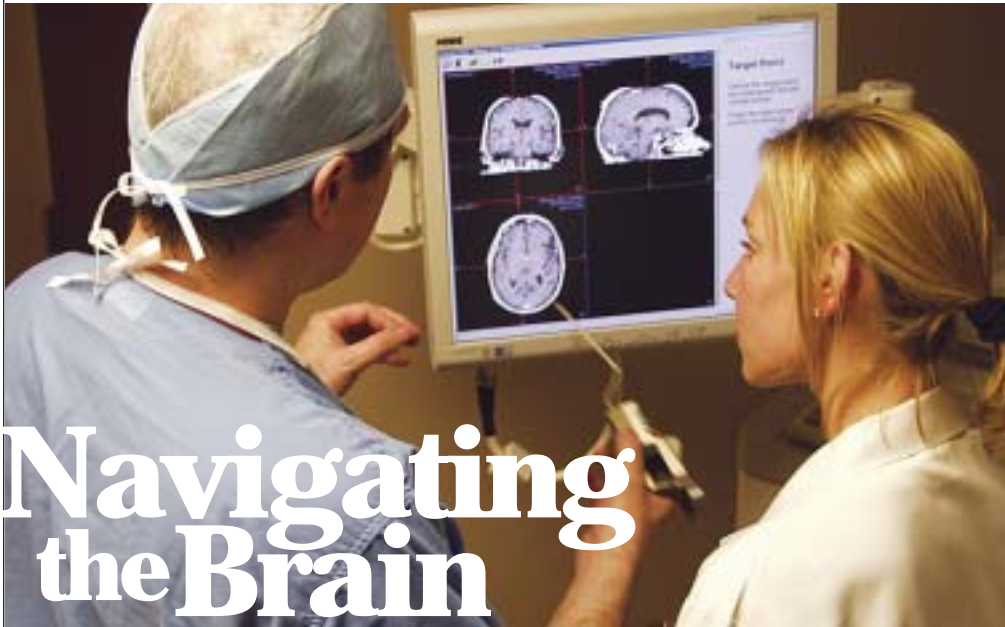


Health, Ink.

A community newsletter from Southern Hills Medical Center, part of the TriStar Family of Hospitals

SouthernHills.com MAY 2003



Navigating the Brain

The key to brain surgery is precision. Precision down to the nearest millimeter. Precision that removes cancerous cells while leaving healthy cells untouched. Precision that allows a patient to live a long and healthy life rather than suffering the devastating effects of brain damage.

Such precision requires skilled hands, a quick eye and state-of-the-art technology. Garrett Powell, M.D., has all three.

A neurosurgeon at Southern Hills Medical Center, Dr. Powell has access to some of the most advanced brain surgery technology available: the Stryker Navigation System.

Stryker is a software system that displays real-time views of exactly where instruments are in the body during surgery. It offers surgeons a less invasive way to navigate the brain with greater precision.

First, computed tomography (CT) or magnetic resonance imaging (MRI) scans are taken of the patient's brain. Then, specially designed



"Stryker gives us that extra level of accuracy that can make a significant difference in the lives of our patients."

DR. GARRETT POWELL

instruments are used during the surgery, sending signals to the computer with their location in the brain. The software integrates the CT scans and the signals to present a real-time picture of exactly where the instruments are in the patient's brain.

As a result, physicians can maneuver instruments through the brain from an incision no larger than a silver dollar. The benefits include higher rates of success, less tissue damage, shorter

procedures, less pain after the operation and fewer repeat surgeries.

"Stryker is a tremendous advancement in neurosurgery," says Dr. Powell. "It

allows us to take the shortest route directly to the problem, and that's critical when you're dealing with the brain. You cannot be too careful or too precise. Stryker gives us that extra level of accuracy that can make a significant difference in the lives of our patients."

Southern Hills is currently the only hospital in Middle Tennessee to use the image-guided surgical system.

Back ON TRACK

An interview with **Dr. Robert Boyce**

Smoking and obesity have received nationwide attention for contributing to heart conditions. However, fewer people know that they can also increase a person's risk of suffering a debilitating back injury such as a herniated disc or lumbar strain.

People can take three basic steps to significantly lower their risk of back injury, says Robert Boyce, M.D., an orthopedic spine surgeon at Southern Hills Medical Center.



"The best prevention is to maintain a healthy body weight, quit smoking and stay active," says Dr. Boyce. "Most people don't realize there are strong associations between smoking and chronic back pain. Smoking has been linked to deterioration of the discs that keep your back healthy and agile."

Discs weakened by the effects of smoking or excess body weight can become herniated, losing their ability to absorb shock and exerting pressure on spinal nerves. The resulting condition is commonly called a "ruptured disc" or "slipped disc." The majority of patients who suffer a herniated disc are able to heal on their own; however, some require outpatient surgery to repair the damage.

While thousands suffer from herniated discs every year, the most frequent back injury in America is muscle pain, often in the form of a lumbar strain. Commonly caused by heavy lifting or stretching, back muscle pain can take from one to eight weeks to heal.

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WHAT'S INSIDE

- > 5 TIPS ON REDUCING BACK PAIN
- > COMMUNITY EVENTS **CALENDAR**
- > SOUTHERN HILLS ADDRESSES **PATIENT SAFETY**

Back ON TRACK

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"There's not one clear-cut answer in most situations. The solutions range from therapy and medications to surgery. However, most will heal on their own," Boyce says. "The biggest warning sign that other treatment might be needed is if the patient experiences pain or numbness radiating down their leg."

Dr. Boyce estimates that 95 percent of the population will experience a back pain episode at some point during their lifetime, but regular exercise can decrease a person's risk of injury and shorten recovery time if an injury takes place.

"Staying physically fit can make a tremendous

"The best prevention is to maintain a healthy body weight, quit smoking and stay active," DR. ROBERT BOYCE

difference. Just make sure you warm up your back muscles before you do any strenuous activity," Boyce says. "Like any athlete, you shouldn't start



heavy exercises cold. Stretch your back and abdominal muscles to help loosen them up before you strain them."

Boyce recommends a basic back maintenance program that includes stretching and strength training for the abdominal and lower back muscles that support the trunk. However, consult your physician

before you begin an exercise regimen to be sure it fits your needs and abilities.

On the GO >>>

Travel can be tough on your back muscles, but these hints can help you get to your destination more comfortably.

- Check all luggage that weighs more than 5 to 10 percent of your body weight so you don't have to lift it into an overhead bin.
- Carry resealable plastic bags so you can fill them with ice in case your back becomes sore.
- Place a pillow or blanket behind your lower back for extra support – particularly in hollowed seats.

Source: Johns Hopkins Back Pain Resource Center

The following stretching exercises can help you sit for hours at a time – whether you're in a plane or at a desk. Each exercise begins in the sitting position and should be done slowly and carefully, avoiding any strain on delicate back or neck muscles.

Have a seat



- 1.** Stretch your back by gradually lowering your torso toward your knees, letting your arms drop down and then wrap around your thighs. Breathe deeply; then sit up again.
- 2.** Loosen your neck muscles by turning your head to the left and holding it there for five seconds. Then turn it to the right and hold for five seconds. Repeat five times or as needed, but be sure not to turn so far or fast it hurts!
- 3.** Exercise your shoulders by lifting them up while keeping your arms at your sides. Hold for five seconds, relax and repeat five times.
- 4.** Stretch your legs by raising your heels while keeping the balls of your feet on the ground. Relax and then repeat 10 times.

Source: Johns Hopkins Back Pain Resource Center

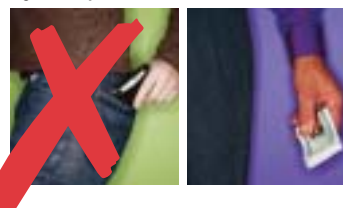
Back to Sleep

If back pain is disturbing your sleep, try getting a firmer mattress that provides better support for your back. Experts recommend lying on your back and stuffing a pillow under your knees, allowing your spine to rest in its natural position. You can also lie on your side with a pillow between your legs. However, avoid sleeping on your stomach or lying flat on your back.

Source: University of Illinois at Urbana-Champaign McKinley Health Center

What's in your Wallet

Did you know that carrying a wallet in your back pocket can tilt your hips and cause lower back muscles to tighten unevenly?



Try using a **MONEY CLIP** or carrying valuables in your front pocket to avoid having a lopsided seat.

? For more information click to SouthernHills.com or to find a physician, call TriStar MedLine 615-342-1919, 800-242-5662

Community Events

ClubCardio

Southern Hills Medical Center is pleased to announce "Club Cardio," a series of FREE classes designed to help YOU reduce your chance of developing heart disease and other illnesses. Each class focuses on a wide range of heart-related issues and ways to incorporate healthy living into daily activities. Join today and receive great gifts you can use as you get healthy!

HEART HEALTHY

Cooking Demonstration – Presented by Janet Buck, Registered Dietician

■ May 15, from Noon - 1 p.m.

WARNINGS AND SYMPTOMS

Learn to recognize the warning signs of stroke and heart attack

Presented by Michael Taylor, M.D.

■ June 19, from Noon - 1 p.m.

CLUB CARDIO

Nelson Mangione, M.D.

"You Are What You Eat"

■ July 17, from Noon - 1 p.m.

Lloyd Hancock, M.D.

"Diabetes and Your Heart"

■ August 21, from Noon - 1 p.m.

Health Education

SENIOR HEALTH EXPO

Free EKG, skin cancer, cholesterol and prostate health screenings will be available.

■ The expo will be held on Saturday, July 26, from 8 a.m. - 12 p.m.

SUFFERING FROM JOINT PAIN?

Free educational class covers joint pain topics such as medication use, alternative therapies, surgical interventions and total joint replacement. The class provides one-on-one consultation with an orthopedic physician.

■ Classes held in the main entrance classroom from 8 a.m. - 9:30 a.m. on Saturday, June 7 and Saturday, August 2. Refreshments provided.

GASTRIC BANDING, OBESITY SURGERY

Learn how this adjustable, reversible surgery could change your life. Southern Hills Medical Center is the only hospital in Nashville performing this procedure.

■ Classes held in the main entrance classroom on Tuesdays from 6 p.m. - 8 p.m. on May 13, June 3, July 1 and August 12.

Safety/Prevention

INFANT CPR & SAFETY

These demonstration and hands-on classes provide an introduction to accident prevention and safety including clearing an airway obstruction and cardiopulmonary resuscitation (CPR).

■ Classes held on Thursdays from 6:30 p.m. - 9 p.m. on May 22, June 19 and July 17.

Childbirth Education

You want the best for your baby and your whole family. To help you achieve your goal, Southern Hills Medical Center offers many classes that focus on preparing you and your family mentally, physically and emotionally for the arrival of your new baby.

LABOR OF LOVE

Educational series discussing anatomy and physiology of pregnancy, nutrition, conditioning exercises, labor & delivery process, breathing and relaxation techniques along with medical interventions.

■ June 2 - June 30 and July 28 - Aug. 25.

EARLY PREGNANCY

Learn about fetal growth and development, nutrition, exercise, comfort measures and more.

■ Classes held from 6:30 p.m. - 9 p.m. on Thursday, May 8 and Thursday, July 3.

BREASTFEEDING BASICS

Study the advantages of breastfeeding, latch-on, correct positioning, problem prevention and tips on storing human milk. Free nursing mother's companion book included.

■ Classes held from 6:30 p.m. - 9 p.m. on Monday, May 19 and Monday, July 7.

JUST FOR ME SIBLING CLASS

Prepares children ages 3-10 for their newborn sibling's arrival. Children will learn newborn characteristics and behavior, family changes to be expected and tips on how to help with the newborn once they arrive at home.

■ Classes held from 6:30 p.m. - 8:30 p.m. on Tuesday, May 20 and Tuesday, July 8.



For more information or to register for any of these classes, call the TriStar Medline at 342-1919 or visit SouthernHills.com

The Safest Place

EMAR TECHNOLOGY – A 'TRIPLE-CHECK' FOR PATIENT HEALTH

A hospital should be the safest place for those in need – a haven for healing and rest. Creating that kind of environment takes careful planning, resources and a powerful commitment to putting the patient first. Southern Hills Medical Center has made that commitment, investing in patient safety as a top priority.

"There's nothing more important than making sure our patients get exactly what they need, when they need it, without any unnecessary interruptions or complications," says Keelan Jackson, RN. "That's why Southern Hills is using state-of-the-art technology to meet patients' needs in ways that are faster and easier on the patients. The eMAR system is an excellent example."

eMAR is an electronic medical records system that Southern Hills uses to ensure each

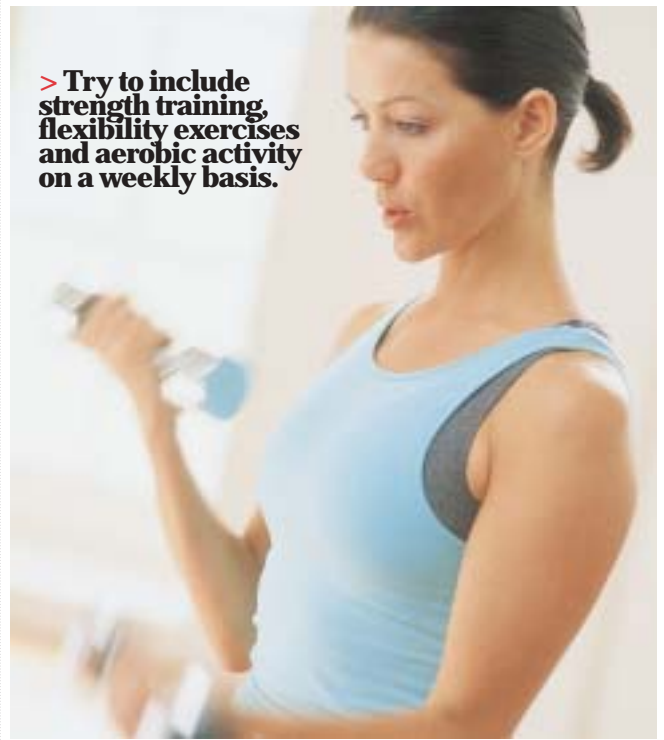
patient receives the right medication at the right dosage. Using a bar-coding system, hospital staff confirm a patient's identity and prescriptions before administering any drug. eMAR also provides hospital personnel with immediate access to critical patient information such as drug allergies and potential interactions.

Prescription medication is an important tool in treating many illnesses, but it requires precision for safe, effective results.

"eMAR is our extra level of security. Doctors check prescriptions to make sure they're right. Nurses double-check to make sure they're right. Then the eMAR system triple-checks to make sure they're right, because we don't want to leave any room for error," says Jackson. "Patient health and safety is the center of everything we do; technology helps us do it even better."



Helpful Hints for a Healthy Back



> Try to include strength training, flexibility exercises and aerobic activity on a weekly basis.



[BY KIM MCPHAIL]
DIRECTOR, REHABILITATION SERVICES

Most adults will experience back or neck pain at some point in their lives. Often

these pains could be minimized or even avoided with just a few simple modifications to routine activities. Not all back pain comes from a traumatic incident. Many times it is the result of the cumulative stresses on the body.

Using good posture when sitting and standing is an easy way to minimize back stress. Sit all the way back in your chair with your feet flat on the

floor and your hips and knees bent 90 degrees. Stand with your head back, shoulders back and stomach tight, so that if a line were drawn through you, it would go directly through your ear, shoulder, hip, knee and ankle. Many stand with their head too far forward and shoulders rounded, often leading to neck and shoulder pain.

It is also critical to use proper lifting techniques for daily activities. It is usually better to squat down to pick something up than to bend over. When lifting, bend your knees, keep the load close to you and tighten your stomach to help brace your back. When lifting something overhead, make sure to tighten your abdomen to help stabilize your trunk.

Exercise is also a key part of a healthy lifestyle. Always check with your healthcare professional before starting an exercise routine. Then, try to include strength training, flexibility exercises and aerobic activity on a weekly basis.

Two popular exercises for developing a strong back include shoulder blade squeezes where you hold your head up tall and pinch your shoulder blades together. The other is the abdominal brace, where you tighten your stomach muscles while sitting, standing or moving.

Should you have any further questions, feel free to contact The Rehabilitation Service Department at Southern Hills Medical Center at (615) 781-4615.



For more information, contact TriStar Medline at (615) 342-1919 or (800) 242-5662.

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