

# Community Focus

FROM YOUR FRIENDS AT CHESTERFIELD GENERAL HOSPITAL

What stress tests can reveal

Tired of fad diets?  
CGH program can help



CHESTERFIELD GENERAL HOSPITAL

[www.chesterfieldgeneral.com](http://www.chesterfieldgeneral.com)

The secret to weight control?  
Pumping iron!

Win a **FREE** \$100 Wal-Mart gift card!  
Turn to page 2.



# The secret to weight control for women: Pumping iron!

**R**eaching middle age doesn't mean you get to retire to the porch rocking chair. Since your metabolism slows as you get older, it's more important than ever to stay active to keep from gaining weight.

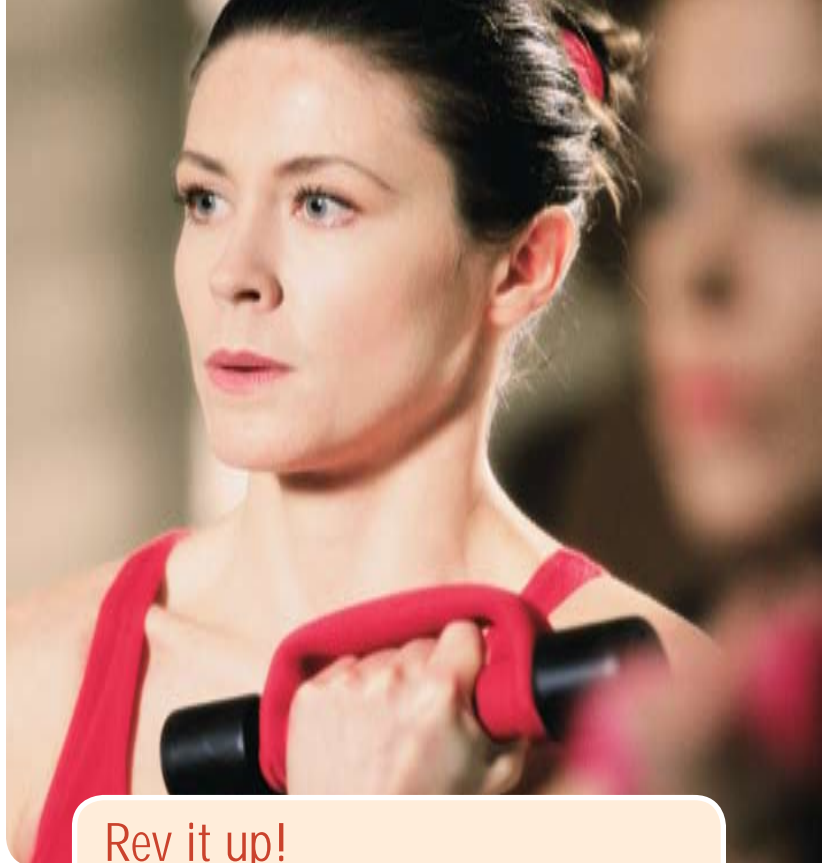
## STUCK IN THE MIDDLE

A buildup of belly fat isn't uncommon as you age, but there's a powerful weapon to help you combat middle-age spread: weight lifting. A National Institutes of Health study found that women who pumped iron twice a week—on machines or using free weights—prevented or slowed unhealthy fat accumulation around the midsection, which has been linked to heart disease and other ailments.

But the benefits don't stop there. Weight lifting, or strength training, can also help you:

- relieve arthritis
- improve your balance and reduce falls
- strengthen your bones
- maintain an overall healthy weight
- control your blood sugar
- improve your sleep
- increase your aerobic capacity
- boost your self-esteem

Strength training can be done by most anyone at any age. To get started, talk with your doctor. He or she can recommend an exercise program suited to your abilities. When combined with regular aerobic exercise, weight lifting can be just what the doctor ordered.



## Rev it up!

**T**ry combining weight lifting with these surefire ways to kick-start your metabolism and keep off the pounds.

- 1. Get your zzzs.** When you don't sleep well, your body craves energy and releases glucose into the bloodstream, which slows your metabolism and contributes to weight gain. But getting enough sleep—about eight hours—can keep your metabolism on course.
- 2. Eat breakfast.** Breakfast fuels you for the rest of your day. Skipping meals can cause you to eat more high-calorie, high-fat foods at your next meal. Eating smaller, more frequent meals can boost metabolism.
- 3. Go aerobic.** Engaging in activity that raises your heart rate for at least 60 minutes on most days can help you control weight and boost metabolism. Aerobic activities include walking, jogging, cycling and swimming.

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**Take our survey and win a \$100 Wal-Mart gift card!**

**W**e need your input! We'd like to know what you think about our publication so we can better serve your needs. Please take a few minutes to complete our online survey. Your responses will be used to improve our services to the community and to enhance our publication.

Filling out the online survey is easy: Simply go to [www.healthconnectionmag.com](http://www.healthconnectionmag.com) and complete the survey.

By completing our survey, you'll be automatically entered in a random drawing to win one of five gift cards.

All surveys must be completed online by May 27, 2008, to be eligible to win. One entry per person please. Thank you for your time and assistance.

All responses will be kept strictly confidential. We do not sell, rent or give away your e-mail address.





Vance Reynolds  
Chief Executive Officer

## Community pride at CGH

Dear neighbors,

**C**hesterfield General Hospital (CGH) has had another successful year, thanks to our wonderful, caring medical staff and support from the community. I want to thank everyone who's chosen CGH for compassionate, quality medical services.

Throughout the year, we strive to provide advanced healthcare to our patients. Many people may not realize the contributions CGH makes to our city, county and state, so I'd like to share our annual Community Benefit Report.

Highlights for 2007 include a total community investment of more than \$31 million, including payroll and benefits we paid to more than 260 employees and city, county and state taxes that support area schools, libraries and recreation department activities. We also provided charity and uncompensated healthcare for those with little or no insurance.

We are proud to be a part of the great communities we serve and are pleased that you've chosen us as your healthcare provider. Thank you for your confidence, trust and support.

Sincerely,

Vance Reynolds  
Chief Executive Officer  
Chesterfield General Hospital

### 2007 Community Benefit Report

#### Providing quality care:

ER patient visits	12,697
Outpatient visits	21,423
Admissions	2,895
Surgeries	2,441

#### Financial benefits:

Payroll and benefits (266 employees)	\$15,000,000
City, county and state taxes	\$1,100,000
Local media expenditures	\$100,000
Donations and sponsorships	\$75,000

#### Caring for our community:

Charity and uncompensated care provided	\$14,800,000
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**Total community investment: \$31,075,000\***

\*Dollar amounts are approximate

#### CGH's new and improved services and technology

- Futrex body fat analyzer
- ER stretchers and new patient beds
- ultrasound equipment
- pulmonary function test laboratory
- bronchoscopes
- ENT microscope
- sleep center
- Total Gym (therapy services)



## Trust CGH for women's care

Hubert Foka, M.D., and  
David Bersinger, M.D.,  
FACOG  
Women's Health Specialists  
721 Chesterfield Highway  
Cheraw  
(843) 921-1211

**T**ake advantage of Women's Health Specialists, which offers basic gynecological exams, vaginal deliveries, Caesarean sections and gynecological procedures such as laparoscopic hysterectomy, tubal ligation and surgeries to correct urinary incontinence. Medicare, Medicaid and all major insurance plans are accepted. Make an appointment today!



# Meet our hometown surgeon

**S**alim Ghorra, M.D., has been performing surgery at Chesterfield General Hospital for more than five years. A board-certified surgeon, Dr. Ghorra graduated from Lebanese University Medical School in Beirut, Lebanon. He completed his internship in general surgery at Brown University's Miriam Hospital and at Rhode Island Hospital, a Brown University teaching hospital affiliate.

Dr. Ghorra specializes in colonoscopy, endoscopy, breast biopsy and mastectomy, hernia repair, tumor removal, laparoscopic surgery, skin burn treatments and skin grafts and performs many other procedures and

treatments. His Carolina Surgical Practice is located at 715 S. Doctors Drive, Suite C, in Cheraw. If you or a loved one need surgery, ask your family physician for a referral.

## ! Get help today!

If you suffer from GERD or have ulcers, inflammation in your esophagus or other persisting symptoms, call the office of Salim Ghorra, M.D., at (843) 320-9086 or consult your primary care physician.

## GI endoscopy Q&A with Dr. Ghorra

### Q WHAT'S GI ENDOSCOPY?

**A** During a gastrointestinal (GI) endoscopy, physicians use a GI endoscope to evaluate, diagnose and treat stomach and colon problems. In 20 to 30 minutes, a physician inserts a long, thin tube with a tiny light and video camera attached to it through the mouth, down the throat and through the digestive tract. The physician guides the endoscope by watching a clear, detailed view of the upper gastrointestinal tract on a TV monitor, which allows him or her to see the inner workings of the stomach and digestive system, including the upper part of the intestine. This can also be done for the colon with a colonoscopy.

### Q WHY WOULD I NEED A GI ENDOSCOPY?

**A** Endoscopy is used to locate ulcers and cancers and find the cause of infections or gastroesophageal reflux disease (GERD), or chronic indigestion. Using an endoscope, a physician can evaluate healing, free blockages in the GI tract and remove polyps (abnormal growths). Endoscopy can also be used to take biopsies of suspicious tissue and remove polyps to prevent cancer from forming. Endoscopy is a good way to assess the GI tract's health without using riskier surgical procedures that require longer recovery times.



Salim Ghorra, M.D.

# After knee replacement:

## The keys to successful recovery

**F**inding the right surgeon to perform knee replacement is just half the battle to getting back on your feet. The other part is choosing a physical therapist who can help you return to your normal quality of life.

The Therapy Services team at Chesterfield General Hospital (CGH) will work with you to improve your range of motion, increase strength in your leg muscles and help you build confidence using your knee joint. Our medical staff consists of physical therapist Lance Wallace, occupational therapist Amber Hughes and physical therapy assistant Anissa Keith.

Therapy Services provides post-surgical rehabilitation services for the hip, knee, back, shoulder, elbow, hand, wrist and feet; sports injury rehabilitation; neurological rehabilitation after stroke or brain injury; wound care; and occupational therapy.



Lance Wallace  
Physical Therapist



Amber Hughes  
Occupational Therapist



Anissa Keith  
Physical Therapy  
Assistant



## We'll help you get back on your feet

**A**t Chesterfield General Hospital, you'll receive comprehensive rehabilitation therapy:

**Recovery room:** A continuous passive motion device is placed on your legs to help with range of motion and increasing circulation to the knee and leg.

**Day one—post-op:** Your physical therapist makes the initial visit, which focuses on getting you out of bed and moving.

**Day two—post-op:** Your therapist helps you get out of bed and walk in the room and hallway using a walker; the goal is to increase the walk's duration and distance.

**Day three—post-op:** Your physical therapist helps you walk in the hallway, assesses your ability to go home and provides you with directions about outpatient rehabilitation.

**Weeks two to three:** Home Health helps you regain motion, strength and confidence in using the new joint.

**Week three:** Outpatient rehabilitation begins at Therapy Services. Your physical therapist works with you to build strength in the leg and joint by completing exercises on the mat, recumbent bicycle, treadmill and in the Total Gym. The goal is increased strength, range of motion and walking stability. If you used a walker, your therapist works with you to move from the walker to a cane and eventually to walk without using any support device.

## ! Get a referral today!

**A**sk your physician for a referral to CGH's Therapy Services or call (843) 537-5563 for more information. The office is located at 922 Chesterfield Hwy., in Cheraw.



# Tired of fad diets?

Join a program tailored to you



Sonny Usher, R.N.  
Director of  
Cardiopulmonary Services

If you're like many people, you're constantly looking for ways to a healthier new you. Chesterfield General Hospital can help by offering individualized nutrition and exercise programs. Sonny Usher, R.N., director of cardiopulmonary services, meets with each member individually to discuss goals, current health, eating habits and exercise behaviors before beginning the Healthy Lifestyle program.

and exercise duration and frequency needed to reach weight and fitness goals

- follow-up sessions to monitor progress and provide feedback on the nutrition and exercise program

A new you begins today! Join this comprehensive program for only \$50.



## HEALTHY LIFESTYLE FEATURES

To help you reach your weight goals, the program offers:

- evaluation of blood pressure, heart rate, body fat and body mass index (using the Futrex body fat analyzer)
- individualized nutrition plans that provide recommendations on total caloric intake and a breakdown of daily carbohydrate, fat and protein intake
- assistance with meal preparation and shopping tips
- exercise programs that include activity recommendations, total number of calories expended per day

**!** Sign up today!

Call the Healthy Lifestyle program at (843) 320-3378 today to get on the road to a new you.

[www.chesterfieldgeneral.com](http://www.chesterfieldgeneral.com)

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CHESTERFIELD GENERAL HOSPITAL

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# Community Focus

*Community Focus* is published as a community service of Chesterfield General Hospital. There is no fee to subscribe.

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