

RUSSELL MEDICAL CENTER

Connections

MEDICAL NEWS YOU CAN USE

RMC
Physician
Directory
inside!

Inside this issue

- 4 Help for hard-to-heal wounds
- 8 Expert neurological care
- 11 Fill up with healthy foods

THOMSON REUTERS
100 TOP
HOSPITALS 2011

HealthExtra

{ WELLNESS NEWS FROM THE WORLD OVER }



> Moisturizers fall short on sun protection

Skin creams make a lot of claims, but they may not all be true—especially if the statements involve broad-spectrum protection against two of the sun's powerful rays: UVA (which are less intense rays that penetrate deeper into the skin) and UVB (which damage the skin's more superficial layers). Both rays can contribute to cancer. In study results published in the *Archives of Dermatology*, only six products out of 29 actually protected skin adequately against wrinkle-causing UVA rays. Researchers say the duds didn't contain the right mix or concentration of ingredients. The Food and Drug Administration doesn't regulate

UVA protection in these products. (The SPF, or sun-protection factor, rating on a label refers to UVB protection). While the brand names weren't mentioned in the study, researchers noted that price didn't indicate a product's effectiveness. Instead, when purchasing a product, look for ingredients that provide good UVA protection. The study says that includes more than 2 percent avobenzone with more than 3.6 percent octocrylene (7 to 10 percent octocrylene is even better), with or without ecamsule at 2 percent; or zinc oxide at more than 5 percent.

> Is there a diabetes and breast cancer link?

New research published in the *Journal of Clinical Oncology* suggests that having both breast cancer and diabetes can greatly increase a patient's chance of dying. In six out of seven previously published studies used in their analysis, researchers found that breast cancer patients who also had diabetes were more likely to die than those who didn't have the condition—50 percent more likely on average. Researchers discovered that women with type 2 diabetes tend to have their breast

cancer diagnosed later or be in poorer overall health, which decreases their ability to tolerate some chemotherapy drugs. Or, doctors may decide to treat the cancer less aggressively than that of women who don't have diabetes. While these are preliminary findings, they offer another reason to reduce your risk for diabetes, or keep it under good control if you have the disease. By eating healthy foods (plenty of fruits, vegetables and whole grains), getting at least 30 minutes of activity a day and shedding excess pounds—losing just 5 percent of your body weight can help—you'll be doing your part.

Only **six skin creams out of 29 tested** actually protected skin adequately against wrinkle-causing UVA rays.

—*Archives of Dermatology*





> Depression hurts the heart

Depression is detrimental to anyone's health, but it seems to be particularly hard on those suffering from heart failure, finds a small Duke University Medical Center study. For these people, a worsening of depression over time means double the risk of heart attack, stroke or cardiac surgery compared to those who have depression that levels off or goes away. The study assessed 147 heart failure patients—once at the beginning of the study, and again after a year—and then tracked patients over an average of five years. In addition to a higher risk for heart events, worsening depression increased the chances of being hospitalized. Based on their findings, researchers recommend aggressive depression screenings for heart failure patients.

More than half of Americans now take vitamins.

—Centers for Disease Control and Prevention

> Vitamin use is common among Americans

Got vitamins? If you're like most Americans, the answer probably is yes. More than half of Americans now take vitamins, according to the Centers for Disease Control and Prevention. For most, this means a daily multivitamin. But other supplements are becoming more common. Women ages 60 and older, for instance, are increasingly taking calcium supplements. And use of vitamin D supplements has increased among both men and women in all age groups.

Are vitamins and other supplements really necessary? Some experts say no. For most people, it's best to get nutrients from food. But they can be a wise choice for people who have difficulty eating a balanced diet or have special dietary needs. This includes people who eat fewer than 1,600 calories a day, pregnant women, vegans and vegetarians and those with certain health conditions. Not sure if you need one? Your doctor can help determine if supplements are a good idea for you. If you choose to take

them, keep these guidelines in mind:

- **Read labels carefully.** Check to see what's in a supplement, and keep an eye on expiration dates.

- **Avoid megadoses of vitamins.** Choose a vitamin that contains about 100 percent of the daily value (DV) rather than one that has, for example, 1,000 percent. Calcium is the exception to this rule: it is best when a person consumes no more than 500 mg at one time therefore, a person who takes 1,000 mg/day of calcium should split the dose.

- **Be aware of government advisories.** The Food and Drug Administration posts alerts and issues on their website.

Remember, a vitamin supplement is not a substitute for a balanced diet.



The healing begins here

By **Katie Cole and Natalie Nettles**
Courtesy of *The Alexander City Outlook*

Chester Cotney sat at Russell Medical Center's (RMC) Wound Care and Hyperbaric Medicine Center following his 48th hyperbaric oxygen therapy session. Cotney—the center's very first patient—has been visiting the center two hours a day, five days a week for 10 weeks to be treated for a non-healing wound.

"It was terrible when I started," he says. "I had lost four of my toes and had a wound VAC (Vacuum Assisted Closure®) device on my foot when I came down here. But now I'm walking by myself. Almost healed. It's on the verge of being completely healed."

Before coming to the center, the Alexander City resident was looking at undergoing a diabetic foot amputation. Following the amputation of four of his toes early this year, he was walking with a walker, then a walking cane. But today, Cotney is walking all by himself.

"My outlook on life wasn't real high at that time (before treatment) because when you get to be 67 years old you think maybe you've lived your life out," says Cotney. "But that's changed now. I feel good and I'm enjoying my kids and grandkids. We're going camping next weekend."


Karen Treadwell, program director of the center, calls Cotney a perfect example of what can be accomplished at the wound care center. "He's a great patient because he committed to coming every day," she says. "The treatment wouldn't have worked if he didn't make that commitment, but by coming every day for 48 treatments he was able to save his foot and by doing that his quality of life is going to be so much better."

Hyperbaric oxygen therapy is just one of several advanced technologies used at the new center, according to Gordon Robinson, MD, medical director of the new center. The chamber speeds up the healing process of wounds by providing 100 percent pure oxygen to the patient, as opposed to the 21 percent in normal air.

Choya White, hyperbaric oxygen technician, says that being in the oxygen chamber is equivalent to being 33 feet below sea level. "It helps oxidize the platelets and hemoglobin, which in return enhances the wound bed to where it heals better from the inside," White says. "Also, it helps with skin complexion and helps slow down the aging process." Patients must wear either 100 percent cotton or a high-cotton blend because of static electricity buildup, and deodorants, perfumes, lotions, fingernail polish, jewelry and electronics are not allowed in the chamber. "I tell all my patients if Jesus didn't give it to you then I don't approve and it's not going in there," White says.

After putting on hospital-issued scrubs, the patient lies on a bed that slides into the chamber. Once the door is closed, White begins the oxygenation process, which takes eight minutes to complete. He says it also takes eight minutes to bring a patient back to normal oxygen levels. "The best part about it is it's noninvasive, painless," he says. "You're in a relaxed atmosphere, you can watch television or you can take a nap or whatever."

Cotney says the only problem he experienced in the chamber was pressure in his ears at the beginning and end



Hyperbaric oxygen therapy speeds up the healing process.

> Meet the team!



(l-r): Nicci Moseley, administrative assistant; Choya White, hyperbaric technician/safety director; Karen Treadwell, program director; Rachel Self, RN; Kim Turner, RN, clinical coordinator



O. Gordon Robinson Jr., MD
Medical Director



Norman Doherty, MD
Wound Care Physician



J. Victor Hamilton, MD
Wound Care Physician

> Visit us

Wound Care & Hyperbaric Medicine at RMC

55 Alison Drive
Alexander City, AL
(256) 215-7450



of the process. “They pop like you’re going up a mountain or going down somewhere,” he says.

Up to eight patients can be treated in the hyperbaric chamber each day, according to Robinson. “All the patients I see, in the first week’s therapy I can see the difference in the wound, the complexion,” White says. “You get to know a person too. I spend a lot of time with them five days a week, two hours out of the day, and it’s just a good feeling to know that you are helping.” ●



> Your questions, answered!

? How do I schedule a consultation at the Wound Care Center?

You may call the Wound Care Center directly or your doctor may refer you.

? What causes nonhealing wounds?

Chronic and nonhealing wounds can result from a number of factors, including diabetes, poor circulation, trauma, vascular disease and immobility (which can also lead to pressure ulcers, commonly called bedsores).

? Will I have to change my primary care doctor or specialist?

No. The Wound Care Center prefers to work with your physician or medical specialist during the treatments. We keep your doctor informed with frequent progress reports.

? Does insurance cover specialized wound care treatments?

Many health plans cover Wound Care Center treatments. Call us to determine your specific plan coverage.

? What can I expect at the first appointment?

The first appointment consists of an assessment by our skilled wound care team, a review of your medical history, blood tests and recommendations for your treatment plan.

? Is hyperbaric medicine safe?

Hyperbaric oxygen therapy is a safe and evidence-based treatment proven to speed the healing process in certain types of wounds. In fact, many patients find it relaxing!



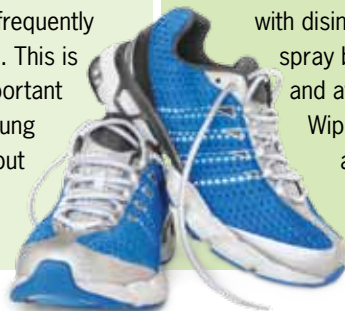
Surprising places germs lurk

Germs live everywhere. While it's impossible to avoid every microbe, being aware of germ hot spots—and taking preventive measures, such as frequent hand washing—can give you an edge in fending off infection. ●

AT HOME

You may think of your home as a safe haven. But germs spread easily from hands to any surface people regularly touch. This includes doorknobs, light switches, remote controls, toothbrushes, alarm clocks, toilet handles, refrigerator doors and even kids' toys. What can you do? Wash hands frequently using soap and warm water. And take time to periodically wipe items that are frequently touched around your home.

Anything people touch throughout your home can harbor such microbes as staph, rotavirus (which causes diarrhea) and rhinovirus (the culprit primarily responsible for colds). Get into the habit of using antimicrobial cleansers on frequently handled items. This is especially important if you have young children who put things in their mouths.



AT THE GYM

Exercise is a key component of a healthy lifestyle. But fitness facilities can be breeding grounds for germs that cause athlete's foot, jock itch, ringworm, impetigo, herpes simplex, MRSA (methicillin-resistant *Staphylococcus aureus*) and other infections. To help prevent the spread of germs, the American Council on Exercise recommends that you:

- ▶ Don't go to the gym if you're sick.
- ▶ Keep cuts or scrapes clean and bandaged.
- ▶ Use a clean towel as a barrier when sitting on shared equipment, benches or mats. Place the same side down each time. Use a different towel to wipe sweat off your body.

- ▶ Clean equipment with disinfectant spray before and after use.

Wiping with a towel is not enough.

SHOPPING

If you're not wiping down your shopping cart handle before hitting the grocery store aisles, you may want to reconsider. Researchers with the University of Arizona swabbed 85 grocery carts from four states. They found markers for fecal matter on 72 percent of the carts and *E. coli* bacteria on 50 percent.

A separate study by the University of Arizona found bacteria, including *E. coli*, on reusable shopping bags. To minimize your risk:

- ▶ Hand or machine wash bags regularly.
- ▶ Keep raw foods in separate bags from other foods.
- ▶ Never use shopping bags for other tasks, such as carrying gym clothes.



DINING OUT

Menus, condiments and other items are handled by numerous people and rarely sanitized between each use. And just because surfaces are wiped down doesn't mean they're free of germs. Another study found that bacteria levels were actually higher on tabletops after cleaning with dishcloths than before. So you might not want to rest your hands or silverware on the table.

Oh, and pass on that wedge of lemon in your water or soda. A study published in the *Journal of Environmental Health* in 2007, which was conducted by researchers at Passaic Community College in Paterson, N.J., found disease-causing microbes in 70 percent of restaurant lemon wedges tested.



Torn ACL? What to expect

The four main ligaments of the knee work like a set of strong ropes intended to hold your bones together and keep your knee stable. One of the most common knee injuries is a tear to one of those ligaments: the anterior cruciate ligament (ACL).

Damage to the ACL can come from several types of activities, including rapidly changing direction, stopping suddenly or landing incorrectly from a jump. ACL injuries can also occur as the result of a direct blow to the knee, such as from a tackle.

SYMPTOMS

When an ACL tears, you might hear a loud “pop” sound and feel your knee give way. Most times, the knee will swell and stay swollen for several hours or several days. You’ll also likely feel pain ranging from moderate to severe enough that you’ll want to stay off your feet. Untreated, the swelling and pain may subside on its own in a day or so. Still, that doesn’t mean the injury has healed.

DIAGNOSIS

Doctors can often diagnose a torn ACL based on a physical examination alone. Sometimes, diagnostic imaging,

such as an MRI, can be helpful. In some cases, doctors may even advise arthroscopic surgery to diagnose the severity of an ACL injury and determine the best course of treatment.

TREATMENT

The big question for most patients who have this type of injury is, “Do I need surgery?” The body can’t repair an ACL tear. But depending on factors such as your activity level and whether other injuries are present, surgery isn’t always necessary. You may be able to walk and participate in many day-to-day activities with a torn ACL.

Surgery involves rebuilding the ACL, using a graft taken from tissue elsewhere in the body or from a donor. It often can be done arthroscopically, with small incisions, making it less invasive. It’s usually best to wait until the tissues in your leg have had a chance to heal before you undergo surgery.

Your doctor will advise the same approach as for patients who choose not to have the surgery, which includes:

- wearing a brace to stabilize the knee
- exercises to strengthen the muscles that support the knee
- other rehabilitative therapies •

Stephen Bryan, MD,
with Christie Driver,
office coordinator, and
Brittany Jones, LPN



Taking control

Get ahead of neurological conditions at RMC

There's a saying that's stuck with Stephen Bryan, MD, throughout much of his almost 40-year career as a neurologist, something a fellow neurologist and friend, Hamp Greene, MD, told him years ago. "Patients don't care what you know until they know that you care," Dr. Bryan says. "They're willing to put up with our limitations as physicians as long as they know we have their best interests at heart."

Dr. Bryan started his career in a time before computed tomography (CT) and magnetic resonance imaging (MRI) scans offered a peek into the brain's nooks and crannies. It was a time when a very thorough patient workup might provide some of the only clues about a patient's condition. While times and technology have changed, really getting to know a patient and working one-on-one with him or her is still what Dr. Bryan loves most about his job. "It's rewarding to help patients understand and manage a difficult health

problem and improve their quality of life," he says.

Now patients here in Alexander City are benefiting from Dr. Bryan's compassion and expertise as he settles into his new home: Russell Medical Center (RMC).

WHY A NEUROLOGIST?

Neurologists are specially trained in the diagnosis, treatment and management of diseases of the brain, spinal cord and peripheral nervous system. This includes a wide range of conditions, such as headaches, stroke, dementia (including Alzheimer's disease), epilepsy, Parkinson's disease, multiple sclerosis (MS) and peripheral neuropathy.

For conditions such as Parkinson's disease and MS, a neurologist may act as a patient's primary care physician. In other instances, such as stroke and headache, a neurologist may be a consultant to a primary care physician.

Dr. Bryan urges anyone who has concerns that some-

thing isn't right—for example, if you're suffering dizziness, vision changes, changes in mental status or memory problems, tingling or numbness, speech problems, neck or back pain or changes in bowel or bladder function—to consider seeing a neurologist.

A thorough patient history and testing (such as MRI, CT scan or electroencephalograms) may help determine the cause of your problems and get you the help you need.

AT HOME AT RMC

Dr. Bryan joined RMC in May and began seeing patients June 1 at his new practice at the Medical Arts complex on Alison Drive in Alexander City. It's a long way from Utah, where he was born and raised and did his medical internship and residency. In fact, his alma mater, the University of Utah, is where he met Dr. Greene—"a real Southern gentleman," as Dr. Bryan describes him—who convinced him to give Alabama a try. Dr. Bryan and his wife, Jane, have been in Alabama since 1976, most recently in Montgomery, before they decided to take up permanent residency in their Lake Martin vacation home, not far from RMC. They've expanded their house to accommodate visits

from their two grown sons and two grandchildren.

When he's not seeing patients or entertaining his family, Dr. Bryan enjoys fishing, boating, a good round of golf and reading the *Wall Street Journal*. "You have to remain active physically and mentally to help keep the mind healthy," he says. "When you think about it, the rest of your body is really just machinery to keep your brain going." ●

> Commonly treated neurological conditions

- headaches
- seizures
- neck and back pain
- multiple sclerosis (MS)
- Parkinson's disease
- upper and lower neuropathy
- cerebrovascular accident/stroke
- peripheral neuropathy
- myasthenia gravis
- sciatica
- dementia



"It's rewarding to help patients ... manage a difficult health problem and improve their quality of life."

—Stephen Bryan, MD, neurologist

> Specialized rehab gets you back on your feet

For physical therapist Meridith Geer, watching patients get better and helping family members support their loved ones is the most rewarding part of her job in the rehabilitation department at Total Fitness at RMC. Geer has been with RMC for two years and helps perform patient evaluations and treatment in a hospital setting and on an outpatient basis for patients with neurological conditions such as cerebrovascular accident (CVA), Parkinson's disease and multiple sclerosis, as well as orthopedic problems such as neck, lower back and knee pain. "Our goal is to get people as close to independence as possible," she says.

Patients, from pediatric to geriatric, are educated about their conditions as part of the neurorehab program, and Geer helps map out a therapy program for them to do at home. Family members are also included in discussions and are shown how to help their loved ones perform the at-home exercises. For patients who need assistance with daily living activities, occupational therapy helps them regain skills such as bathing, toileting and handwriting. Total Fitness at RMC also arranges additional resources, such as medical equipment like wheelchairs or walkers.

Geer has a particular interest in neurological rehabilitation. "We're really excited that Dr. Bryan has joined us here at RMC and will help us as we continue to develop our neurorehab program," she says.



Physical therapist Meridith Geer with former Governor John Patterson

Turn a bad day around!

Everyone has bad days. Maybe you got off to a late start, got stuck in traffic and then spilled coffee on your new shirt—just before a big meeting you’ve been stressing about for weeks. It may seem that once a bad day gains momentum, you can’t do anything but hope for a better tomorrow.

Fortunately, you *can* stop bad days in their tracks. Stress-busting techniques such as these are just what you need to turn them around.

Get active. Exercise triggers the release of endorphins—“feel-good” chemicals—in your body and refocuses your attention on your movement, giving you a mental break from your worries. Even modest activity can boost your mood and energy. So, take a brisk walk or try to squeeze in a lunch-hour visit to the gym.

Connect with others. It may be tempting to retreat and isolate yourself, but the support of friends and family can be invaluable. Chances are, they can relate to your feelings. And, as living, breathing reminders

of the good things in your life, they can help retool your perspective. Reach out to those you care about, even if you have time only for a quick e-mail, text or phone call.

Laugh it off. Hear any good jokes lately? Maybe you should seek some out. Laughter produces physiological changes in the body that help disarm your stress response. You may actually feel the tension easing in your muscles with a hearty laugh. You get bonus points if you can find humor in and laugh at the trials of your bad day.

Crank up some tunes. Nothing uplifts and inspires quite like music. Whether you prefer soothing instrumentals or electronic dance hits, a few minutes of your favorite music can leave you feeling recharged. Let loose with some funky dance moves (and release some mood-improving endorphins while you’re at it) or belt out some lyrics before getting back to your day.

Breathe. Can’t get away for even a quick break? Try some deep, cleansing breaths. Focused breathing is a key element of many relaxation techniques, such as meditation. It only takes a few minutes and can be done just about anywhere. Sit upright in a chair with your feet flat on the floor. Take deep breaths from your abdomen, inhaling slowly through your nose and exhaling through your mouth.

Remember, while we all have off days, if you feel overwhelmed by stress, or if feelings of depression or anxiety interfere with your everyday life, seek help. ●

Let loose with some funky dance moves or belt out some lyrics before getting back to your day.



Feel full without adding calories

Cutting calories doesn't have to mean feeling hungry. Choose what you eat carefully and pay more attention to how you eat and you'll find you can shave calories from your diet without sacrificing the satisfaction of a full tummy. These tips can help.

Rethink your drink. A glass of water quenches your thirst just as well as soda, juice or any other beverage. Even better, water is calorie-free, so you can drink as much of it as you like without sabotaging your weight loss. If plain water sounds boring to you, try adding a splash of fruit juice or garnish with a citrus or cucumber wedge. Or, try sparkling water.

Bring on the veggies. Vegetables are high in dietary fiber and water content, two of a dieter's best friends because they help you feel full. They're also rich in vitamins and nutrients and usually quite low in calories. So, eat them generously. Try adding carrots to red sauces. Increase the amount of beans you might normally put in your chili. Top pizzas with slices of squash and florets of broccoli. And when you include vegetables as a side dish, get into the habit of filling half your plate with them.



Crunch on carrot and celery sticks instead of chips. A cup of sliced carrots has just 50 calories, while an ounce of chips is 150. Besides being a satisfying snack, fresh vegetables have lots of nutrients those chips lack. Can't resist the urge to dip? Reach for hummus or bean dip, or choose light versions of your favorite ranch or French onion dips.



Satisfy your sweet tooth with fruit. Have a hankering for a sugary dessert? Try fresh berries instead. You can even add a sprinkle of sugar or sugar substitute. Or release the natural sweetness of apples, peaches or pears by heating them in a saucepan, oven or microwave.

Choose low-fat or fat-free dairy. Do you like your entrees dripping with melted cheese? Can't quite shake



your milkshake habit? Screaming for ice cream? Switching to lighter varieties is an easy way to save on calories, and you may find that you can't even tell the difference. Even swapping out the half-and-half you put in your morning coffee for a splash of skim milk can make a difference over time.

Allow yourself the occasional treat. While store shelves are stocked with low-calorie versions of just about everything these days, sometimes it seems that only the real deal will satisfy your deepest cravings. So, indulge a little—just not too often. ●

RMC's Physician Directory

> ANESTHESIOLOGY

Anesthesia Services of Birmingham, P.C.
2151 Old Rocky Ridge Road
Suite 106
Birmingham, AL 35216-7251
(205) 989-1080

MICHAEL R. BARLOW, MD
JOHN C. BULLINGTON, MD
G. NELSON COOPER, MD
GEORGE A. DUMAS, MD
J. ALAN HALE, MD
G. WAYNE LEWIS, MD
PAUL M. NAGRODSKI, MD
ABRAHAM SCHUSTER, MD
D. MATTHEW SHERRER, MD
WILLIAM P. WARE, DO

> CARDIOLOGY

JOSEPH A. DEERING, MD, FACC

Institute for Advanced Cardiovascular Care (IACC)
1649 Highway 22 West, Suite 3
(256) 215-5323
www.iaccheart.com



BRIAN A. FOLEY, MD, FACC

Institute for Advanced Cardiovascular Care (IACC)
1649 Highway 22 West, Suite 3
(256) 215-5323
www.iaccheart.com



KEVIN SUBLETT, MD, FACC

Cardiology of Central Alabama
RMC Professional Building
3368 Highway 280, Suite 130
(256) 234-2644
www.kevinsublett.com



> DERMATOLOGY

STEVEN L. MACKEY, MD

Medical Arts Building
125 Alison Drive, Suite 8
(256) 409-2159
www.drstevenmackey.com



> DIAGNOSTIC/ INTERVENTIONAL RADIOLOGY

KENNETH S. "JAKE" BURTON, MD
Radiology & Imaging Specialists
59 Alison Drive, Suite 1
(256) 329-2938



LOUISE GEARY, MD
Radiology & Imaging Specialists
59 Alison Drive, Suite 1
(256) 329-2938



RICHARD C. SMITH, MD
Radiology & Imaging Specialists
59 Alison Drive, Suite 1
(256) 329-2938



> EAR, NOSE, & THROAT/ OTOLARYNGOLOGY

F. ANTHONY MCLEOD, MD, FACS
Southern Head & Neck Surgery Allergy & Sinus Center, P.C.
RMC Professional Building
3368 Highway 280, Suite G-15
(256) 329-1114



> EMERGENCY MEDICINE

MICHELE GOLDHAGEN, MD
Russell Medical Center
P.O. Box 939
(256) 329-7100
PriCare, P.A.
44 Aliant Parkway
(256) 234-4131



SHIRLEY LAZENBY, MD
Russell Medical Center
P.O. Box 939
(256) 329-7100



RICHARD L. SAMPLE, DO
Russell Medical Center
P.O. Box 939
(256) 329-7100



> FAMILY AND GENERAL PRACTICE

TIMOTHY J. CORBIN, MD
Temple Medical Clinic, P.C.
859 Airport Drive
(256) 234-4295



JOHN M. JAMES, MD
PriCare, P.A.
44 Aliant Parkway
(256) 234-4131



VINCENT LAW, MD
Temple Medical Clinic, P.C.
859 Airport Drive
(256) 234-4295



KAREN J. MOCKLER, MD
Medical Park Family Care
1034 South Tallassee Street, Dadeville
(256) 825-9900



SUNIL K. SHARMA, MD
PriCare, P.A.
44 Aliant Parkway
(256) 234-4131



JAMES P. TEMPLE, MD
Temple Medical Clinic, P.C.
859 Airport Drive
(256) 234-4295



> GASTROENTEROLOGY

DEREK K. HOLCOMBE, MD
Central Alabama Gastroenterology
RMC Professional Building
3368 Highway 280, Suite 214
(256) 329-2829



> GYNECOLOGY AND INFERTILITY

KATHARINE R. COOPER, MD, FACOG
RMC Professional Building
3368 Highway 280, Suite 205
(256) 234-2464



J. VICTOR HAMILTON, MD, FACOG
PriCare, P.A.
44 Aliant Parkway
(256) 234-4131



> GYNECOLOGY AND INFERTILITY/OBSTETRICS

RORY CLAWSER, MD, ABOG
The Women's Pavilion, P.C.
RMC Professional Building
3368 Highway 280, Suite 111
(256) 234-3477



DAVIS L. SULLIVAN, MD, FACOG
The Women's Pavilion, P.C.
RMC Professional Building
3368 Highway 280, Suite 111
(256) 234-3477



> INTERNAL MEDICINE

EDWARD P. HILL, MD
RMC Professional Building
3368 Highway 280, Suite 120
(256) 234-3004



> INTERNAL MEDICINE/ RHEUMATOLOGY

RUNAS POWERS, MD, FACR
RMC Professional Building
3368 Highway 280, Suite 108
(256) 329-8417



> **INTERNAL MEDICINE/
VASCULAR MEDICINE**

BASEL REFAI, MD
RMC Professional
Building
3368 Highway 280,
Suite 107
(256) 212-9300
www.lakemartinvascular.com



> **INTERNAL MEDICINE/
NEPHROLOGY**

DIMO POPOV, MD
Alex City Internal
Medicine &
Nephrology
RMC Professional
Building
3368 Highway 280, Suite 220
(256) 409-1500



> **NEUROLOGY**

**STEPHEN R.
BRYAN, MD**
Medical Arts Building
125 Alison Drive,
Suite 2
(256) 215-7465



> **ONCOLOGY/
HEMATOLOGY**

**MARY EMILY
SHEFFIELD, MD**
The Cancer Center
at RMC
3446 Highway 280
(256) 329-7888;
1-866-329-7888



> **ONCOLOGY/RADIATION**

**OMER L.
BURNETT III, MD**
The Cancer Center
at RMC
3446 Highway 280
(256) 329-7888;
1-866-329-7888



**MICHAEL C.
DOBELBOWER, MD**
The Cancer Center
at RMC
3446 Highway 280
(256) 329-7888;
1-866-329-7888



**JOHN B.
FIVEASH, MD**
The Cancer Center
at RMC
3446 Highway 280
(256) 329-7888;
1-866-329-7888



**ROJYMON JACOB,
MD, FRCR**

The Cancer Center
at RMC
3446 Highway 280
(256) 329-7888;
1-866-329-7888



**KIMBERLY S.
KEENE, MD**

The Cancer Center
at RMC
3446 Highway 280
(256) 329-7888;
1-866-329-7888



**SHARON A.
SPENCER, MD**

The Cancer Center
at RMC
3446 Highway 280
(256) 329-7888;
1-866-329-7888



> **OPHTHALMOLOGY**

**MARK R.
TUCKER, MD**
Eye Associates, P.C.
RMC Professional
Building
3368 Highway 280,
Suite 215
(256) 329-9064



> **OPTOMETRY**

**JAMES R.
NOBLES JR., OD**
Eye Associates, P.C.
RMC Professional
Building
3368 Highway 280,
Suite 215
(256) 329-9064



> **ORTHOPEDIC SURGERY**

**PAUL GOLDHAGEN,
MD, FAAOS**
Bone & Joint
Specialists, P.C.
RMC Professional
Building
3368 Highway 280, Suite 116
(256) 329-9133
www.bonesnjoints.com



**GRAHAM L.
HOWORTH, MD**

Alexander City
Orthopaedics
The Professional
Commons
1120 Airport Drive, Suite 101
(256) 234-0989



> **PATHOLOGY**

**JOHN N.
ELGIN, MD**
Russell Medical
Center
P.O. Box 939
(256) 329-7131



> **PEDIATRICS**

**KENDRA
GILLIS, MD**
Sellers Medical
Group
5030 D Highway 280
(256) 234-4443
www.drbb sellers.com



**CHANTE M.
RUFFIN, MD**
Pediatric Associates
1962 Cherokee Road
(256) 234-5021
www.pediatricassociatesofalexandercity.com



**BILLY B.
SELLERS, MD**
Sellers Medical
Group
5030 D Highway 280
(256) 234-4443
www.drbb sellers.com



**ARNOLD J.
TAURO, MD, FAAP**
Pediatric Associates
1962 Cherokee Road
(256) 234-5021
www.pediatricassociatesofalexandercity.com



**ERIC O. TYLER,
MD, FAAP**
Pediatric Associates
1962 Cherokee Road
(256) 234-5021
www.pediatricassociatesofalexandercity.com



> **PODIATRY**

**DOUGLAS D.
STEWART, DPM**
1649 Highway 22
West, Suite 1
(256) 215-5596



> **SURGERY**

**SCOTT A. CASSIDY,
MD, FACS**
RMC Professional
Building
3368 Highway 280,
Suite 207
(256) 215-3490



**NORMAN J.
DOHERTY, MD**
RMC Professional
Building
3368 Highway 280,
Suite G-11
(256) 234-0770



**BARBARA A.
MICHNA, MD, FACS**
RMC Professional
Building
3368 Highway 280,
Suite 218
(256) 215-5501



> **UROLOGY**

**JAMES H.
BANKSTON, MD**
Medical Arts Building
125 Alison Drive,
Suite 3
(256) 329-8459



BRAD L. BAUER, MD
Bauer Urology
Clinic, LLC
RMC Professional
Building
3368 Highway 280,
Suite 100
(256) 215-3601



> **WOUND CARE**

Wound Care and Hyperbaric
Medicine at RMC
55 Alison Drive
Alexander City, AL
(256) 215-7450

**O. GORDON
ROBINSON JR., MD**
Medical Director



**NORMAN
DOHERTY, MD**
Wound Care
Physician

J. VICTOR HAMILTON, MD
Wound Care Physician



5 reasons your back hurts

Sometimes you know just why your back hurts. You may have strained the muscles that support your spine while moving furniture or lifting heavy boxes. Maybe you have some lingering discomfort from a past injury. Poor posture, aging, being overweight or obese, sleeping on an unsupportive mattress and conditions such as osteoporosis or arthritis are all widely recognized causes of back pain.

At other times, you can't pinpoint why your back bothers you. You might want to consider some of these factors that can—perhaps surprisingly—lead to back pain.

1 SITTING AT A DESK ALL DAY
If you work in an office, you may spend much of your time slouched in an office chair, perhaps typing on a keyboard that sits higher or lower, closer or farther away than it should. You may find yourself twisting around to grab items from shelves, rather than standing to retrieve them and so forth. These activities can take a toll on your back.

Fortunately, many issues of workplace ergonomics can be solved with a few minor tweaks (see “Support your back while sitting,” at right).

> Support your back while sitting

If you spend a lot of time sitting at a desk, it's important to make sure you aren't straining your back. A work area that's ergonomically suited to you can help. Your chair should support your lower back, and your desktop and keyboard should be at the proper height so you don't have to lean forward to reach them. Position your most frequently used items within easy reach so you won't need to strain to retrieve them.

Sit with your head and shoulders raised and your back in a natural, slightly arched position. Your feet should rest flat on the floor, with your knees a bit higher than your hips. Get up every hour or so to stand or walk around. You might even try some simple stretches, which can help relieve tension.



2 BAD POSTURE WHILE DRIVING
Good posture is important in everything you do—walking, standing, sitting and even driving a car. This is especially important for those who have a long commute and log many hours each week behind the wheel. Just as your office chair should support your back, so should your driver's seat.

> When back pain means a heart attack

Back pain sometimes can be part of a larger group of symptoms that signal a heart attack. While some heart attacks are sudden, most start slowly, with gradual discomfort in upper areas of the body, including the back. The American Heart Association notes the following common heart attack symptoms:

- chest discomfort, which may include sensations of pressure, fullness, squeezing or pain
- discomfort in one or both arms, the back, neck, jaw or stomach
- shortness of breath
- breaking out in a cold sweat
- nausea or vomiting

Chest discomfort is the most common symptom in both men and women. Women are somewhat more likely to notice other symptoms, including back pain. If you suspect that you or someone else might be having a heart attack, even if you're unsure, call 911 right away.



When you drive, your knees should be about level with your hips. You should be able to reach the controls without leaning or stretching, but you shouldn't sit too close to the steering wheel, either. The National Highway Traffic Safety Administration advises keeping at least a 10-inch distance between your breastbone and the center of the steering wheel to minimize the risk of injury should the airbag deploy.

3 BAD FORM DURING EXERCISE

We often think of exercise as a way to prevent back pain—and with good reason. Losing weight and strengthening the muscles that support your back are two of the best things you can do to



prevent backaches. But if you're lifting weights incorrectly or using the wrong posture for other exercises, you could end up doing more harm than good. A personal trainer can show you the proper positions for each exercise and guide you toward optimal posture for performing them.

4 SMOKING

If you need yet another reason to snuff out those cigarettes for good, you should know that smoking can prevent key nutrients from reaching tissues in the body, including the disks in the back. Smoker's cough can be an issue, too, as it may cause wrenching of muscles in your body. In addition, nicotine inhibits the absorption of the calcium that's so essential in keeping bones strong. In fact, smokers have double the risk of osteoporosis fractures than nonsmokers. Smokers also tend to heal more slowly, so it can take longer for backaches to ease.

5 HIGH-HEELED SHOES

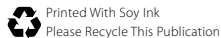
Those new high heels may complete your look, but our bodies have evolved to balance perfectly on two bare feet. Wearing shoes with high heels throws off your natural balance and center of gravity and requires muscle groups to work in different ways than the body is intended to naturally.

If you must don those stilettos, wear them only for short periods. Consider packing a pair of flats in your bag so you can make a switch if your high heels become uncomfortable. ●



If you're lifting weights incorrectly or using the wrong posture for other exercises, you could end up doing more harm than good.

Copyright © 2011 Russell Medical Center



www.russellmedcenter.com

Physician Referral Line (256) 329-7149

Community calendar

Health events at Russell Medical Center

To register or for more information about these events, call Enrichment Services at **(256) 329-7145**.

EMILY GILBERT DEMENTIA SUPPORT GROUP

For family and caregivers

- Third Monday of each month, 10–11:30 a.m.
 - RMC Community Room
- Call **(256) 329-7177** for more information.

T.O.U.C.H. (TODAY OUR UNDERSTANDING OF CANCER IS HOPE) SUPPORT GROUP

For cancer survivors and their loved ones

- First Wednesday of each month, noon–1 p.m.
- RMC Community Room

CHILDBIRTH CLASSES

- Tuesdays, Oct. 4 to Nov. 1, 6–9 p.m.
 - RMC Community Room
- The cost is \$50.

NEWBORN CLASS

- Thursday, Nov. 3, 6–8 p.m.
 - RMC Classroom
- The cost is \$15.

CPR FOR INFANTS AND CHILDREN

- Tuesday, Nov. 8, 6–8 p.m.
 - RMC Classroom
- The cost is \$15.

BREASTFEEDING CLASS

- Thursday, Nov. 10, 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**.



> Save the date!

Two important events are coming up in October for National Breast Cancer Awareness Month. Please add these to your calendar and watch www.russellmedcenter.com, the Russell Medical Center Facebook page and the local media for more info.

LILLY ONCOLOGY ON CANVAS: EXPRESSIONS OF A CANCER JOURNEY

When: Sunday, Oct. 2
**Where: The Cancer Center
at RMC**

The Cancer Center at RMC will be hosting 25 works of art from the 2010 national Lilly competition. This art competition and exhibition was developed in 2004 as a way to honor people who are impacted by cancer and give those who have been diagnosed with cancer, their health care

providers, family members, friends and caregivers the opportunity to share their cancer journey through art. Join us for an open house to view these impactful works of art.

RMC BREAST CANCER AWARENESS LUNCHEON

**When: Thursday, Oct. 20,
11:30 a.m.–1:00 p.m.**
**Where: Betty Carol Center
at CACC**

Tickets are required.