

NEWS FROM THE HOSPITAL

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the Vision

Summer 2009

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A MESSAGE FROM OUR CEO



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Academic medicine at its best!

Sincerely,

Kevin M. Spiegel, FACHE

Organic Foods: Legitimate Health Craze?

Fresh. Organic. Local. In season. These are the hot button words describing the latest food trends. But are they better than conventional foods?

- Higher concentrations of important nutrients
- More antioxidants, which help fight diseases and boost immune function
- Significantly less pesticides

Meaning of organic

Under the Organic Foods Production Act, organic foods must be free of synthetic pesticides, petroleum-based fertilizers, antibiotics and hormones. To meet organic crop standards, genetic engineering, sewage sludge or ionizing radiation are not allowed.

Possible advantages

Research is slowly building a case for the health benefits of organic foods. A University of Washington study found preschool children who ate mostly conventional fruits and vegetables had six times the amount of organophosphorus pesticides (OP) in their systems than kids who ate mostly organic foods. OP can negatively affect children's brain function, neurodevelopment and growth.

Other studies suggest organics offer:

What are you paying for?

A common complaint about organic foods is how expensive they are. Why? Organic agriculture doesn't use pesticides to control bugs and weeds so more manual labor is involved. Maintaining organic certification is also expensive. In addition, organic food growers are typically small operations and their crop yields are lower. In short, there is less supply than demand, which drives up the price.

What do you have to lose by incorporating organic foods into your diet? At a minimum, they pack a positive flavor punch and at a maximum they may improve your health. To learn more about healthy eating, ask your health care provider about nutrition classes and other available resources.

Sources: BLS.org, CDC.org, NYTimes.com

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- Shorter surgery and hospital stay
- Less pain and scarring
- Less blood loss
- Faster recovery

Lung cancer is the leading cause of cancer-related death in men and the second most common cause in women. In fact, Tennessee ranks fourth in the nation for lung and bronchus cancer in both men and women. Many thoracic cancers are smoking-related, so reduce your risk by not smoking or using tobacco products.

Source: American Cancer Society,
American Lung Association

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Is High Blood Pressure Taking Control?

Feeling like life is just a little too much sometimes? Maybe you've lost track of that workout regimen you were devoted to for so long. And maybe you still use more salt than you should when eating. While these may not seem too serious by themselves, you may actually be putting yourself at risk for hypertension — more commonly known as high blood pressure.

What is high blood pressure?

Your blood pressure is a measure of how hard the blood pushes against the walls of your arteries as it moves through your body. According to doctors, men under the age of 50 are much more likely to have trouble with high blood pressure because they are less likely to take high blood pressure seriously and see their doctor regularly to help control it.

How serious is high blood pressure?

High blood pressure can damage the blood vessels, your heart and kidneys. This can lead to heart attack, stroke and other problems. With over 71 million people in the United States having high blood pressure and one third of these people not even aware of their condition, high blood pressure has earned the nickname “the silent killer.”

The good news is high blood pressure is easily diagnosed and can be controlled with the proper attention.



What can you do?

Several medications are available to help control high blood pressure. Here are a few other suggestions you can do on your own to help reduce your blood pressure:

- Lose any extra weight.
- Eliminate excessive salt from your diet.
- Develop an exercise plan that you'll be able to stick to.
- Limit alcohol to 2 drinks a day.

With the help of your health care provider, getting high blood pressure under control and developing healthier habits is possible and will have long-lasting positive effects on your health.

Sources: American Heart Association,
National Heart, Lung and Blood Institute,
WebMD.com

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What's New in Prostate Cancer Research and Treatment?

Every year, 220,000 men are diagnosed with prostate cancer, making it the second deadliest cancer after lung cancer for men. Research into the causes, prevention and treatment for prostate cancer is underway at medical centers around the world.

In the genes

Scientists are now using DNA technology to study several thousand genes simultaneously. This has led to the discovery of several key genes that may influence prostate cancer. Eventually, this genetic information may be used to develop more sensitive screening tests for detecting cancer.

Surgery advancements

An exciting new alternative is a robot-assisted, minimally invasive surgery for prostate cancer. Referred to as the da Vinci® Surgical System,



this technology has been praised for giving surgeons even greater precision and control. To use da Vinci, a surgeon sits by a panel near the operating table and remotely controls the robot's arms to meticulously perform the operation through several tiny incisions in the patient's abdomen. Early reports show da Vinci lessens blood loss and shortens recovery times compared to a standard prostatectomy.

Hope in the future

While scientists, doctors and researchers continue to make significant strides in the fight against cancer, the quest for new solutions, insights and treatments will continue until a cure is found. With continued innovation, there is hope prostate cancer will be a thing of the past, not the future.

Source: American Cancer Society

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WORKING OUT OUTDOORS

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Why didn't I think of that?

Advocates of outdoor workouts think they're the key to long-term fitness success, since exercisers don't have a chance to get bored with the ever-changing scenery and weather. There are many benefits to exercising outside:

- **More challenges** — When outdoors, you're pushing yourself to work harder while battling the elements, surface changes and more.

- **Wind in your hair** — Being outdoors is energizing for your body and mind. Fresh air, sunlight and the ever-changing scenery can boost your mood.
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What is high blood pressure?

Your blood pressure is a measure of how hard the blood pushes against the walls of your arteries as it moves through your body. High blood pressure can damage the blood vessels, heart and kidneys and can lead to heart attack, stroke and other health problems. With over 71 million people in the United States having high blood pressure and one third of them not even aware of their condition, high blood pressure has earned the nickname “the silent killer.”

Here are a few things known to raise blood pressure:

- Being overweight
- Menopause
- Eating too much salt
- Getting older
- Birth control pills
- Pregnancy
- Having a family history of high blood pressure

What can you do?

The good news is high blood pressure is easily

diagnosed and can be controlled with the proper attention. Here are a few things you can do to help lower your blood pressure:

- Lose any extra weight.
- Eliminate excessive salt from your diet.
- Develop an exercise plan you'll stick to.
- Have your blood pressure checked every six months if taking birth control pills.
- Keep a close eye on your blood pressure in the last trimester of pregnancy. This is when high blood pressure occurs most often in pregnant women.

With the help of your health care provider, getting high blood pressure under control and developing healthier habits is possible and will have long-lasting positive effects on your health.

Sources: American Heart Association,
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Treatment of Gynecologic Cancer

It's a word few women want to hear — cancer. Ovarian, cervical or uterine cancer may make a hysterectomy, or the surgical removal of a woman's uterus, necessary. The good news is that technology can make this procedure as simple as possible.

Tell me more about these cancers

The term “gynecologic cancer” refers to five cancers — cervical, ovarian, uterine, vaginal and vulvar — only ovarian, cervical and uterine require hysterectomy. The type of hysterectomy (total, partial or radical) depends on where the cancer is located and which organs are affected.

How do minimally invasive hysterectomies differ from traditional?

A traditional vaginal hysterectomy requires a large incision in either the top of the vagina or the uterus and an abdominal hysterectomy uses a large incision through the muscles covering the stomach. Newer options, like a minimally invasive hysterectomy, require only a small incision resulting in less blood loss and scarring.

Another minimally invasive technique called da Vinci® robotic surgery provides surgeons with enhanced visualization, increased precision and better control during surgery. While sitting at an ergonomic console, the surgeon controls the system, which translates his or her hand movements into smaller, more precise movements of tiny instruments inside the patient's body.

What are the benefits of this procedure?

Minimally invasive hysterectomies offer benefits over traditional surgeries like less pain and blood loss and fewer complications. If you have questions concerning gynecologic cancer, minimally invasive surgery or hysterectomy, talk to your doctor today.

Sources: Cancer.org, MedlinePlus.gov,
WomensHealth.gov



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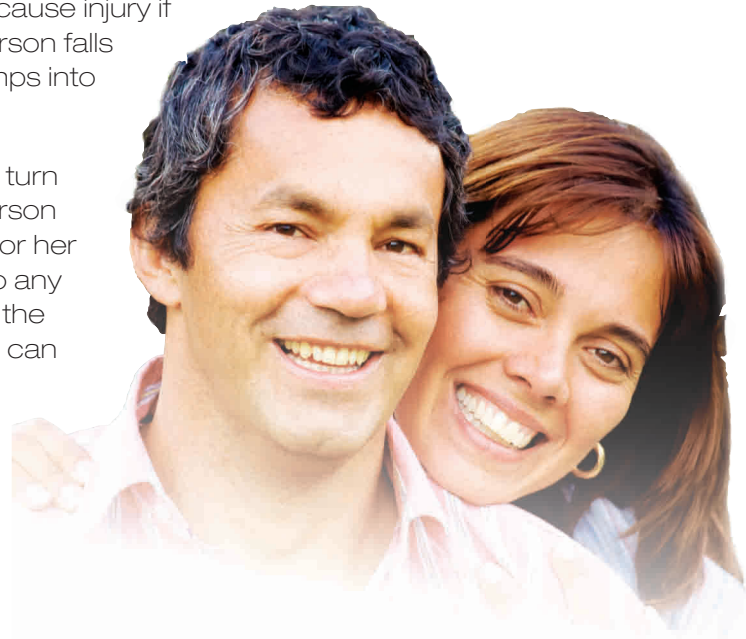
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Seizure First Aid

When people think of seizures, they often think of convulsions in which a person's body shakes rapidly and uncontrollably. Not all seizures are like that, as there are many types with varying symptoms. Most seizures last from 30 seconds to 2 minutes and do not cause lasting harm. However, it is a medical emergency if seizures last longer than 5 minutes or if a person has many seizures and does not wake up between them.

What to do if someone has a seizure?

First aid for a seizure is very simple and can help the person remain safe until the seizure ends. If you think someone is having a seizure, use the following general guidelines:

- Stay calm and reassure those around you. Witnessing a seizure can be very frightening.
- Don't move the person to another place and don't try to keep the person from moving or shaking.
- Don't try to wake the person by shouting or shaking them.
- Move away items that could cause injury if the person falls or bumps into them.
- Gently turn the person on his or her side so any fluid in the mouth can drain out.

- Place something soft under the individual's head.
- Most seizures aren't life-threatening. According to the Epilepsy Foundation, you don't need to call a doctor or ambulance unless the person isn't known to have this condition or the seizure lasts longer than 5 minutes.
- When the seizure is over, watch the person for signs of confusion. Allow him or her to rest or sleep, if desired.

What's next?

If someone you know has had seizures in the past, it's good to know these first-aid steps should another seizure occur. If you have more questions or have experienced a seizure yourself, talk to your doctor for more information.

Sources: Epilepsy.com,
EpilepsyFoundation.org,
Neurology.Health-Cares.net

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A Man's Guide to Prostate Problems: Old and Young

If you're a man, chances are you'll experience a prostate health problem in your life. For something so small, much can go wrong with this gland located beneath the bladder.

A young man's problem: prostatitis

If you're younger than 50, prostatitis is the most common prostate problem you're likely to encounter. It is caused by inflammation or infection of the prostate. Symptoms include pain or burning when urinating or frequent urges to urinate. Often, it occurs along with pelvic, groin or low back pain.

Commonly, prostatitis is caused by bacteria that infects the prostate. For this, doctors can prescribe antibiotics to fight the infection. Men prone to repeat infections may also have a structural defect in the prostate that causes it to routinely become irritated. In these cases, doctors find other methods to reduce the symptoms of prostatitis such as warm baths or relaxation techniques.

As you age, the prostate enlarges

As men age, problems with prostatitis seem to dissipate, but other problems such as prostate enlargement, otherwise known as benign prostatic hyperplasia (BPH), can occur. BPH is even more

common than prostate cancer with symptoms that include:

- Frequent trips to the bathroom at night
- Trouble urinating or frequent urges
- Weak urine flow
- Leaking, dribbling or bloody urine

Although some men with BPH also have prostate cancer, it doesn't mean the two always occur together. However, since symptoms are similar, men with any symptoms should see their doctor to determine the cause and find the right treatment.

Sources: MayoClinic.com, The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

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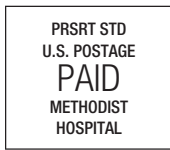
- **Wind in your hair** — Being outdoors is energizing for your body and mind. Fresh air, sunlight and the ever-changing scenery can boost your mood.
- **Cost effective** — Forget the gym membership, personal trainer or buying a treadmill — outdoor exercise can be done anywhere.
- **More fun** — With an endless choice of activities from swimming to running on a path, doing chin-ups on a nearby jungle gym, rock climbing and biking hills — exercising outdoors will make you feel like a kid again.



Sources: ActiveOutdoors.info,
AllSpiritFitness.com,
BuildingBodies.ca

NEWS FROM THE HOSPITAL

- **OUR RADIATION ONCOLOGY** program now offers the SAVI multi-catheter device, the next generation of focal radiation delivery for breast cancer. This device enhances traditional breast brachytherapy by allowing the dose to be sculpted in three dimensions around the skin, lung and ribs. Visit our Virtual Welcome Center on methodisthealth.org to see new videos on our Radiation Oncology program.
- **OUR SURGICAL WEBCASTING PROGRAM** was featured on the front page of the *New York Times* in May. Webcasting gives us a wonderful opportunity to share valuable medical information with our community and viewers from around the world. View archived webcasts on methodisthealth.org.
- **MARK REED, M.D.** performed the 100th robotic procedure at Methodist University Hospital in June.



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John Sample
1200 John Q Hammons Dr., Ste 300
Madison, WI 53717-1967

Methodist Healthcare is proud to offer community health information. However, if you do not wish to receive future information from Methodist, please contact us at (888) 777-5959.



the Vision

Summer 2009

The Future of Healthcare at Methodist University Hospital

A MESSAGE FROM OUR CEO



Dear Friends,

Greetings from Methodist University Hospital! I hope you and your loved ones are enjoying the

updates on the hospital, as well as healthy living tips.

Exciting innovations continue at Methodist University Hospital, particularly in our Center for Minimally Invasive Surgery. Our center offers a broad array of surgical options, from colorectal procedures to urology and thoracic procedures. In this issue, you will learn more about the latest use of our da Vinci® Surgical System in thoracic surgery for lung cancer. Innovations, like robotic surgery, allow our team the opportunity to deliver a higher level of care right here in Midtown Memphis.

That commitment to providing leading-edge care makes Methodist University Hospital not only your hospital of choice but also your resource for living.

Academic medicine at its best!

Sincerely,

Kevin M. Spiegel, FACHE

Organic Foods: Legitimate Health Craze?

Fresh. Organic. Local. In season. These are the hot button words describing the latest food trends. But are they better than conventional foods?

- Higher concentrations of important nutrients
- More antioxidants, which help fight diseases and boost immune function
- Significantly less pesticides

Meaning of organic

Under the Organic Foods Production Act, organic foods must be free of synthetic pesticides, petroleum-based fertilizers, antibiotics and hormones. To meet organic crop standards, genetic engineering, sewage sludge or ionizing radiation are not allowed.

Possible advantages

Research is slowly building a case for the health benefits of organic foods. A University of Washington study found preschool children who ate mostly conventional fruits and vegetables had six times the amount of organophosphorus pesticides (OP) in their systems than kids who ate mostly organic foods. OP can negatively affect children's brain function, neurodevelopment and growth.

Other studies suggest organics offer:

What are you paying for?

A common complaint about organic foods is how expensive they are. Why? Organic agriculture doesn't use pesticides to control bugs and weeds so more manual labor is involved. Maintaining organic certification is also expensive. In addition, organic food growers are typically small operations and their crop yields are lower. In short, there is less supply than demand, which drives up the price.

What do you have to lose by incorporating organic foods into your diet? At a minimum, they pack a positive flavor punch and at a maximum they may improve your health. To learn more about healthy eating, ask your health care provider about nutrition classes and other available resources.

Sources: BLS.org, CDC.org, NYTimes.com

WELCOME TO OUR NEW PHYSICIANS

Methodist University Hospital is proud to announce the following new physicians who practice with us:

NEUROSURGERY

Mauricio Campos-Benitez, M.D.

Semmes-Murphey Neurologic & Spine Institute
1211 Union Avenue, Suite 200
Memphis, TN 38104
901.259.5340

ENDOCRINOLOGY & METABOLISM

Javeria Ahmed, M.D.

Endocrinology Associates of Memphis
6027 Walnut Grove Rd, Suite 307
Memphis, TN 38120
901.681.0346

GENERAL SURGERY

Norma M. Edwards, M.D.

6005 Park Avenue, Suite 821-B
Memphis, TN 38119
901.726.1056

INTERNAL MEDICINE

Katherine Allan, M.D.

West Clinic
100 North Humphreys
Memphis, TN 38120
901.322.9080

Sandra Cohen, M.D.

UT Medical Group
7945 Wolf River Blvd
Germantown, TN 38138
901.448.7000

PLASTIC SURGERY

Jon Ver Halen, M.D.

UT Medical Group
7945 Wolf River Blvd, Suite 290
Germantown, TN 38138
901.347.8270

HEMATOLOGY & ONCOLOGY

David Portnoy, M.D.

West Clinic
100 North Humphreys
Memphis, TN 38120
901.683.0055

Michael Martin, M.D.

West Clinic
100 North Humphreys
Memphis, TN 38120
901.683.0055

UROLOGY

Christopher Ledbetter, M.D.

UT Medical Group
7945 Wolf River Blvd, Suite 350
Germantown, TN 38138
901.347.8350

Major academic campus for the University of Tennessee Health Science Center.

Robotic Lobectomy: Another Option in Lung Cancer Treatment

The Center for Minimally Invasive Surgery at Methodist University Hospital now offers an alternative to traditional thoracic surgery. Using the da Vinci® Surgical System, surgeons are able to perform a safer, more precise lung lobectomy through the “Dylewski” technique.

Thoracic surgery, specifically a lung lobectomy, may be performed to treat lung cancer. A traditional open thoracotomy operation requires surgeons to make a large chest incision and to cut the breastbone or ribs. The “Dylewski” technique uses only four incisions to remove the affected lobe below the ribs, leaving other portions of the ribs virtually untouched. Advantages for our patients include:

- Shorter surgery and hospital stay
- Less pain and scarring
- Less blood loss
- Faster recovery

Lung cancer is the leading cause of cancer-related death in men and the second most common cause in women. In fact, Tennessee ranks fourth in the nation for lung and bronchus cancer in both men and women. Many thoracic cancers are smoking-related, so reduce your risk by not smoking or using tobacco products.

Source: American Cancer Society,
American Lung Association

To learn more about robotic surgery at Methodist University Hospital, visit methodisthealth.org/MIS.

Lower Your Risk for Another Stroke

Many people eat right and exercise to help prevent heart disease. But sometimes, no matter how hard you work to prevent it, uncontrollable factors like family history, age or race can trigger a stroke. Are there ways to decrease your chances of having a second stroke?

Review the symptoms Because you'll be at a greater risk for a second stroke for the rest of your life, it's important you know exactly what the symptoms are. In many cases, getting immediate medical attention can reverse the course of a stroke. Symptoms include:

- Numbness or weakness, especially on one side of the body
- Trouble seeing in one or both eyes
- Confusion or trouble understanding
- Slurred or garbled speech
- Trouble walking

Moving on ... Of the 750,000 Americans who have a stroke each year, 5 to 14 percent will have a second within a year. Within five years, stroke will reoccur in 24 percent of women and 42 percent of men. Prevention of another stroke should focus on:

- Lowering high blood pressure or high cholesterol.
- Maintaining a healthy weight.
- Avoiding tobacco and illegal drug use and excessive use of alcohol.

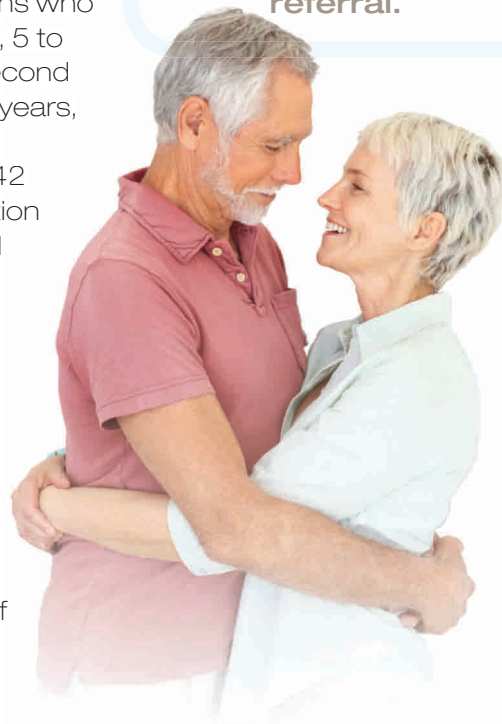
- Controlling diabetes if applicable.
- Exercising regularly.
- Eating a diet rich in fruits and vegetables and low in sodium.

Medication can help you avoid a second stroke by controlling high blood pressure, high cholesterol and preventing the formation of blood clots. Besides prescriptions, aspirin should also be taken daily.

Living right can make a difference A second stroke may happen if risk factors aren't addressed. Eating healthy, getting regular checkups, exercising and taking your medications consistently is essential. By working with your doctor and taking the necessary steps to be healthy, you can make avoiding a second stroke a reality.

Sources: ENotAlone.com, Stroke.org, StrokeCenter.org

Call 1-888-777-5959
for a physician
referral.



What's New in Prostate Cancer Research and Treatment?

Every year, 220,000 men are diagnosed with prostate cancer, making it the second deadliest cancer after lung cancer for men. Research into the causes, prevention and treatment for prostate cancer is underway at medical centers around the world.

In the genes Scientists are now using DNA technology to study several thousand genes simultaneously. This has led to the discovery of several key genes that may influence prostate cancer. Eventually, this genetic information may be used to develop more sensitive screening tests for detecting cancer.

Surgery advancements An exciting new alternative is a robot-assisted, minimally invasive surgery for prostate cancer. Referred to as the da Vinci® Surgical System,

this technology has been praised for giving surgeons even greater precision and control. To use da Vinci, a surgeon sits by a panel near the operating table and remotely controls the robot's arms to meticulously perform the operation through several tiny incisions in the patient's abdomen. Early reports show da Vinci lessens blood loss and shortens recovery times compared to a standard prostatectomy.

Hope in the future While scientists, doctors and researchers continue to make significant strides in the fight against cancer, the quest for new solutions, insights and treatments will continue until a cure is found. With continued innovation, there is hope prostate cancer will be a thing of the past, not the future.

Source: American Cancer Society

Call 1-888-777-5959 for
a physician referral.



WORKING OUT OUTDOORS

Many people have memberships at traditional gyms, but how many times can you look at those same four walls and hop on the treadmill for that daily “walk to nowhere?” If you want to spice up your workout, the solution is simple. Go outside.

Why didn't I think of that? Advocates of outdoor workouts think they're the key to long-term fitness success, since exercisers don't have a chance to get bored with the ever-changing scenery and weather. There are many benefits to exercising outside:

- **More challenges** — When outdoors, you're pushing yourself to work harder while battling the elements, surface changes and more.

- **Wind in your hair** — Being outdoors is energizing for your body and mind. Fresh air, sunlight and the ever-changing scenery can boost your mood.
- **Cost effective** — Forget the gym membership, personal trainer or buying a treadmill — outdoor exercise can be done anywhere.
- **More fun** — With an endless choice of activities from swimming to running on a path, doing chin-ups on a nearby jungle gym, rock climbing and biking hills — exercising outdoors will make you feel like a kid again.



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