, choose more salads, garnish your sandwiches with greens and test out new flavors in the produce aisle.

W **INE:** If you drink a glass of red wine every night with dinner, you're likely lowering your risk of heart disease. Studies have found that red wine contains substances that increase HDL (good) cholesterol, reduce LDL (bad) cholesterol and protect the heart's blood vessel linings.

X **YLITOL:** You may not have heard of this artificial sweetener, which is a common ingredient in sugar-free gum. Chewing gum that contains xylitol (instead of an ordinary stick of gum) not only helps you consume less sugar, it prevents cavities.

Y **OGURT:** Packed with protein and calcium, yogurt gives you energy and helps keep your bones strong. If you eat yogurt with live, active cultures regularly, you'll keep your digestive system running smoothly, give your immune system a boost and protect yourself from cancer.

Z **INC:** This mineral helps wounds heal properly. Red meats, dark-meat chicken, peanuts and beans are good sources. ●



Dietary fiber will not only keep you regular, it can help you **lose weight** and **lower your risk of heart disease and diabetes.**

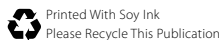
Russell Medical Center

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Russell Medical Center

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Physician Referral Line (256) 329-7149



Community calendar RMC's summer classes and events

To register or for more information about these classes or events, call Sandra Patten, R.N., at **(256) 329-7145**.

ORAL CANCER SCREENING

- Tuesday, July 20, 2–4 p.m.
 - RMC Cancer Center
- No cost.

CHILDBIRTH CLASSES

- Tuesdays, July 6 to August 3, 6–9 p.m.
 - RMC Community Room
- The cost is \$50.

AARP DRIVER SAFETY COURSE

- For adults ages 50 and older
 - Wednesday, July 14, and Thursday, July 15
 - RMC Community Room
- The cost is \$14.

NEWBORN CLASS

- Thursday, August 5, 6–8 p.m.
 - RMC Classroom
- The cost is \$15.

CPR FOR INFANTS AND CHILDREN

- Tuesday, August 10, 6–8 p.m.
 - RMC Community Room
- The cost is \$15.

BREASTFEEDING CLASS

- Thursday, August 12, 6–8 p.m.
 - RMC Classroom
- The cost is \$15.

RED CROSS SWIMMING LESSONS

Available through the aquatics program at Total Fitness at RMC. For session information, call Cara Tidwell at **(256) 329-7624**.

Support for heart health

Russell Medical Center (RMC) is proud to announce our new Cardiac Support Group. This group offers hope and encouragement to heart patients, their families and caregivers. It's open to anyone who has experienced a heart event or suffers from heart disease.

Catherine Scroggins, R.N., cardiac rehabilitation coordinator, facilitates this new group designed to draw on members' personal experiences as they help others. Participants can listen, share their experiences and learn from healthcare professionals about what they face, including lifestyle and dietary changes, depression, recovery and treatment. ●



> **Contact us!**

For more information about the Cardiac Support Group, please contact Catherine Scroggins, R.N., at **(256) 329-7191** or cscroggins@russellmedcenter.com.