



# HouseCall

FROM YOUR FRIENDS AT LAKE GRANBURY MEDICAL CENTER

## Image is everything

New system offers faster, better outcomes

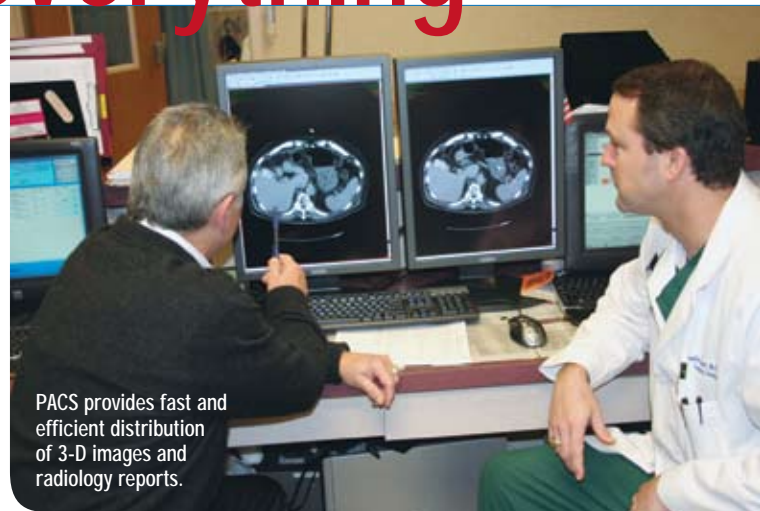
**A**s part of Lake Granbury Medical Center's (LGMC) commitment to providing the best possible patient care to our community, we've added a completely digital picture archival and communication system (PACS).

This new system provides our radiologists with immediate electronic access to medical imaging exams, enabling faster and more efficient distribution of radiology reports and images to referring physicians and patients. "PACS gives physicians timely access to images, interpretations and data, and breaks down the physical and time barriers associated with traditional film-based images," says Bradley Hart, M.D., Ph.D., general surgeon. "This will speed up treatment decisions for our patients."

The radiology department at LGMC will replace the conventional film currently used with an online digital format. If a patient needs a copy of their image, they'll receive a CD of the procedure that will auto-play on any personal computer with CD capability.

The benefits of PACS include:

- Higher-level patient care. Innovative diagnostic reading tools with PACS provide 3-D image display and increased diagnostic confidence.
- Faster review of patients' medical imaging exams. Hand-delivering medical films to radiologists for review will be a thing of the past at LGMC.
- Around-the-clock access to radiology images and reports. PACS solutions will enable LGMC to send imaging studies to radiologists and referring physicians over the Internet, where he or she will have total access to patient images and information.



PACS provides fast and efficient distribution of 3-D images and radiology reports.

### ! Take a closer look!

To learn more about LGMC's radiology services, visit [www.lakegranburymedicalcenter.com](http://www.lakegranburymedicalcenter.com).

- Easier access to prior exams. Currently, our medical images are stored in hardcopy files in a remote part of the hospital. When patients come in for follow-up exams, considerable time is taken to retrieve prior images from these files, so comparisons can be made with new images. Moving to PACS will alleviate these problems because medical images and related information can be stored electronically in a highly organized fashion and retrieved with the click of a mouse.

"The installation of PACS is a big step for us in that the availability of images to our physicians will be easy," says Lex Weatherly, director of diagnostic imaging at LGMC. "This eliminates the need for patients to come to the hospital prior to their appointment to check out their studies."



# Life after the ER

## Following your physician's orders keeps you healthy

**W**hen you're not feeling well and you're surrounded by the hustle and bustle of an emergency room (ER), it's easy to be confused by what a physician is telling you. All you can think about is going home. That's why many people are unclear about how to handle their care when they leave the hospital.

Case in point: A small University of Michigan study found that more than 75 percent of patients didn't understand their discharge instructions or what ER physicians had just told them—although 80 percent thought they did. Some of the patients weren't even sure of their diagnosis.

Unfortunately, these misunderstandings may increase the likelihood of complications once you leave the ER. In reality, the care you receive at the hospital is just one important part of the puzzle. Knowing what to do next—and following those discharge instructions closely—is critical to getting better. Here's what you need to do for the best health care results:

**➔ SPEAK UP.** Don't be afraid to ask questions if you're unsure of your condition, what treatments you were given, your test results or something in the discharge instructions—for example, whether a medication that's been prescribed may interact with one you're already taking. It's best to ask the ER physician caring for you,

rather than having to contact the ER later, when the physician you saw may no longer be on duty.

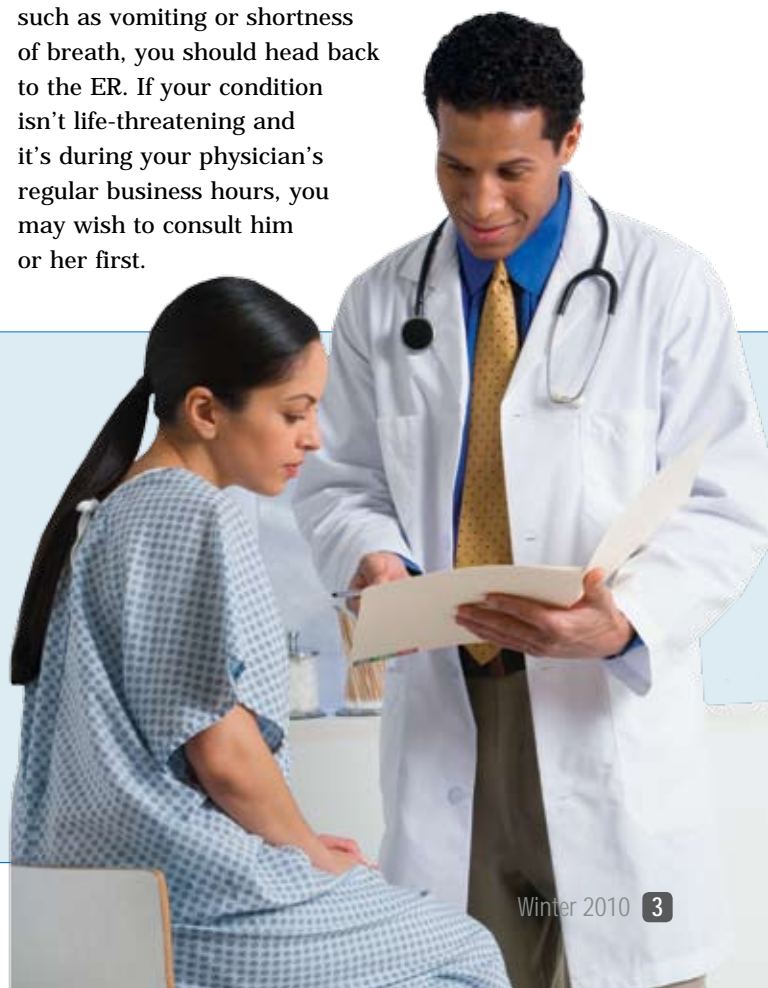
**➔ FOLLOW ALL MEDICATION DOSAGES.** Thoroughly read your discharge instructions. They should spell out what medications have been prescribed, what they treat and how often—and when—to take them.

**➔ FOLLOW UP WITH YOUR FAMILY PHYSICIAN OR A SPECIALIST.** You'll especially need to do this if you've received stitches or a cast. Your discharge instructions will tell you when to go. Double-check with your physician to make sure information about your ER visit, including test results, has been sent to his or her office before your appointment.

**➔ KNOW WHEN YOU SHOULD RETURN TO THE ER.** If your condition worsens or you're noticing new symptoms, such as vomiting or shortness of breath, you should head back to the ER. If your condition isn't life-threatening and it's during your physician's regular business hours, you may wish to consult him or her first.

## How did we do?

**W**hen you check in to the ER, admitting personnel will ask you if it's OK to follow up with you once you're back home. If you agree to it, we'll try to call you within 24 hours of your discharge, asking you six questions about your visit. At that time, if you don't understand your discharge instructions or have any questions about your treatment, a nurse will call you back. This process, called Discharge Callback Administrator, or DCA, helps us improve the way we care for our patients and ensure that you're on the road to recovery.



## A MESSAGE FROM THE CEO



David K. Orcutt  
Chief Executive Officer

As we look ahead to another exciting year, I'd like to pause for a moment to reflect on 2009. It was certainly an eventful year for the Lake Granbury Medical Center (LGMC) family as we added four new physicians to our growing medical staff: Peter O'Carroll, M.D., neurology; Bradley Hart, M.D., Ph.D., general surgery; Kelly

O'Carroll, M.D., pediatrics and internal medicine; and Don Brown, M.D., dermatology. In addition to our new physicians, we completed a \$15 million expansion project that included a new third floor with 24 private patient rooms, an expanded surgery services department, and a beautiful new front entrance. We're especially pleased with our new cath lab and comprehensive cardiac services. More than 175 cardiac catheterizations have been performed since the cath lab opened last summer, and several lives have been saved by having this service available here in our community.

We've come a long way in bringing quality services, dedicated family physicians, and skilled specialists to LGMC that truly allow you to get top quality care right here at home. If you haven't used our services in the last few years, I encourage you to give us another look. We're here for you and are committed to meeting and exceeding your health care needs and expectations.

Sincerely,

David K. Orcutt  
Chief Executive Officer  
Lake Granbury Medical Center

# Get back in the game

## Our orthopedic team can help



### ! Make an appointment!

**C**orey Mark, M.D., orthopedic surgeon, with Lake Granbury Specialty Care at 1308E Paluxy Road, can help you get active again. Call (817) 579-3906.



Corey Mark, M.D.  
Orthopedic Surgeon

Or, call your primary care physician (PCP) for assistance. For a referral to a PCP, call LGMC at (817) 573-CARE (2273).

**W**e all know that regular exercise is an essential part of a healthy lifestyle. Exercise makes you look and feel good—promoting weight control, cardiovascular fitness, and greater muscle strength, endurance, and flexibility.

However, too much of a good thing can lead to an injury that can sideline you from the activities you enjoy. You don't have to be a competitive athlete to get a sports injury. It can happen to anyone at any age.

Sports injuries can involve any part of the body but generally refer to injuries of the muscle, bone, or connective tissue like cartilage. These types of injuries usually come about from improper training or conditioning, insufficient warm-up and stretching before an activity, using the wrong equipment, or doing too much, too fast.

## TWO TYPES OF INJURIES

Sports injuries fall into two primary categories: acute and chronic. An acute injury involves an active event that causes trauma, such as a fall or a collision. A chronic injury happens gradually, through repetitive motions, and from cumulative strain on the musculoskeletal system.

Prompt treatment of both acute and chronic injuries is important in avoiding further damage. Chronic injuries left untreated or not allowed to fully heal can lead to repeat injuries or develop into more serious long-term problems, such as osteoarthritis.

It's important to distinguish muscle soreness from injury in deciding whether to seek medical help. The

traditional credo of rest, ice, compression, and elevation is effective for home care. However, if you've tried these steps immediately after injury and regularly for 48 hours, and pain and swelling don't improve, contact your physician. Signs that you need medical attention include severe pain, swelling, or numbness; inability to put weight on the area; or new pain at the site of an old injury, accompanied by increased swelling or an abnormal appearance.

## GETTING TREATMENT

If you suspect you've sustained a sports injury, a good place to start is with your primary care provider. He or she may consult with a sports medicine specialist to help with diagnosis and treatment. Depending on your injury, you may receive care from an orthopedic physician or a rehabilitative therapist.

Treating a sports injury is gradual, and getting the area moving again is the first step to speed healing. Rehabilitation is based on a progression of activities to help build flexibility, endurance, and strength, as well as proper balance and body mechanics. In addition to exercise, your therapy may include electrostimulation (mild electrical current to reduce pain and swelling and increase muscle strength), cryotherapy (ice packs to limit blood flow to injured tissues), heat, ultrasound, and massage.

Careful diagnosis and comprehensive care of sports injuries can help patients heal and return to activities with less chance of repeat injury.

## A sports injury guide

**P**art of treating a sports injury is being able to explain symptoms to your physician. Below is the National Institute of Arthritis and Musculoskeletal and Skin Diseases' list of the most common types of sports injuries:

- ☑ **SPRAIN:** a stretch or tear of a ligament, the band of connective tissues that joins the end of one bone with another  
**Symptoms:** tenderness or pain, bruising, swelling, inability to move a limb or joint, and instability
- ☑ **STRAIN:** a twist, pull, or tear to a muscle or tendon, which is tissue that connects muscle to bone  
**Symptoms:** pain, muscle spasm, and loss of strength

- ☑ **DISLOCATED JOINT:** when two bones that come together to form a joint become separated, through impact sports, excessive stretching, or falling  
**Symptoms:** severe pain and joint is visibly altered, moves unnaturally, or can't be bent or straightened properly
- ☑ **FRACTURE:** a break in the bone that can occur from either a quick, one-time injury (acute fracture) or from repeated stress to the bone over time (stress fracture)  
**Symptoms:** pain at the site and inability to bear weight (acute) or pain at the site that worsens with weight-bearing activity (stress)

## HEALTHWISE QUIZ

How much do you know about **obesity**?

Take this quiz to find out.

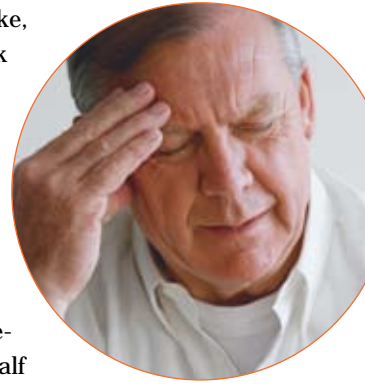
- 1** What percentage of American adults are overweight or obese?
  - a. 25
  - b. 33
  - c. 50
  - d. 66
- 2** Which of the following has not been linked to obesity?
  - a. hyperthyroidism
  - b. cancer
  - c. gallbladder disease
  - d. infertility
- 3** Obese children have a higher risk of:
  - a. asthma
  - b. early puberty
  - c. skin infections
  - d. all of the above
- 4** One problem with body mass index (BMI)—a calculation that assesses obesity—is that:
  - a. It doesn't take height into account.
  - b. It doesn't measure muscle, so a muscular person can have a high BMI.
  - c. It doesn't factor in age.
  - d. none of the above
- 5** How much excess weight do you usually have to be carrying to be considered for weight-loss surgery?
  - a. 30 pounds for women, 50 for men
  - b. 50 pounds for women, 70 for men
  - c. 80 pounds for women, 100 for men
  - d. There's no minimum weight requirement for weight-loss surgery.

ANSWERS: 1. (d), 2. (a), 3. (d), 4. (b), 5. (c)

## {MINI-STROKES}

# Heed the warning

It may not be a full-blown stroke, but a transient ischemic attack (TIA)—also called a mini-stroke—is your warning that one could be just around the corner. TIAs produce symptoms similar to strokes, but they usually only last a few minutes and don't cause damage. About a third of people who have TIAs will subsequently have a stroke, and about half of them will have it within a year.



### INSIDE A TIA

A TIA occurs when a blood clot briefly blocks an artery, cutting off part of the brain's blood supply. Like a stroke, symptoms arise without warning. They include:

- sudden numbness or weakness in the face, arm or leg—usually on one side of the body
- sudden confusion, speech problems or trouble comprehending
- sudden problems walking, dizziness and loss of balance or coordination
- sudden severe headaches
- sudden vision problems such as loss of sight in one eye

If you suffer any of these symptoms, call an ambulance or have a friend take you to the ER right away. Physicians usually have to make a diagnosis based on your medical history.

### IS A TIA IN YOUR FUTURE?

You're at higher risk for a TIA if you:

- have a family history of TIA or stroke
- are 55 years or older
- are a man
- are African-American

Those are things you can't control, but you can help change other risk factors:

- blood pressure 140/85 mm Hg or higher
- high cholesterol
- heart disease, carotid artery disease and peripheral artery disease
- obesity
- cigarette smoking
- heavy drinking
- physical inactivity
- diabetes
- a high-fat, high-sodium diet

## Sending out an SOS:

# Texting can be bad for your health

It's not uncommon to see people crossing busy streets or even driving with their cell phone or BlackBerry® in hand, dashing off a quick message. Texting shifts your focus away from the task at hand and can be downright dangerous.

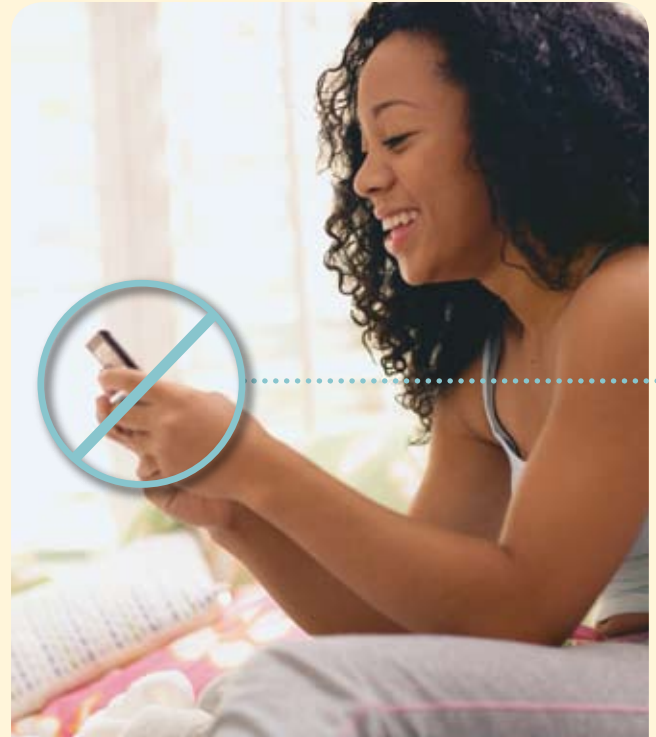
While no hard numbers exist, the American College of Emergency Physicians has reported an anecdotal rise in serious and fatal injuries involving texting—especially among teens and young adults. That includes face, chin, mouth and eye injuries for those who trip and fall while texting, and fatal trauma stemming from car accidents. Texting has also been linked to medical phenomena like “BlackBerry thumb” and “teen texting tendonitis”—catchphrases for conditions that result from the repetitive thumb motions of texting. These conditions can cause pain and numbness in the thumbs and joints of the hand.

### BE TEXT SAVVY

Steer clear of texting troubles by following a few guidelines:

- Avoid texting while doing things like walking and driving. Turn your phone off to avoid temptation.
- On the road, pull over if you need to text immediately.
- Set a good example behind the wheel: Don't engage in distracting behavior in front of your kids.

- Contact your cell-phone provider if you're worried about your child's texting habits. Some companies now offer services that ban texting at certain times of the day.



## A healthy lunch is in the bag!

Every day at noon, workers around the country run to the corner deli for a sandwich, hit a local eatery with co-workers or order in. But if you're watching your waistline—or your wallet—packing your own lunch is a smarter solution. A homemade lunch is more nutritious and economical, as long as you pack it correctly. The recipe for a healthy lunch includes:

- **PROTEIN** Try lean turkey, ham, roast beef, tuna or a bean-based entree, such as hummus or a black bean burrito.
- **GOOD GRAINS** Pack whole-wheat pasta salad and sandwiches made on multigrain bread.
- **FRUITS AND VEGGIES** The deeper the color of the vegetable or fruit, the more vitamins and minerals it contains. Slice up baby carrots, peppers, broccoli, apples, blueberries and oranges.



- **CALCIUM** Slip fat-free yogurt, cottage cheese or string cheese into your bag.
- **H<sub>2</sub>O** Water has no calories, so it's a perfect choice, but if you need a little more flavor, try adding a squeeze of lemon, lime or orange. Watch out for fruit juices, energy drinks and sodas, which are loaded with sugar.
- **FLAVOR APPEAL** Switch it up a bit by adding interesting items, like walnuts in a salad or horseradish spread on a roast beef sandwich.
- **MINIMAL SODIUM** Thinking of one of those “healthy” frozen meals? Watch out for sodium. Total daily intake for a healthy individual shouldn't exceed 2,300 milligrams (mg), and some frozen meals can contain a big portion of your day's allotment. Follow the FDA's recommendation for a healthy frozen meal by choosing one that has 480 mg of sodium or less per serving.

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WINTER 2010



# A better view of you

## Advanced MRI technology is at LGMC



Board-certified radiologist Ron Dillee, M.D., and Lex Weatherly, director of diagnostic imaging at LGMC

Lake Granbury Medical Center (LGMC) has incorporated an advanced diagnostic tool to help physicians enhance patient care. The new Signa HDX 1.5T magnetic resonance imaging (MRI) system delivers detailed images of the human body with increased speed, better resolution, and unique applications. This technology results in shorter exams and greater comfort for patients, while providing higher diagnostic confidence for physicians.

"I think the magnet here at LGMC is as fine a magnet as anywhere in the metroplex," says Ron Dillee, M.D., radiologist.

MRI scans are used when a physician suspects a medical problem that's not easily detectable by a conventional physical exam. This MRI system noninvasively assists physicians in the diagnosis of a variety of anatomical areas, such as the head, abdomen, and chest (including detailed imaging of the vascular system and major organs).

MRI gives your physician the benefit of viewing the structure of internal anatomy without exploratory surgery. With this knowledge, your physician can make more informed decisions concerning surgery.

"We're excited about the technology that's been installed at LGMC," says Lex Weatherly, director of diagnostic imaging at LGMC. "We can now offer enhanced studies to our patients, which eliminates having to travel to the metroplex."

### OFFERING FULL SERVICE

The radiology department at LGMC is a full-service department. We offer the following:

- bone density scans
- computed tomography (CT) scans
- mammography
- MRI
- nuclear medicine, including stress tests
- ultrasounds, including cardiac and vascular
- X-rays

In addition to the new MRI unit, within the past two years our department has installed a new X-ray room, an X-ray image intensifier (also called a C-Arm used for surgery cases), a 32-slice CT scanner, and three new ultrasound machines.

Our diagnostic imaging team strives to deliver comprehensive care. The technology available here in Granbury eliminates the need to travel out of town for your imaging needs.

### ! Surf the Web!

Learn more about this and other imaging technology that helps physicians diagnose and treat complex medical problems at [www.lakegranburymedicalcenter.com](http://www.lakegranburymedicalcenter.com).