

# Community Focus

FROM YOUR FRIENDS AT CHESTERFIELD GENERAL HOSPITAL



Meet  
our new  
physicians  
see page 8

WWW.CHESTERFIELDGENERAL.COM • FALL 2011

PAGE 4

**Meniscal tears:  
Our orthopedists can help**

PAGE 5

**How to prepare for your  
annual mammogram**

PAGE 8

**News about our  
physicians**

# Healthbriefs



tip

## Walking

is a great way to reduce stress while you quit smoking. It aids in increasing mood and energy levels.

### > New guidelines take the air out of ballooning obesity rates

More than two-thirds of adults and one-third of children are now considered to be overweight or obese. Excess weight raises the risk of serious health issues. To reverse this trend, the U.S. Department of Agriculture (USDA) and Department of Health and Human Services (HHS) updated their Dietary Guidelines for Americans in 2010. The guidelines focus on getting people to eat healthier and exercise more, and help policymakers create nutrition programs. The USDA and HHS released more consumer-friendly advice and tools, including a new food pyramid. They offer these simple strategies to help people change their habits and their weight:

- > Eat less.
- > Watch portion sizes.
- > Fill half of your plate each meal with fruits and veggies.
- > Switch to fat-free or low-fat milk.
- > Look for lower-sodium options.
- > Drink water instead of sugary drinks.



### > Act F.A.S.T. to head off a stroke

Rapid medical care can help reduce the risk of brain damage from stroke. Physicians treat patients with a clot-busting drug that can help protect the brain against permanent damage, but the drug must be given within three hours of the stroke's onset. If someone is experiencing stroke symptoms, call 911. To help you remember stroke signs and determine whether someone you know has had a stroke, think **F.A.S.T.:**

- > **FACE:** Does the face look uneven? Can the person smile?
- > **ARMS:** Can the person raise both arms and keep them there?
- > **SPEECH:** Is the person's speech slurred or strange?
- > **TIME:** Call 911 if you notice any of these signs.

### > Healthy diet may boost kids' IQs

Fish isn't the only food that's good for your brain. A new study says that other healthy selections might boost kids' intelligence. The flip side may also be true: If kids eat nothing but processed food, they might lose IQ points. Published in the *Journal of Epidemiology and Community Health*, the report collected information from parents on almost 4,000 children. Surveys were given when children were ages 3, 4, 7 and 8.5. The "processed" diet included foods high in fat and sugar. The "health-conscious" diet included foods such as salad, rice, pasta, fish and fruit. Those who ate a processed diet at age 3 scored slightly lower on IQ tests at age 8.5 than those who ate a health-conscious one at age 3. While the difference between the groups was small, it might be another reason to encourage picky eaters to eat a few more vegetables.



# Treating an ACL injury

## ➤ The dreaded torn ACL, or anterior cruciate ligament, is a common injury

for athletes—especially female athletes, who may be at a disadvantage because of hormonal influences and their build—but it can happen to just about anyone.

### What is an ACL tear?

Your ACL is one of four knee ligaments. It's located in the middle of your knee and prevents the top of the shin bone, or the tibia, from sliding out in front of the end of the thigh bone, or the femur, while lending stability to your knee. Most often, ACL injuries occur when you stop suddenly and change direction while running, pivoting or landing from a jump or overextending your knee. You can also injure your ACL during contact, such as receiving a blow to your knee during a sports game or any nonsport accident.

When you injure your ACL, you may hear a popping noise and feel your knee giving out. Typically, painful swelling, joint tenderness, pain while walking and the inability to fully move your knee occur. Elevating the joint above heart level, icing it and using pain relievers are recommended until the injury can be evaluated. If your physician suspects an ACL tear, he or she may order an MRI to confirm that no other parts of the knee have been injured.

### Treatment

The ACL cannot be “fixed.” Often, physicians have to create a new ligament through surgery. Surgery is the most common treatment for an ACL injury, as untreated injuries may lead to further instability of the knee and the beginning of arthritis in that area.

However, what's best for you depends on the degree of injury (is it a

partial tear or a complete tear?) and your lifestyle.

For example, a sedentary 75-year-old who has suffered only an ACL injury and has no knee instability may be able to function fine without surgery. In this case, bracing the knee combined with physical therapy can help the patient get back on his or her feet.

An athlete will most likely need surgery to continue to compete in sports, as will those who've suffered injury to multiple ligaments in the knee. In these cases, the ligament is rebuilt using a tissue graft from your own tendons, such as the hamstring, or from a cadaver. Most ACL tears typically require physical rehabilitation. Overall, ACL surgery has a long-term success rate of 82 percent to 95 percent.

### Prevention

It's not easy to prevent an ACL injury, but you can do your part to reduce the chance that one will occur by:

- warming up properly before a physical activity
- engaging in strength training, such as using weight machines, to gain muscle strength
- asking a trainer to teach you how to land on the balls of your feet if you participate in sports that involve jumping and landing ●



tip


## Warming

up properly before physical activity may help prevent ACL injuries.

# Meniscal tears

Problem sidelines athletes and nonathletes alike

BY JERRY A. SCHEXNAYDER JR., M.D.  
BOARD-CERTIFIED ORTHOPAEDIC SURGEON



➤ **Have you ever felt a painful popping or catching in your knee or have a “trick knee” that locks up and gets stuck?** These symptoms may indicate a common knee problem—a tear of the meniscus. Meniscal tears usually occur with violent twisting trauma and a pop or tearing sensation. However, they also can occur in nonathletes, and even without trauma. As people age, gradual deterioration of the meniscus allows it to tear more easily, even with seemingly trivial events like getting up from a chair.

careful history and physical examination can indicate if a tear is present. X-rays are performed to ensure that there's no bony pathology. Magnetic resonance imaging (MRI) of the knee can confirm the cartilage tear.

## Treatment options

Treatment of meniscal tears depends on a number of factors, including the length and location of the tear, as well as the severity of the symptoms. While many meniscal tears don't heal, some stop hurting after a period of time. Conservative treatment can include rest, physical therapy and short courses of anti-inflammatory medications.

When there's persistent pain and mechanical symptoms (like locking or catching), surgical treatment may be considered. Arthroscopy, a minimally invasive outpatient surgical procedure, can be performed using a small camera and small instruments inside the knee. Because the surgical incisions are small, recovery usually is rapid. A course of physical therapy to restore range of motion and strength also may be needed.

A torn meniscus in certain locations can't be repaired, but it can be trimmed out. Tears at the periphery of the meniscus in younger patients sometimes are repairable. And, in very rare circumstances, meniscal transplantation may be considered.

Whether you're an athlete, weekend warrior or armchair quarterback, meniscal tears can interfere with your lifestyle. Fortunately, current treatment options have a high success rate. ●



## Knee pain?

If you're concerned that you may have a meniscal tear, call **(843) 537-1111** to make an appointment with Jerry A. Schexnayder Jr., M.D., or Farooq Qureshi, M.D., at Palmetto Orthopaedics.

## Diagnosing a tear

Each knee has two menisci, which are cartilage cushions that sit between the two main bones of the knee. The menisci are circular or c-shaped and made of tough, rubbery fibrocartilage. Normally, they provide stability to the knee and function as shock absorbers. When a tear occurs, a typical symptom is painful locking or catching in the knee. Swelling also is common, and the knee can feel unstable or have limited motion.

Your physician can diagnose a meniscal tear using several methods. A

# Preparing for your mammogram

Make your appointment informative and stress free

## ➤ Mammograms are the most effective screening tools for protecting

women against breast cancer. They promote early detection and diagnosis, which contribute to better outcomes for women who require treatment. It's widely suggested that a woman should have a yearly mammogram beginning at age 40, unless her physician recommends earlier screening based on her health history.

These simple steps can improve your mammography experience:

### Keep your physician informed

Talk with your physician about any new issues or potential problems: a lump, pain, tenderness or other symptoms. The American Cancer Society recommends informing your physician of any hormone use, prior surgeries and family or personal history of breast cancer. If you've had a previous mammogram by another physician, obtain a copy—that way, your new physician and the radiologist have a baseline from which to compare your current images.

### Schedule strategically

Schedule your mammogram for the week immediately following your period, when your breasts are the least tender. You also can take an over-the-counter pain reliever such as aspirin, acetaminophen or ibuprofen about an hour before your appointment to ease discomfort.

### Dress for success

When you arrive for your mammogram, you'll be given a robe and asked to undress from the waist up, so it's easiest to wear a two-piece outfit. Don't wear deodorant, antiperspirant, powder or lotion under your arms or on your breasts. Metallic particles

in these substances can show up on your mammogram as false calcium spots in the breast tissue.

### Remember—everyone's breasts are different

Your physician may determine through a past mammogram that you have dense breast tissue. Dense breasts mean that you have a high level of connective tissue. Everyone's breast composition is different, and some have more fatty or connective tissue than others. Dense breast tissue is more difficult for mammogram rays to penetrate, so your physician may order multiple views to make sure no changes in breast tissue are missed.

If you have breast implants, rays may not be able to penetrate through the implants well enough for your physician to see the breast tissue. Often, physicians will order four extra pictures—two on each side—for women with implants.

### Be proactive

Ask when your results will be available and how the information will be communicated. Don't assume that your results are normal if you don't hear back from your physician. ●



MAMMOGRAPHY TECHS  
JANET RIVERS, R.T.-R.  
(LEFT), AND HEATHER  
HARRIS, R.T.-R.



### Learn more

For more information, visit [www.ChesterfieldGeneral.com](http://www.ChesterfieldGeneral.com), click on "Health Resources" and type "mammogram" in the search box. To make an appointment with one of Chesterfield General Hospital's expert breast health specialists, call Central Scheduling at (843) 320-3397.



# Can heart attacks be 'silent'?

➤ **You're undergoing a routine heart test when your physician drops a bombshell:**

"You've had a heart attack."

These are words you didn't expect to hear, because you didn't know you'd ever had one. But that's the trouble with what experts call "silent heart attacks."

While they don't produce the telltale warning signs of heart trouble, they still damage your heart and the rest of your body.

## Silence isn't golden

A heart attack occurs when an artery that supplies oxygen-rich blood to the heart becomes blocked. Besides chest pain and shortness of breath, some people experience nausea, extreme fatigue, discomfort in their extremities and sweating.

People who experience a silent heart attack—studies put the number of Americans who do at almost 200,000 a year—either have no symptoms or symptoms

so mild that they're not recognized as a heart attack. These people are more likely to be women and those who have conditions such as heart failure and diabetes. Silent heart attacks also tend to accompany a condition called silent ischemia—or a painless chronic shortage of blood and oxygen to the heart because of artery plaque.

The longer you don't receive treatment, the more likely it is that serious, irreversible damage is being done to heart muscle, which reduces its ability to pump and can greatly increase your risk of death down the road.

Some silent heart attacks may be picked up on an electrocardiogram (ECG) during a routine physician visit because the damage done to heart muscle produces a different "wave."

## Breaking through the silence

Risk factors such as smoking, high cholesterol, high blood pressure, obesity and a sedentary lifestyle increase your risk for trouble. Your best bet to prevent a heart attack is to follow a heart-healthy lifestyle:

- Eat a diet rich in fruits, vegetables, whole grains, lean meats, fish and fat-free or low-fat dairy products; limit saturated fats, cholesterol and sodium.
- Work out regularly.
- Quit smoking.
- Manage your diabetes.
- Take any medications used to treat high cholesterol or blood pressure as prescribed. ●

## HealthWise QUIZ

How much do you know about colon cancer?

➤ TAKE THIS QUIZ TO FIND OUT.

- 1 **Which of the following is known to raise your risk of colon cancer?**
  - a. exercising too much
  - b. being under the age of 50
  - c. being obese
  - d. being of Asian descent
- 2 **How often should healthy individuals ages 50 or older at average risk of colon cancer get a colonoscopy?**
  - a. once every three years
  - b. once every five years
  - c. once every seven years
  - d. once every 10 years
- 3 **A possible symptom of colon cancer is:**
  - a. narrower stools
  - b. fatigue
  - c. rectal bleeding
  - d. all of the above
- 4 **Although more research is needed, which of the following supplements may possibly help reduce the risk of colon cancer?**
  - a. folic acid
  - b. green tea
  - c. vitamin A
  - d. vitamin C
- 5 **A true statement about colon cancer is:**
  - a. It's the leading cause of cancer deaths in the United States.
  - b. It usually arises from growths called polyps.
  - c. Blood tests can be used to detect colon cancer.
  - d. all of the above

Answers: 1. (c) 2. (d) 3. (d) 4. (a) 5. (d)



# Dangerous dishes

Keep your child safe from culinary choking hazards

➤ **Each year, more than 10,000 children younger than age 14 end up in the emergency room after choking on food.** That's because children lack the larger molars, stronger chewing ability and wider airways of older children and adults.

The American Academy of Pediatrics in 2010 recommended that hot dogs—one of the most common food choking hazards in children—carry a choking hazard warning on packaging, and that the hot dogs themselves be redesigned to make them less likely to get stuck in young throats.

But hot dogs aren't the only concern. Other choking hazards include peanuts, sausages, whole grapes, chewing gum, hard candy, whole cherry tomatoes, popcorn, tough meat, large pieces of raw fruits and vegetables and chips. You

can reduce the threat of injury or death by following these tips:

- Keep an eye on your child as he or she eats.
- Make sure your child is sitting up straight.
- Cut food into no more than ½-inch pieces.
- Teach children to chew and swallow properly.
- Cook vegetables until they're soft or grate them.
- Be on the lookout for stuffed cheeks—a sign your child is storing large quantities of food in his or her mouth and not swallowing. ●



## In case of emergency

It's always a good idea to be prepared in case of a choking emergency. Visit [www.redcross.org/www-files/Documents/pdf/Preparedness/ConsciousChokingPoster\\_EN.pdf](http://www.redcross.org/www-files/Documents/pdf/Preparedness/ConsciousChokingPoster_EN.pdf) to print out a chart that shows you what to do if an adult, child or infant is choking.

# The truth about cereal

Is your breakfast bowl a dietary disaster?

➤ **Just how healthy are the cereals you and your child eat?** Sure, the box promises plenty of whole grains and fiber, but that might not be the reality.

Cereal can be a tasty and fast way to get your day started healthfully. But you need to look carefully at the nutrition label when making your purchase. First, carefully note the serving size; otherwise, you may be eating double the calories shown. Then, look for other key information:

➤ **Sugar.** Excess sugar is a major source of extra calories in the American diet. It also promotes tooth decay and may raise triglyceride levels—a type of blood fat—which can boost heart disease risk. Opt for cereal with 5 grams or less of sugar per serving. Skip cereals that list sugar at the top of the ingredients list or that contain many types of added sugar, such as high-fructose corn syrup.

➤ **Calories.** To avoid calorie overload, choose cereals with 120 calories or less per serving. Just remember, some cereals can be slightly higher in calories and still be healthy.



➤ **Fiber.** Ideally, you should purchase cereal that has at least 5 grams of fiber per serving, but be sure there are no less than 3 grams per serving. Why? This important nutrient may help lower your cholesterol and reduce your risk of heart disease, diabetes and some types of cancer. Make sure you're using fat-free or low-fat milk instead of whole milk or you could be canceling out those healthy benefits!

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

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your health care provider.

Copyright © 2011 Chesterfield General Hospital

FALL 2011



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

70CGH

## SURGICAL PRACTICE GROWS TO MEET PATIENTS' NEEDS



**HERBERT  
SNYDER, M.D.**

Carolina Surgical Practice has expanded and relocated to better meet patients' needs. General surgeon **Herbert Snyder, M.D.**, joined Carolina Surgical Practice in May. Dr. Snyder is board certified in general surgery and is a member of the medical staff at Chesterfield General Hospital. Dr. Snyder received his medical degree from Jefferson Medical College in Philadelphia, Pa., and completed his surgical residency through Boston University's surgical program. In 1986, he served at the U.S. Naval Hospital in Pensacola, Fla., and previously in the Navy Reserve on the USS Nimitz in Central America and the Mediterranean. Dr. Snyder moved to Cheraw from Little River, S.C.

Dr. Snyder joins Salim Ghorra, M.D., at Carolina Surgical Practice. The addition of a second surgeon better accommodates the growing practice, which offers vein care as well as expert surgical care right here in Cheraw.

Carolina Surgical Practice is located at 721 S. Doctors Drive, behind the hospital. Call **(843) 320-9086** for an appointment.



Carolina Surgical Practice

## NEW HOSPITALISTS TEAM



**JAN  
DE CAMPS, M.D.**

**Jan De Camps, M.D.**, and **Francisco Polanco, M.D.**, joined the hospital medical staff as hospitalists and are board certified in internal medicine. They provide care for patients and are the liaison between the patient and the patient's physician. Because hospitalists are in the hospital during the day, your physician is able to devote more time to you in the office to meet your needs.

Hospitalists specialize in caring only for hospital patients and are available around the clock. They're familiar with all the specialists and departments in the hospital and will assist you through the recovery process by following up on test results and adjusting your treatments as indicated. During critical and stressful moments, they can provide you with honest and considerate answers to your questions.



**FRANCISCO  
POLANCO, M.D.**

## OB/GYN JOINS PALMETTO OB/GYN



**LARISSA  
GUERRERO, M.D.**

**Larissa Guerrero, M.D.**, will join Palmetto OB/GYN this fall. Along with David Bersinger, M.D., FACOG, she will offer women comprehensive health care. To make an appointment, call Palmetto OB/GYN at **(843) 921-1211**.

## INTERNIST JOINS CGH

**Rochelle Hammett, M.D.**, an internist, will join Carolina Physicians Group this fall. Dr. Hammett comes to Chesterfield General Hospital from Ohio. She has practiced for 11 years. Dr. Hammett is accepting new patients. Call **(843) 537-5112** for an appointment.