

# Community Focus

FROM YOUR FRIENDS AT CHESTERFIELD  
GENERAL HOSPITAL

**Stop diabetes  
before it starts**

**The future is clear!**  
CGH imaging provides  
helpful diagnostics

**Move your body  
to build your mind**

**Healthy  
Woman  
kicks off**

See page 8.



CHESTERFIELD GENERAL HOSPITAL

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# Do you really need a primary care physician?

**S**ure, most health plans require a primary care physician (PCP) for specialist referrals. But that's just one reason it's a good idea to have one dedicated clinician to oversee all your health concerns.

## THE KEY TO SUPERIOR CARE

Developing an ongoing relationship with one physician who knows you and your medical history leads to a better overall outcome and lower costs. The reason? Your PCP can counsel you on healthy lifestyle choices, such as exercise options, an eating plan and other prudent lifestyle adjustments and modifications. Plus, seeing your PCP regularly makes him or her better at evaluating your symptoms than practitioners who don't know you. Additionally, a PCP provides routine health screenings, which can find diseases early—when they're easier to treat (see “Screenings your PCP may provide”). This, in turn, translates into less invasive and less expensive treatments.

## A GUIDING LIGHT

If you've ever wished you could go to one place for all your health concerns or worried whether you're approaching the right physician for a particular ailment, you're in luck. A PCP can be your primary contact to address most personal healthcare needs.

The healthcare system can be intimidating—especially when you're faced with a frightening symptom. A PCP can evaluate the problem and either manage it him- or herself or arrange for the appropriate referrals. And if you need specialist care, your PCP can guide you and coordinate all aspects of your care. Plus, he or she can sort through and help explain the advice of other physicians.

## Who's who in the PCP world

**W**hen picking a PCP, you can choose from many different types of healthcare professionals:

- **Family practitioners.** Physicians who care for children and adults of all ages. They may also practice obstetrics and minor surgery.
- **General practitioners.** Physicians who provide basic care for all ages.
- **Internists.** Physicians who care for adults of all ages and can treat many different medical problems.
- **Obstetricians/gynecologists.** Physicians who specialize in reproductive health. They often serve as a PCP for women, especially those of childbearing age.
- **Hospitalists.** Physicians who care for people who are hospitalized. Most hospitalists are trained in internal medicine and work with a hospitalized patient's PCP to provide the best care.

### • **Nurse practitioners and physician assistants.**

Nonphysician providers of primary healthcare. Often referred to as “physician extenders,” they consult with physicians. They may see children, adults or women only and can prescribe medications and other treatments.

- **Pediatricians.** Physicians who treat newborns, infants, children and adolescents.

## Screenings your PCP may provide

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> blood pressure  | <input type="checkbox"/> cholesterol       | <input type="checkbox"/> diabetes        |
| <input type="checkbox"/> breast cancer   | <input type="checkbox"/> colorectal cancer | <input type="checkbox"/> obesity         |
| <input type="checkbox"/> cervical cancer | <input type="checkbox"/> depression        | <input type="checkbox"/> prostate cancer |
| <input type="checkbox"/> chlamydia       |  |  |

# Strength-train your brain

## The mental benefits of exercise

**E**xercise has long been touted for its physical health benefits, such as improving metabolism, lowering blood pressure and reducing your risk of heart disease, stroke and cancer. But working up a sweat is also good for your head. Here's how:

### BEATS THE BLUES

In a review of 80 studies on exercise and depression, researchers concluded that getting physical can act like an antidepressant. The analysis found that exercise decreased depression more than relaxation training (such as meditation or breathing) or engaging in enjoyable activities did. Working out may boost levels of feel-good endorphins, natural painkillers that promote a heightened sense of well-being.

### TAMES TENSION

Physical activity releases muscle tension, reduces levels of the stress hormone cortisol and raises body temperature, which may have calming effects. Additionally, it can shift your attention away from anxious thoughts to something more pleasant, like your surroundings or the music that gets you moving.

### AMPS UP ENERGY

Often feel drained? Inactivity is the likely culprit. Yes, working out may make you tired in the short term, but it helps increase stamina and energy in the long run. And, according to the Centers for Disease Control and Prevention, staying active may improve sleep quality, which translates into more next-day pep.

### CRANKS UP CONFIDENCE

If you're nervous, working up a sweat gives you a confidence boost. How does getting sweaty raise self-worth? The effect is thought to be brought about by the sense of accomplishment that comes from meeting fitness goals or challenges.

### BOOSTS BRAIN POWER

Regular physical activity can help keep your thinking, learning and judgment skills sharp as you age. In one study of 62- to 70-year-olds, those who were still working and retirees who exercised sustained their levels of cerebral blood flow and performed better on cognition tests than inactive retirees. What's more, in a few studies of subjects older than age 65, those who worked out for at least 15 to 30 minutes three times a week were less likely to develop Alzheimer's disease.



## How much is enough?

**I**f you have a physical disability, talk with your physician before exercising. Once you get his or her OK, do the following activities to reap the mental and physical benefits:

- A minimum of 150 minutes of moderate-intensity aerobic activity (like brisk walking) each week. If you're just getting started, break your workout into three brisk 10-minute walks a day, five days a week. Not into walking? Do water aerobics, go for a bike ride, play doubles tennis or mow the lawn—anything that gets you moving.
- Muscle-strengthening activities that target all major muscle groups on two or more days a week. Try heavy gardening (digging, shoveling), yoga, lifting weights or other weight-bearing moves like push-ups or sit-ups. Aim for eight to 12 repetitions per activity.

# Avoiding diabetes

## How to prevent the condition

**By Naveed Iqbal, M.D.**  
**Board Certified in Internal Medicine,**  
**Nephrology and Endocrinology**  
**Chesterfield General Hospital**  
**Medical Staff Member**

**C**hances are if you don't have type 1 or type 2 diabetes, you know someone who does. The condition affects more than 23 million people in the United States, and South Carolina has one of the highest diabetes rates in the country. Diabetes occurs when the pancreas doesn't produce enough insulin (a hormone that helps regulate sugar in the body) or when the body can't use insulin effectively. Without insulin, blood sugar rises, disturbing critical bodily functions.

While no one is immune to developing diabetes, people who are seriously overweight, are physically inactive, have a family history of diabetes or are African-American are considered at risk and should take steps to protect themselves. If left untreated, diabetes can lead to serious medical problems, including stroke, heart disease, kidney infections and blood vessel, nerve, vision and foot problems.

### PROTECT YOURSELF

The best way to prevent diabetes is to eat a healthy diet. If you're at risk, high-fiber foods, such as whole-grain and bran products, beans, oatmeal, fruits and vegetables, can help lower your blood sugar and blood fat. If you're also at risk for high blood pressure, limit table salt and



### Common diabetes warning signs

- increased urination, thirst or fatigue
- slow-healing wounds or sores
- tingling feet
- weight loss with increased appetite
- blurred vision

high-sodium foods like frozen dinners, cheese and packaged products.

Physical activity—another key to diabetes prevention and treatment—not only burns calories and fat but also helps control blood sugar levels, increase blood flow, reduce stress and boost energy. Increase your activity levels by:

- walking, alone or with a friend
- taking the stairs
- cleaning the house
- parking farther away from your destination
- taking dance classes

Always get your physician's approval before starting an exercise program. People who have diabetes should track their blood sugar levels before and after exercising. Warm up before and cool down after you exercise, and remember to drink plenty of water.

### ! Keep diabetes under control!

**I**f you or a family member has questions about diabetes, endocrinologist and nephrologist Naveed Iqbal, M.D., can help. Dr. Iqbal's practice, Carolina Renal/Endocrine Care, is located behind Chesterfield General Hospital at 715 Doctors Drive, Suite B, in Cheraw. Call (843) 921-2080 to make an appointment or learn more.

# Physician spotlight



Naveed Iqbal, M.D.

Chesterfield General Hospital (CGH) is pleased to feature Naveed Iqbal, M.D., a board-certified internist, endocrinologist and nephrologist, in this issue of *Community Focus*.

Dr. Iqbal specializes in diagnosing and treating kidney and endocrine system disorders, as well as in diabetes prevention and management.

Dr. Iqbal's patients include those who have high blood pressure, kidney stones and renal failure and those who require dialysis. (Nephrology, occasionally confused with urology, doesn't include the treatment of

urinary bladder or prostate problems.) Dr. Iqbal will consult with your primary care physician to plan the right treatment for you.

Dr. Iqbal received his medical degree from the Aga Khan University Medical College in Pakistan. He completed his internal medicine residency at the University Health Center of Pittsburgh in Pittsburgh, Pa. He performed his endocrinology fellowship at Baylor College of Medicine in Houston, Texas, and his nephrology fellowship at Johns Hopkins University in Baltimore, Md. Dr. Iqbal's practice, Carolina Renal/Endocrine Care, is located behind CGH at 715 Doctors Drive, Suite B, in Cheraw. Call (843) 921-2080 to make an appointment.

## A sharper image

### Chesterfield General Hospital's imaging services

Images of the inside of your body—whether they're ultrasounds, X-rays, magnetic resonance imaging (MRI) scans, nuclear studies or computed tomography (CT) scans—can help your physician make an accurate diagnosis. The imaging services department at Chesterfield General Hospital (CGH) provides a variety of diagnostic procedures and services, as prescribed by your physician, right here at home. Our patient-centered and service-oriented department also helps your physicians get timely information so they can serve you better.

#### A VARIETY OF SERVICES

CGH's imaging services department performs mammograms, CT scans, ultrasounds, MRIs, echocardiograms and X-rays. We also perform nuclear medicine studies, which use small amounts of radioactive materials to diagnose bone cancer and study the heart. All images are read by an experienced, board-certified radiologist.

#### ! Convenient mammograms are here for you!

CGH's imaging services department provides 24-hour emergency and inpatient care. For outpatient convenience, mammograms may be scheduled between 8:30 a.m. and 7:30 p.m. To mark National Breast Cancer Awareness month, in October we'll provide reduced-cost mammograms for women ages 35 and older. To learn more about this program, call (843) 320-3326.

If your physician tells you that you need internal imaging, get the quality care you deserve, close to home, at CGH's imaging services department. We care for you ... for life.



◀ (Far left, l-r) CGH imaging services staff members Carol Price, R.T.; Sharon Kimrey, R.T.; and Janet Rivers, R.T.

◀ Nuclear medicine studies can be performed right here at CGH.

# Keeping little athletes safe



**K**ids love sports, and we love watching them play. But each year, more than 3.5 million children under age 15 are treated for sports-related injuries, according to the American Academy of Pediatrics (AAP). That number is on the rise. One reason: Many kids now play the same sport year-round, resulting in overuse injuries such as chronic muscle strains, stress fractures and tendonitis. Plus, some sports have gone more extreme. Cheer-leading alone injured almost 70,000 children in 2007. So how can you keep your child out of the ER?

- **Don't start too soon.** Don't let your child join a team until he or she is at least 6 years old, says the AAP.
- **Get a pre-season checkup.** Visit your pediatrician to make sure your son or daughter is indeed sports-ready.
- **Gear up correctly.** Make sure your child doesn't compete without the right sporting shoes, helmet and safety equipment.

- **Teach the wisdom of warming up and cooling down.** Insist that young athletes exercise lightly for at least three minutes, then stretch the muscles to be used for at least 30 seconds each before practice or a game.
- **Fill 'er up.** Make sure your child carries a water bottle and knows the importance of drinking frequently, even if he or she isn't thirsty. Dehydration can cause fatigue and sickness.
- **Watch carefully.** Discourage participation in just one sport. If your child shows sign of strain or injury, insist he or she stop playing immediately—then see your pediatrician.

## Healthy eating on the run

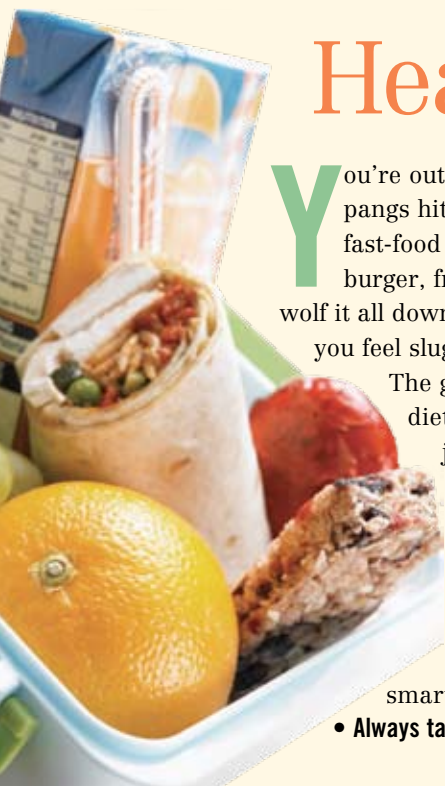
**Y**ou're out and about when hunger pangs hit. Stopping at the nearest fast-food joint, you order a cheeseburger, fries and a soda and quickly wolf it all down in your car. Minutes later you feel sluggish, bloated—and guilty.

The good news: Your healthy diet doesn't have to suffer just because you're racing from one obligation to the next, spending the day running errands or hitting the road for a family vacation. Be prepared with these smart-snacking tips:

- **Always take water with you.** If it's too

bland, add a slice of fruit or a splash of juice.

- **For an on-the-run breakfast,** grab low-fat string cheese and a piece of fruit.
- **Fill an insulated lunch box with fresh fruit,** carrots, celery sticks, walnuts, yogurt or peanut butter on 100 percent whole-wheat bread for snacks during the day. Keep protein bars or snack bags of almonds or raisins in your purse, glove compartment or tote bag for hunger attacks.
- **If you must hit the drive-through,** opt for a kid-sized meal with fresh fruit or a side salad (with low-fat dressing) instead of fries, and a grilled chicken sandwich instead of one that's breaded and fried. Skip the mayo and other fatty spreads.
- **Need a coffee break?** Order the low-fat, sugar-free version of your favorite frozen coffee or latte and skip the whipped cream and caramel drizzle.



## HEALTHWISE QUIZ

### How much do you know about breast cancer?

Take this quiz to find out.

- 1** Your risk of developing breast cancer is increased by which of the following?
  - a. radiation exposure to the chest as a child or a young adult
  - b. first pregnancy after age 30
  - c. use of estrogen and progesterone to treat menopausal symptoms for four or more years
  - d. all of the above
- 2** Which is not a risk factor for developing breast cancer?
  - a. having a family history of the disease
  - b. being overweight
  - c. antiperspirant use
  - d. excessive drinking
- 3** Symptoms of breast cancer typically don't include:
  - a. changes in the size or contour of the breast
  - b. breast pain
  - c. an indentation of the nipple
  - d. a clear or bloody discharge from the nipple
- 4** Which of the following is not true about male breast cancer?
  - a. One in five men with breast cancer has a close male or female relative with breast cancer.
  - b. The average male is 60 to 70 years old at diagnosis.
  - c. Being overweight doesn't increase breast cancer risk.
  - d. Health conditions that affect the testicles may increase risk.
- 5** An annual mammogram once you turn 40 is important because:
  - a. your chance of being diagnosed with breast cancer increases with age
  - b. you may have a small cancer that won't show up until your next annual screening
  - c. the sooner you're diagnosed with breast cancer, the easier it is to treat
  - d. all of the above

ANSWERS: 1. (D), 2. (C), 3. (B), 4. (C), 5. (D)



## Living with heart disease

**B**eing diagnosed with heart disease can be scary. You may wonder: Will I still be able to do the things I love? By making a few adjustments, you can control your condition and enjoy life to its fullest. Here's how:

**Master your medications.** If your physician prescribes cholesterol- or blood pressure-lowering pills, tape a note to your mirror, set an alarm—whatever's necessary—to ensure you take them as directed every day.

**Learn food math.** Don't worry: You can still eat delicious meals. But you'll have to learn to read labels and keep tabs on your daily intake of certain foods. The basics:

- Keep total fat to less than 35 percent of your calories (saturated fat should equal just 7 percent).
- Limit cholesterol to 200 mg a day.
- Restrict sodium to 2,400 mg or less a day.
- Eat just enough calories to maintain or achieve a healthy weight.

**Move more.** Joining a gym is great (if you'll go), but it's not a requirement. Cleaning your house, walking your dog briskly and biking to the store are all examples of valid activity. Just 30 minutes a day will help protect your heart—even if you do only 10 minutes at a time. Of course, always check with your physician before beginning any exercise program.

If you follow these recommendations, you'll drop any extra pounds slowly, which means your weight loss is more likely to stick. The great news: Losing even 5 to 10 percent of your current weight can reduce your risk of heart attack and improve your overall health.



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# Take charge of your health!

## Healthy Woman kicks off

**C**hesterfield General Hospital (CGH) is excited to announce the launch of our Healthy Woman chapter, a new program for women in our community. Healthy Woman features free educational programs

and interactive events that focus on women's health and well-being. The program, created by women for women, is guided by the Healthy Woman Advisory Council, a group of female community leaders and volunteers who plan events to address the physical, emotional and life-balance issues all women face.

### BY WOMEN FOR WOMEN

Women, who make between 80 percent and 90 percent of all healthcare decisions, often balance careers, primary and secondary families and civic work. Healthy Woman was created to provide up-to-date healthcare information for the entire family. The program aims to empower women with the knowledge and confidence to make informed healthcare and well-being decisions for themselves and their loved ones. Membership is free and the benefits last a lifetime.



**!** Kick off a healthy you!

To join CGH's Healthy Woman program or to learn more, visit [www.ChesterfieldGeneral.com](http://www.ChesterfieldGeneral.com) or call (843) 921-6725.