

# healthy you

NEWS FROM UNITED REGIONAL

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## Playing It Safe

**NEW CONCUSSION RULES  
EASE PARENTS' CONCERNS**

See pages 4-5

Check out  
our calendar  
of events  
on page 7.

SUMMER 2011

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unitedregional



## PROTECT YOUR SKIN

Put on enough sunscreen to fill your palm. Get a friend—or your mom—to help so you don't miss any spots.

## SCREEN THE SUN

# Have a Safer Summer

Summer is a wonderful season to spend time outdoors with family and friends. Whether you're enjoying a picnic, pool party, or trip to the beach, these tips may help you and your family stay safe and healthy.

### Play it smart by the water

Taking a dip at the pool or lake is a great way to cool off, but keep these tips in mind:

- Make sure your child knows how to swim. Contact your local American Red Cross chapter to sign up for lessons.
- Never leave a child alone in or near a pool for even a few moments.
- Be sure that your pool is fully enclosed by a fence and has a self-locking gate.
- Younger kids or beginning swimmers should wear a U.S. Coast Guard-approved life jacket. Don't substitute water wings for a life jacket. And if you're going out in a boat, everyone—adults included—should wear a life jacket.
- Dive cautiously. Know how deep the water is before you jump. Never dive into shallow water.
- Look for and obey beach safety signs. Whenever possible, swim in areas where lifeguards are on duty.

### Steer clear of sunburn

Sunburn increases your risk for skin cancer. To help protect your skin:

- Stay out of the sun between 10 a.m. and 4 p.m.
- Use a wide-spectrum sunscreen with an SPF of 15 or more. Apply it 30 minutes ahead of time, and reapply at least every two hours.
- Wear loose-fitting, lightweight, and light-colored clothes with long sleeves. And make sure you have a wide-brimmed hat and sunglasses, too.

### Avoid food poisoning

A summer picnic is prime time for a food-borne illness. That's because the organisms that make you sick thrive when it's warm. To help protect your family:

- Put frozen foods in a cooler with ice or gel packs.
- Don't let perishables sit out for more than two hours—just one hour if it's 90 degrees or hotter.

### Hydrate well

To prevent heat-related illness:

- Drink fluids even if you are not thirsty or active.
- Drink two or three mouthfuls of fluid every 10 to 15 minutes.
- Avoid caffeine and alcohol.

### Bug off

Bugs are an unavoidable part of the great outdoors, but you can coexist if you take a few precautions.

- Wear a hat.
- Avoid strong perfumes.
- Use insect repellent approved by the Environmental Protection Agency. However, never use on babies.
- Always check your child's skin and hair for ticks at the end of the day. If you remove a tick within 48 hours, there's little chance for Lyme disease.

### Mind your meds

Many medicines affect how the body reacts to heat. As a result, people who take certain drugs may be in danger of heat exhaustion or heat stroke when the temperature goes up. Here are some medications that may cause problems:

- Blood pressure and heart medicines
- Antidepressants, antipsychotics, sedatives, and tranquilizers
- Antihistamines
- Diuretics, or water pills
- Antiseizure medications
- Laxatives
- Diet pills

Check with your doctor to see if your medicine puts you at risk.

# Fitness Tips for Weekend Warriors

Weekend warriors—people who pursue sports but only irregularly and without proper conditioning—deserve credit for every minute of exercise they get.

However, in doing so, they run an increased risk of spraining an ankle, pulling a hamstring, straining the back or a shoulder, or sustaining an overuse injury, such as plantar fasciitis or shin splints.

“The reality is, many people with demanding jobs and busy lifestyles only have large blocks of time to exercise on the weekends, making the ‘weekend warrior syndrome’ a hard one to avoid,” says Michael Sheen, M.D., orthopedic surgeon at United Regional. “The problem is that people who play 18 holes of golf or three sets of tennis on a Saturday without doing any exercise throughout the week run a higher risk for joint and muscle injuries than folks who squeeze in two or three midweek workouts as well.”

However, with a little foresight and planning, it’s possible to reduce your risk for pain and improve your overall fitness without giving up your Saturday softball game or long Sunday bike ride.

These strategies can help you survive an active weekend:

- **Always warm up before and cool down after working out or playing sports.**

Probably the most important thing you can do to prevent short- and long-term injury is to gradually ease in and ease out of your main exercise activity.

**FITNESS MATTERS.** Exercise can help you prevent or limit many health problems, as well as minimize the effects of aging. You can find more fitness tips by visiting our brand-new “Health Information” section at [www.unitedregional.org](http://www.unitedregional.org).

A basic warm-up should include at least five minutes of walking or light jogging followed by some sport-specific stretches to loosen the muscles you’ll be using for your sport.

For example, if you’re a golfer, after you’ve warmed up with a short walk, take a club and do some light swings and spinal rotations.

Likewise, your cooldown should help you gradually shift your heart rate back to normal and include some stretches to help prevent muscle soreness the next day.

As we age, the cooldown becomes more and more essential.

Research shows heart attacks are more likely to occur after, rather than during, strenuous exercise, mostly because people have not slowed their heart rates gradually.

- **Cross train by doing various types of exercise during the week.** By not working the same muscle groups continuously, you can improve your all-around fitness and prevent overuse injuries.

For example, if you like to take long cross-country runs on the weekend, try swimming laps on Tuesday and taking a Pilates class on Thursday.

“The fact is that most weekend warriors can avoid many of their injuries, aches, and pains by committing to a brief 15- to 20-minute stretch and strengthening session every other day,” says Dr. Sheen. “Doing so will create a muscle memory that will boost performance and have a protective effect.”



If you’re a weekend warrior, just **20 minutes** of stretching and weight-bearing exercises every other day is all you need to help avoid injuries.





# 200%

From 1997-2007, the number of emergency room visits for concussions sustained by middle and high school athletes had increased by more than **200 percent**, according to the American Academy of Pediatrics.

# 1<sup>in</sup> 30

A recent study of 15,000 North Texas student athletes has found that about **one in 30** had suffered a concussion since 2008.

## Prompt Concussion Care May Cost One Game, but Save the Season

In Texas, there's almost nothing more thrilling than Friday night football in the fall. But recently, the increased number of student athletes suffering concussions

during games has turned this excitement into anxiety for some players' parents.

Concussions can occur in any sport when a blow or other sudden jolt to the head results in a mild-to-severe traumatic brain injury. This can cause the athlete to become dazed, confused, or even lose consciousness.

Most people with concussions recover completely with appropriate treatment. But players who return to the field without being fully healed run the risk for permanent brain damage and, in a few cases, even death, if they get another blow to the head. That's why it's important to take proper steps if you suspect a concussion.

In order to make contact sports safer for student athletes—and ease parents' concerns—the University Interscholastic League (UIL) adopted a new protocol in March for managing concussions. UIL oversees extracurricular activities in Texas public schools.

The new concussion policy goes into effect August 1, 2011.

According to the new rule, an athlete suspected of getting a concussion during a game will not be allowed to play the rest of the day and is benched for further games until cleared by a doctor. The current policy allows a player to return to action if he or she is symptom-free after 15 minutes.

Kenneth Sultemeier, M.D., a Wichita Falls pediatrician, says the new policy is a move in the right direction to help protect athletes and get them safely back on the field.

"We're not trying to prevent these athletes from participating in sports, but to keep them healthy while playing," he says.

Dr. Sultemeier explains that the initial diagnosis doesn't necessarily have to be made by a doctor on the sideline. A coach or athletic trainer can also make that decision by considering

### LOOK FOR THESE SIGNS

Common concussion symptoms may surface immediately or appear later. They include:

- Headache
- Dizziness
- Sensitivity to light or noise
- Ringing in ears
- Nausea
- Confusion or disorientation
- Excessive drowsiness
- Memory loss
- Loss of consciousness

# 300,000

There are an estimated **300,000** sports-related concussions among children and adolescents each year, according to the Centers for Disease Control and Prevention.



High school football players sustain **100,000** diagnosed concussions every year, the *Pediatrics* medical journal reports.

the type of hit and the athlete's symptoms. The new policy requires athletes suspected of having concussions to pass through a series of six steps and get a doctor's approval before they are allowed back on the field.

"We understand the desire of coaches, parents, and the students themselves to have the athletes return to action," he says. "However, their futures off the field are even more important."

**LEARN ABOUT THE NEW CONCUSSION POLICY.** Kenneth Sultemeier, M.D., will be one of the presenters at United Regional Sports Medicine's *Playing It Safe* community education event on July 23. He will provide information to coaches, athletic trainers, and parents of student athletes on the new UIL concussion rules. See page 7 for details.

## State-of-the-Art Joint Replacement Procedure Helps Patient Live Pain-Free

For several years, severe arthritis had caused Jodie Cunningham, an 82-year-old resident of Wichita Falls, to live with constant pain in his left shoulder. He didn't think there was anything that could be done to help so he tried to ignore the pain.

Then he heard about a free community education seminar on joint replacements being sponsored by United Regional, and he decided to go.

That decision was life changing. Soon after the seminar, Jodie made an appointment to see United Regional orthopedic surgeon Joshua Schacter, D.O. They discussed the options available to alleviate the pain and decided on a reverse total shoulder replacement—one of the newest advances in joint replacement surgery.

United Regional orthopedic surgeons have performed more than 100 total shoulder replacement procedures—and just in the past year, 36 of those have used the reverse shoulder prosthesis.

In a healthy shoulder, the upper-arm bone ends in a ball shape. This fits into a socket formed by the shoulder blade. Together the ball and socket form the shoulder.

During a reverse shoulder prosthesis procedure, the structure of a healthy shoulder is reversed. The implant is designed so that the ball portion is attached to the shoulder blade and the socket is placed at the upper end of the arm bone.

The reverse shoulder prosthesis is used for certain patients who are not candidates for traditional joint replacement because they lack the muscle function necessary to stabilize the joint. Patients with this condition experience significant pain and have little or no use of their shoulders.

Over the past five years, United Regional has seen tremendous advancements in joint replacement surgery. Orthopedic surgeons now use computer-assisted navigation technology to accurately place artificial joints. And they have gained the expertise and experience to perform new surgical procedures to help more patients live without pain and return to active lifestyles.

Although Jodie still lives with arthritis, he says that his replaced shoulder is 100 percent pain-free.

"I thought it was extremely successful," he says. "The recovery went so smoothly."

**YOU DON'T HAVE TO LIVE IN PAIN.** To find a United Regional orthopedic surgeon who performs reverse total shoulder replacements as well as other joint replacement procedures, call the referral line at 940-764-8570 or visit [www.unitedregional.org](http://www.unitedregional.org) and click on "Find a Physician."



*we've  
moved*

## United Regional Physicians Relocate

The former United Diagnostic Center, located at 1518 Ninth St., is now home to the **United Regional Physician Group Specialty Clinic**. The move makes hospital access more convenient and allows for expanded patient care areas.

The following physician groups have been relocated to the new facility:

### **Cardiovascular and Thoracic Surgery**

William Dean, M.D.  
James Obney, M.D.  
Peter Tauriainen, M.D.

### **Orthopedic, Neurosurgery, and Sports Medicine Center**

Dan Babbel, M.D.  
John Reeves, M.D.  
Joshua Schacter, D.O.  
Michael Sheen, M.D.

### **Solutions Weight Management Center**

Christopher Finnell, M.D.  
Brett May, M.D.

### **Outpatient Therapy Services**

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# Excellence Designation Achieved



United Regional has earned Pathway to Excellence® designation by the American Nurses Credentialing Center (ANCC). The program recognizes health care organizations that create work environments where nurses can flourish.

The designation confirms United Regional's commitment to its nurses, which helps the hospital retain and recruit the best nurses in the region. This ensures that you and your family get the highest quality medical care possible when you come through our doors.

"We are very proud to have achieved this designation," says Pam Bradshaw, R.N., vice president of Nursing. "Our nurses recognize that we value their work and support an environment in which they can deliver excellent patient care."

ANCC has identified certain principles that create a positive work culture for nurses. In order to achieve Pathway to Excellence designation, health care organizations must show they have integrated these quality initiatives into their management practices, operating policies, and procedures.

As a Pathway to Excellence-designated organization, United Regional demonstrates its ongoing support of the nursing staff through its carefully selected performance standards. The honor encourages other outstanding nurses to join their colleagues in this desirable and nurturing environment.

**LEARN MORE.** United Regional has earned additional certifications and awards that demonstrate our commitment to excellence. Find out more by visiting [www.unitedregional.org](http://www.unitedregional.org) and clicking on the "About United Regional" tab.

# COMMUNITY HEALTH CLASSES AND EVENTS

To register for any course, call our referral line at 940-764-8570.

## FOR YOUR HEALTH

### Diabetes Support Group

Mondays, July 25 and Oct. 24  
6 to 7:30 p.m.

### Becoming Smoke-Free

Learn strategies necessary to stop smoking. Participants receive free nicotine-replacement therapy during the course. Cost: \$25 per person.  
Tuesdays and Thursdays, Aug. 9 to 18  
6:30 to 8 p.m.



### Breathsavers Pulmonary Support Group

This group teaches adults with pulmonary diseases (COPD, asthma, emphysema, and chronic bronchitis) self-care skills for a more active life.  
Tuesdays, Sept. 13 and Nov. 8  
noon to 1 p.m.

## CHILDBIRTH AND PARENTING

### Prepared Childbirth

This course covers preparing for the delivery, pain management, newborn care and safety, and emotional changes during a woman's pregnancy. Cost: \$30 per couple.  
Tuesdays, Sept. 6 to Oct. 4  
or Nov. 1 to 29  
7 to 9 p.m.

### Prepared Childbirth— Condensed Course

This course covers the same topics as the one above, but in a one-day format. Cost: \$30 per couple.  
Saturday, Aug. 6, Sept. 10, Oct. 8,  
Nov. 5, or Dec. 3  
9 a.m. to 5 p.m.

### Basics of Breastfeeding

This course explores the benefits of breastfeeding and teaches the proper feeding techniques. Cost: \$20 per couple.  
Tuesday, Aug. 9, Sept. 13, Oct. 11,  
Nov. 8, or Dec. 6  
7 to 9 p.m.

## Walk Away from Joint Pain: “Advanced Surgical Techniques in Joint Replacement”

Is shoulder, hip, or knee pain interfering with your daily activities? Come hear about the latest treatment options.

### Wednesday, Aug. 17

Registration and light lunch: **11:30 a.m.**

Presentation and Q&A session: **noon**

Location: **United Regional,  
Bridwell Tower**

Presenter: **Joshua Schacter, D.O.**

### Infant/Child CPR

Participants will receive an inflatable learning mannequin along with an instructional DVD and other course materials. Cost: \$35 per couple.  
Tuesday, Aug. 16 or Oct. 18  
7 to 9 p.m.

### Special Siblings

This course helps future big brothers and big sisters understand their feelings regarding the birth of a new sibling. Cost: \$10 per child.  
Saturday, Sept. 17 or Nov. 19  
10 a.m. to noon

**To register for any course, contact  
“Call-A-Nurse” at 940-764-8570.**

**Participants will receive class locations  
when they register for any of these classes.**

With Special Guest Speaker

# Bill Bates



Former Safety for the Dallas Cowboys

## Playing It Safe

A Community Education Event for Coaches, Athletic Trainers and Parents

### Prevention and Treatment of Sports-Related Injuries in Student Athletes

Saturday, July 23

Program Presentations Begin at 1 p.m.

Wellington Banquet & Conference Center

- Presentations by physicians experienced in treating sports-related injuries
- Complimentary Bar-B-Que dinner at 5 p.m.

Space is limited so please get your event tickets early:  
Call 1-800-982-9799 to request by mail or pick up  
tickets at KFDX Channel 3 Studio.





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## Making Patient Care Safer and More Efficient

United Regional leads the way in advanced technology in North Texas.

All hospital department physicians are now using Computerized Provider Order Entry (CPOE) to place orders directly into patients' electronic medical records (EMRs), improving patient safety and efficiency of care.

"When physicians input orders into the computer, the system automatically alerts them to any special instructions or guidelines that might go along with certain types of procedures," says Scott Hoyer, M.D., vice president of Quality and chief medical officer for United Regional. "The CPOE also identifies duplicate orders, medications, tests, and treatments and alerts doctors to possible drug interactions and drug allergies."

Other benefits of CPOE include assuring orders are legible and safe abbreviations are used, ensuring accurate transcription of information into EMRs, and checking prescriptions to make sure the right dose is given, safeguards are cross-referenced, and possible drug interactions or allergies are flagged.

Efficiency is another improvement. Physicians used to write down orders on paper. Then a clerk would input the orders into a computer system. The specific department would eventually receive the order and then react.

With CPOE, the physician puts the orders into the system, and they're sent directly to each department responsible for completing them, such as radiology, the laboratory, and the pharmacy. This allows patients to receive medication and tests sooner.

And physicians can submit new orders from anywhere they have computer access. This means they don't have to travel to a specific floor to locate paper medical records or even wait until they get to the hospital.

CPOE is an important addition to the EMR system. EMRs make patients' medical records readily accessible and allow more than one physician to view patients' charts at the same time.

"With EMR, patient charts are available anytime, anywhere, anyplace," explains Dr. Hoyer.



**WE'RE HERE FOR YOU.** For more information about the many ways United Regional is improving patient safety and quality of care, please visit [www.unitedregional.org](http://www.unitedregional.org) or call 940-764-7000.