

# Community Focus

FROM YOUR FRIENDS AT **CHESTERFIELD GENERAL HOSPITAL**



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of the Year  
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# Healthbriefs



tip

## Balance

your protein choices. Lean animal, fish and vegetable sources can help lower cholesterol.

### › Pick cholesterol-lowering foods

When it comes to bringing down LDL (bad) cholesterol, it appears foods like soy protein, nuts and plant sterols (found naturally in plants) have the upper hand. According to a study in *The Journal of the American Medical Association*, people with high cholesterol who combined such foods and incorporated them into their diets had a greater reduction in LDL cholesterol than those who followed low-saturated-fat diets that focused on high fiber and whole grains alone.

The study followed 351 people over the course of six months. Researchers found that the cholesterol levels of those who followed the low-saturated-fat diets dropped 3 percent, while those consuming the cholesterol-lowering foods saw a decrease of up to 13.8 percent. These results don't mean you should ditch a heart-healthy, low-saturated-fat diet. Instead try adding the cholesterol-lowering foods to an already heart-healthy regimen.

### › New moms: 5 ways to prevent back pain

Back pain is a common complaint of new moms. Here are some tips for keeping your back in good health, courtesy of the American Academy of Orthopaedic Surgeons:

- 1 With your obstetrician's OK, try to begin exercising shortly after you have your baby (women who've had C-sections usually have to wait at least six weeks). This will help rebuild tone in your abdominal and back muscles.
- 2 When lifting your baby, don't stretch your arms. Bring him or her close to your chest before picking the child up. Bend at your knees—lifting with your legs.
- 3 Carry your child in a front pack for longer walks. Avoid carrying him or her on your hip.
- 4 Kneel on the back seat when placing your child in the car seat. Don't attempt to load the baby when standing outside the car.
- 5 Use a chair that offers back support, not a soft couch.



### › Aerobic exercise key to banning belly fat

Looking to get rid of that spare tire or paunch? Then it's time to get your heart pumping. A recent study in the *American Journal of Physiology* found that aerobic activity burned 67 percent more calories than resistance training (such as weight lifting). The eight-month Duke University Medical Center study followed 196 overweight, inactive adults who either performed aerobic exercises equivalent to jogging 12 miles a week or did three sets of eight to 12 weight-lifting repetitions, three times a week. The researchers discovered that aerobic exercise greatly reduced liver fat and deep-lying abdominal fat (called visceral fat), which increases the risk of heart disease, diabetes and certain types of cancer. The aerobic activity improved insulin resistance, triglyceride levels and liver enzymes—risk factors for disease—while the resistance training didn't.

Your best bet? Aim for a balanced exercise regimen that incorporates weight training, which can improve your strength and build lean muscle, and aerobic exercise.



# Facing migraines head-on

➤ You're sitting at your desk at work when you feel it coming—that throbbing pain in your head. With dread, you prepare to face the nausea that will soon follow.

What you're experiencing, most likely, is a migraine, and you're not alone—28 million Americans get them.

## What's a migraine?

Simply put, migraines are severe headaches that usually come back, whether it's weekly, monthly or only every few years. They may be preceded by visual disturbances such as zigzagging lines or flashing lights; last several hours or a whole day; occur on one side of the head; trigger nausea or vomiting; and they're usually disabling.

Migraine triggers include stress, hormonal changes (such as pregnancy, menstruation and menopause), certain types of food (alcohol, aged cheeses, too much or too little caffeine, food additives such as MSG, processed meats and citrus fruits), environmental factors (bright lights, excessive heat, allergies and perfume), irregular eating and sleeping habits, smoking and certain medications.

## How can I control them?

The first step to managing migraines is to take note. When did your migraine happen? What were you doing? What did you eat in the past 24 hours? How long did it last? On a scale of one to 10, how bad was your migraine?

Keeping a migraine journal and answering such questions each time you experience one can help you avoid triggers and assist your doctor in tailoring an effective treatment plan.

Some people may benefit from medications, which can either knock out pain or prevent a migraine from occurring in the first place, while others may only need lifestyle adjustments:

- **Food substitutes.** For example, if blue cheese is a trigger, choose another type of cheese.
- **Stress.** Avoid stressful situations or engage in relaxing activities, such as yoga and meditation.
- **Sleep.** Aim for six to eight hours each night.
- **Exercise.** Remain active every day with activities such as brisk walks or laps at the local indoor pool.
- **Eating.** Eat regularly scheduled meals. Skipping meals can send your blood sugar crashing.
- **Smoking.** If you smoke, quit. Also avoid secondhand smoke.
- **Medicine.** Blood pressure medications and birth control pills are two types of medications that may aggravate migraines. If you think this is happening, talk with your doctor about possible substitutions (but don't just stop taking medicine).

If you experience symptoms such as a sudden headache (like a thunderclap) or a headache accompanied by other symptoms, such as fever, a stiff neck or trouble speaking, seek immediate medical attention, as these can indicate more serious conditions. ●

**If you experience symptoms such as a sudden headache or a headache accompanied by other symptoms, seek medical attention.**

tip

Keep

a journal to track your migraines and help you learn more about what triggers them.



# Meeting the needs of the community



**JAN DE CAMPS, M.D.,  
AND FRANCISCO  
POLANCO, M.D.**  
Hospitalists



**JANA  
HOFFMEISTER, M.D.**  
Cardiology



**HERBERT  
SNYDER, M.D.**  
Surgeon



**ROCHELLE  
HAMMETT, M.D.**  
Internal Medicine

➤ The staff and physicians of Chesterfield General Hospital (CGH) are committed to making Cheraw and South Carolina's Pee Dee region a better place to live and work. Because of the support you've shown by using our hospital, we've been able to contribute to the health and well-being of both patients and area residents.

CGH's 2011 accomplishments include:

- starting a hospitalist program
- welcoming Jan De Camps, M.D., and Francisco Polanco, M.D., as our first hospitalists
- relocating Cardiopulmonary Rehabilitation to a new space
- \$633,000 in capital investments
- welcoming Jana Hoffmeister, M.D., cardiologist, Herbert Snyder, M.D., surgeon, and Rochelle Hammett, M.D., internist, to the medical staff
- launching a new Healthy Woman website and celebrating the program's second year
- installing wireless Internet
- upgrading the IT infrastructure and transitioning to electronic medical records
- participating in the National Healthcare Safety Network
- collaborating with local first responders to foster relations and improve disaster response ●



## Senior management

- Jeff Reece, chief executive officer
- Phillip Fouts, chief financial officer
- Kari Snyder, chief nursing officer
- Julie Jordan, chief quality officer
- Wendy Wagner, director of marketing and public relations

## Board of Trustees

- Chris Bridges, chairman
- Herbert Foster, past chairman
- Ron Bartley
- David Bersinger, M.D., chief of staff
- Johnny McLendon
- John McLeod III, M.D.
- Travis Novinger, M.D.
- Jeff Reece, chief executive officer
- Gabe Simpson, M.D.
- Harold Watson

## Free childbirth education classes

Palmetto OB/GYN in collaboration with the Women's Health Center at Chesterfield General Hospital offer expecting mothers free childbirth education classes. Our childbirth education expert will teach you what's normal and what you can expect while pregnant. Your coach will learn how to be supportive as well. We'll talk about what worries you the most about labor and practice ways to help you relax. If you're having a C-section, these classes can help you, too. The series consists of four one-hour classes held at Palmetto OB/GYN on Tuesday evenings. To complete the series before you deliver, sign up when you're 28 weeks pregnant.

Register today! Call (843) 537-7881, ext. 4578.

# Our Women's Health Center delivers



Have you ever heard of a patient who couldn't wait to get to the hospital, with bags packed ahead of time? Of course you have—we're talking about an expecting mother. If you're planning your child's birth, consider the Women's Health Center at Chesterfield General Hospital (CGH) for that special event.

Once they meet the staff, patients can't wait to arrive at the Women's Health Center at CGH. Our center provides attentive, comprehensive health care right here in Cheraw with friendly, supportive and experienced staff. "Our mothers receive advanced, personalized care in a family-centered environment where nurses have 140 years of combined experience," says Claudia McCollum, R.N.C.-OB, B.S.N., M.S.N., unit director.

## A memorable experience

The childbirth experience is filled with anxiety and joy, along with nervousness and elation. It's a time when personalized care, compassion and complete understanding are needed. The staff of the Women's Health Center at CGH focuses on making childbirth a positive experience in a family-centered environment.

Our spacious labor and delivery rooms are designed for mom's comfort and care, while also providing room for family to be present. This design allows a woman to labor, deliver and recover all in the same room, reducing her stress and increasing her comfort.

The staff is experienced and doctors are well-trained. David Bersinger, M.D., FACOG, of Palmetto OB/GYN provides obstetric and gynecological services at CGH, while Mariana Ciobanu, M.D., FAAP, and Heather Worsham, APRN, CPNP, provide specialized services to

newborns and pediatric patients at Carolina Pediatrics.

Our goal is to provide personal service and expert care.

## Meet our team

Dr. Bersinger has 20 years of experience in obstetrics and gynecology with nine of those years in Cheraw. He is a Fellow of the American College of Obstetricians and Gynecologists and practices at Palmetto OB/GYN.

Palmetto OB/GYN is located beside the hospital at 721 Chesterfield Highway in Cheraw. Call **(843) 921-1211** to make an appointment.

Carolina Pediatrics, including Dr. Ciobanu and nurse practitioner Heather Worsham, have been serving pediatric patients for six years. The staff at Carolina Pediatrics makes children their life's work and it shows in the expert care they deliver. Carolina Pediatrics is located at 723 S. Doctors Drive, Cheraw. Call **(843) 537-9360** for your child's next appointment. ●

**Come visit us**

For more information about the services and personal care offered to patients at the Women's Health Center at Chesterfield General Hospital, call **(843) 537-7881, ext. 4578**, or stop by for a tour.



## HealthWise QUIZ

How much do you know about dementia?

> TAKE THIS QUIZ TO FIND OUT.

- 1 The most common type of dementia is:**
  - a. Alzheimer's disease
  - b. Lewy body disease
  - c. vascular dementia
  - d. none of the above
- 2 Which of the following conditions can cause or mimic the symptoms of dementia?:**
  - a. Lyme disease
  - b. thyroid problems
  - c. low blood sugar
  - d. all of the above
- 3 According to the Alzheimer's Association, the risk of developing Alzheimer's after age 85 is about:**
  - a. 10 percent
  - b. 25 percent
  - c. 50 percent
  - d. 75 percent
- 4 One known risk factor for dementia is:**
  - a. getting too much vitamin D
  - b. having diabetes
  - c. regularly using a cell phone
  - d. exposure to everyday sources of aluminum
- 5 While there's no surefire way to prevent dementia, experts recommend which of the following measures to possibly lower your risk of developing it?:**
  - a. taking high doses of vitamin C
  - b. lowering your blood pressure
  - c. keeping up to date on vaccinations
  - d. both (b) and (c)

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

# A dangerous trio

## Sorting out stroke, heart attack and cardiac arrest

> What do stroke, heart attack and cardiac arrest have in common? They're all possible complications of heart and blood vessel diseases that affect millions of Americans.

Read on to learn more about each of these conditions and their unique causes and symptoms.

### Heart attack

When fatty deposits called plaque build up in the arteries, it can narrow them or cause a blood clot to form. When this occurs, blood flow to the heart is blocked, damaging heart muscle.

> **Symptoms:** Signs of a heart attack vary, but may include: tightness, a feeling of heaviness, pressure or a squeezing sensation in the chest; indigestion; anxiety; fainting; dizziness; nausea or vomiting; irregular heartbeats; shortness of breath; and sweating. Women may also experience less common symptoms, such as fatigue. Silent heart attacks, where no symptoms are present, can also occur.

### Stroke

A stroke occurs when a blood vessel leading to the brain becomes blocked (usually by a clot) or ruptures. This deprives the brain of oxygenated blood, causing parts of the brain to die.

> **Symptoms:** Stroke symptoms come on suddenly and include: numbness or weakness in the

face, arm or leg (particularly on one side of the body); confusion; speech and comprehension problems; vision difficulties; problems walking; and severe headache with no known cause.

### Cardiac arrest

Sudden cardiac arrest is a condition in which the heart abruptly stops beating without warning, depriving the body of oxygenated blood. If not treated immediately (with CPR and a defibrillator), a person in cardiac arrest usually dies within minutes. Heart attacks can sometimes trigger cardiac arrest.

> **Symptoms:** Cardiac arrest symptoms include sudden collapse, lack of pulse, no breathing and loss of consciousness.

If you or a loved one experiences symptoms of any of the conditions listed, call 911 or seek immediate medical help. ●



# Breaking cabin fever

## Five ways to beat the indoor blues

Rainy days, snowy days, bitterly cold days—whatever's going on outside can test the patience of adults and kids alike who are trapped inside.

While it's tempting to flip on the TV or let your children play video games, neither of these keeps them physically active or their brains engaged. Try these healthier boredom busters instead:

**1 Create family time.** Bond with your children over a board game or plan a family outing to places you may not visit in nicer weather, such as a museum.

**2 Let your children's imagination run wild.** Check your closets and discount stores to put together a trunk of clothes for dress-up; build a fort using sheets and furniture; or create a craft

box by adding items such as paper, crayons, glue, glitter, string, beads and buttons.

**3 Keep your children active.** Make an obstacle course in your living room with couch cushions and laundry baskets. Or, try classic childhood games such as Duck, Duck, Goose. Old-time favorites like Simon Says and the hokeypokey are great ways to teach toddlers about following commands and different parts of the body.

**4 Get in touch with nature.** Have a set of binoculars? Help your children spot the many different types of birds or other wildlife in your backyard.

**5 Get them involved.** Planning a big vacation? Lay out travel materials and let your children help plan the itinerary. ●



# Reclaim your colon

## The right food can keep things running smoothly

Do you have a happy colon? If you're regularly battling constipation or diarrhea, chances are the answer is no. But there are foods that can help get you back on "tract."

### Yogurt

Yogurt contains "good bacteria" called probiotics, which some research suggests may curb diarrhea and tackle the symptoms of irritable bowel syndrome (IBS).

It's also a good source of calcium, which, along with vitamin D, may protect against colon polyps and colon cancer.



### Veggies, whole grains and legumes

These are all sources of insoluble fiber, which can ease or prevent constipation by bulking up and softening your stool. On the flip side, fiber can add substance to loose stool, relieving diarrhea, and may ease IBS symptoms. Fiber may reduce the risk of diverticular disease, a condition that causes small pouches in the colon.

Don't forget that legumes, potatoes, brown rice and whole grains are also good sources of vitamin B-6, which some research has shown may help prevent colon cancer in women.



### Low-fat foods

Eating a lot of fat—especially saturated fats from red meat and foods such as hot dogs—can increase your colon cancer risk.

Increasing low-fat or nonfat dairy and vegetable intake are great additions to your diet. Reduce the fat by making other substitutions: lean poultry, pork or fish instead of red meat; frozen fruit instead of ice cream; or tub margarine instead of stick margarine or butter. Since not all margarines are created equal (some can be worse than butter), it's important to check the nutrition label for the amount of saturated and trans fats. ●



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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.

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## Employee of the year

Chesterfield General Hospital (CGH) congratulates **Brittany Turner**, registration clerk, for being named the 2011 Employee of the Year. Turner has been employed by CGH since 2007 as a registration clerk and most recently as central scheduler. Turner will be honored at a banquet during an all-expense-paid trip to Nashville, Tenn., in February. ●



**BRITTANY TURNER**  
Registration Clerk

## Managers of the year

CGH also congratulates **Crystal Ford, RHIT**, Health Information Management director, for being named the Non-Clinical Department Manager of the Year and **Claudia McCollum, R.N.C.-OB, B.S.N., M.S.N.**, director of CGH's Maternal Child Unit, for being named Clinical Department Manager of the Year. ●



**CLAUDIA MCCOLLUM**  
Director of  
Maternal Child Unit



**CRYSTAL FORD**  
Health Information  
Management Director



## Healthy Woman is working to keep up with you—

### So you can keep up with us!

We know women have busy schedules and it's not always easy to keep up with friends and family, let alone health information and programs you want to attend. So how can women keep up with hospital happenings and Healthy Woman events? It's easier than ever!

Check out the new Healthy Woman section of Chesterfield General Hospital's website. We have a new e-mail program to keep women even more up to date. And, when registering for upcoming Healthy Woman events, you'll get a confirmation e-mail with a map. Healthy Woman aims to simplify your life and give you information you can use. ●



### Enjoy the benefits!

If you're not a Healthy Woman member yet, join today. Membership is free and the benefits last a lifetime. Go to [www.ChesterfieldGeneral.com/HealthyWoman](http://www.ChesterfieldGeneral.com/HealthyWoman) or call (843) 921-6725.

**HEALTHY WOMAN**  
A CHESTERFIELD GENERAL HOSPITAL RESOURCE