

Health, Ink.

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

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JESSICA FUTRELL AND JUDY MATTICE

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A Weight Has Been Lifted

LAP-BAND SURGERY HELPS A MOTHER AND DAUGHTER SHED POUNDS, GAIN CONFIDENCE

Judy Mattice used to watch her children ride roller coasters during family trips to amusement parks and wish she could, too. At 293 pounds, she didn't dare; she doubted she could fit into the seat. "I would be standing in line looking at people, thinking, 'They're bigger than me. If they get on, I'll get on,'" said Mattice, 42, of Murfreesboro. "But it was just too embarrassing."

Mattice's daughter, Jessica Futrell, hadn't reached that point yet, but worried she would soon. Her weight, at 228 pounds, had already led to hypoglycemia, constant fevers, anxiety and depression. "I was tired all the time, and all I wanted to do was sleep," said Futrell, 22, of La Vergne. "I would call in sick to work because I didn't

have any energy. I didn't feel like going to class, so I dropped out after one semester." She feared she would never marry or have children.

Today, the women have collectively lost more than 200 pounds, no longer take antidepressants and are able to enjoy roller coasters rides together. Both had laparoscopic gastric banding surgery at Southern Hills Medical Center in July 2003, performed by Dr. Charles Morton.

BREAKING THE CYCLE

Approved by the FDA in 2001, this adjustable, reversible weight-loss surgery,

also known as lap-band, leaves patients with less pain and faster recoveries. Since Southern Hills began offering bariatric surgery in 2002, Dr. Morton has performed more than 450 procedures, making him the most experienced lap-band surgeon in the region.

Unlike other surgeries that require cutting, stapling and stomach rerouting, surgeons place a band around the upper part of the stomach. This creates a 4-ounce pouch that limits food consumption and makes patients feel full faster.

"It's something you can take out if you need to," Mattice said.

Saline injected into an access port under the skin adjusts the band's tightness, controlling the amount of food patients can eat.

"I still have to watch portions, but my body gives me signals now," Futrell said.

Before the surgery, the women had exhausted most weight-loss aids on the market, from Weight Watchers to Metabolife. They even took aerobics together. The more they tried to lose

weight, the harder it got.

"We would do well, but then we reached the point where we got discouraged because we didn't see results fast enough, so we'd stop and gain back more," Futrell said.

Mattice resigned herself to misery as her

blood pressure rose, her joint pain worsened and her self-consciousness deepened. "I was ready to live that way forever, because every time I'd try something I'd end up weighing more," she said.

'I STILL HAVE TO WATCH PORTIONS, BUT MY BODY GIVES ME SIGNALS NOW.'

JESSICA FUTRELL

SHARING THE EXPERIENCE

Knee surgery in 2003 after a bowling injury made climbing stairs and standing painful for Mattice. It took the respiratory

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25 Years of Compassionate Care

therapist a month to return to work.

"I knew people who had the same surgery who were fine in a week or two, but they didn't have the weight I had," she said.

Then, Mattice, who worked at Southern Hills at the time, heard about the lap-band procedure offered at the Weight Loss Surgery Center. She convinced Futrell to attend a seminar with her, and for the first time, both felt hopeful.

Mother and daughter scheduled their surgeries on the same morning, so they could support each other through recovery and a strict pre- and post-surgery diet. The procedures lasted little more than an hour, and both women went home the same day. For Mattice, who felt ready to leave an hour after surgery, it was less painful than getting her gall bladder removed.



"There was someone sitting with you the whole time after surgery," she said. "I didn't have to ask for anything. I worried that it would be embarrassing because I worked there, but I was comfortable the whole time."

A week later, the two took a trip to

Cedar Point, an Ohio amusement park, and were tempted by the salty and sweet treats they could no longer splurge on. They helped each other adjust.

"It's frustrating at first because you're eating something good, and you want to finish it, but you can't," Futrell said. "It was easier having my mom there because I knew she knew what I was going through."

A NEW LIFE

Their boosted energy, better health and lighter moods made up for the appetite change. Both took advantage of adjustments — loosening and tightening the band — to stabilize weight loss. Futrell liked the control the band offered.

Jessica Futrell lost 88 pounds and Judy Mattice lost 120 pounds after having laparoscopic gastric banding surgery in July 2003 at Southern Hills Medical Center.

MEDICALLY SUPERVISED WEIGHT LOSS

In addition to weight-loss surgery, Southern Hills now also offers a 12-week, medically supervised weight-loss program for individuals who need to lose 25 pounds or more. Led by a registered dietician, LifeStyle Solutions is focused on lifestyle changes that result in healthy weight loss and exercise. A physician referral and release to participate in exercise is required. The next class begins Oct. 24. Talk with your doctor and call MedLine at 342-1919 for more information and to register.



"When I have children, I can loosen it, so I can eat more during the pregnancy," she said. "After the baby is born, I can tighten it to lose the weight."

While the women no longer feel like they have to deprive themselves of favorite foods, they no longer turn to food for comfort. "Food isn't the first priority anymore," Futrell said. "It's not the first thing you get excited about."

Nowadays, her thrills come from shopping for fitted shirts and pants, going out with her new husband, whom she married in May, and pursuing her early childhood education degree.

Mattice loves being able to walk for 12 hours at work without her feet hurting and feeling more confident around co-workers. "People look at you differently when you're overweight, but I don't feel that anymore," she said.

And, then, there are the roller coasters. "I can ride anything I want to now, and I don't have to worry about it," she said.

Advanced Wound Care Center to Open This Fall

Southern Hills Medical Center will open its Advanced Wound Care Center early this fall. The center will offer treatments that can improve quality of life and reduce the number of amputations for Middle Tennesseans suffering from non-healing wounds.

More than 5 million Americans suffer from a wound classified as non-healing—one that has failed to heal following four weeks of standard medical care. A number of physical ailments can generate non-healing wounds, including diabetes, congestive heart failure, stroke, vascular disease, cancer trauma, obesity, venous thrombosis, collagen vascular diseases and complications associat-

ed with surgery and spinal cord injuries.

Depending on the cause of the wound and the factors contributing to the non-healing, the patient may need specialized diagnostic tests, therapeutic dressing selection, education, and/or Hyperbaric Oxygen Therapy (HBOT), which involves the systemic delivery of oxygen at two to three times greater than atmospheric pressure. With this therapy, the patient is enclosed in a chamber and breathes 100 percent oxygen, increasing oxygen levels in the blood and body tissues to promote healing. Approximately 15 percent of wound patients can benefit from HBOT.

The Advanced Wound Care Center at Southern Hills Medical Center will be located on the hospital campus at 391 Wallace Road. For more information about the center, call MedLine at 342-1919 or visit SouthernHills.com.

Advanced Technology Enhances Patient Care

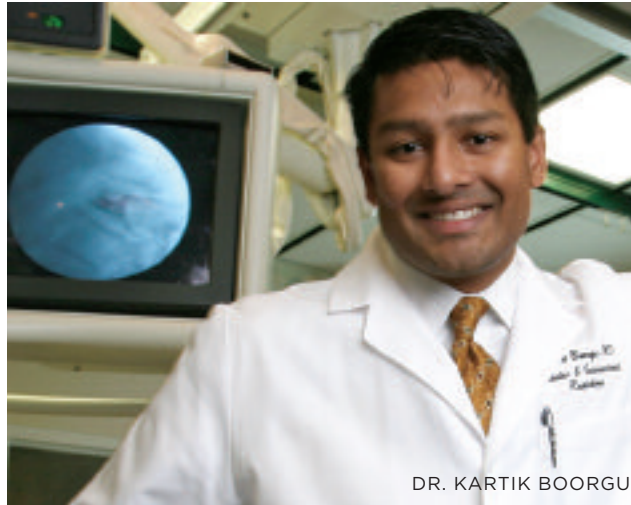
SOUTHERN HILLS OFFERS NEW WAYS TO TREAT CLOTS, FIBROIDS

Interventional radiology—a medical specialty now available at Southern Hills Medical Center—is an alternative to traditional surgery for many medical conditions. Interventional procedures do not require large incisions, and offer less risk, less pain and shorter recovery times than traditional surgery.

Interventional radiologists use their expertise in reading X-rays, ultrasound and other medical images to guide small instruments through blood vessels or other pathways to treat disease, said Dr. Kartik Boorgu. He recently joined the Southern Hills staff as a board-certified, fellowship-trained interventional radiologist.

Interventional radiologists use traditional imaging techniques to diagnose conditions. During an interventional procedure, the physician makes a small incision in the skin and runs a slender tube called a catheter through a network of arteries to the site of the problem. Guided by real-time imaging, the doctor passes tiny instruments through the catheter to perform the procedure internally.

“It’s surgery in the sense that we’re manipulating something inside your body,” Dr. Boorgu said. “But the incisions are smaller, usually less than a quarter inch, and there’s a lot less risk. We can get you up and about the same day, as



DR. KARTIK BOORGU

ADVANTAGES OF INTERVENTIONAL RADIOLOGY

- Small incisions
- Less risk
- Less pain
- Faster recovery
- Most procedures can be performed on an outpatient basis or require only a short hospital stay.
- General anesthesia is usually not required.

opposed to sometimes weeks of recovery time with traditional surgery.”

REMOVING BLOOD CLOTS

Southern Hills has a new, interventional device called AngioJet that can relieve painful thrombus, or blood clots, in blood vessels. Once the device’s catheter has reached the blockage, it gently breaks up and draws out the clot.

“The procedure actually removes the thrombus from your body, as opposed to dissolving it and sending the particles downstream where

they may cause additional blockages and complications,” explained Dr. Adrian Lamballe, a radiologist at Southern Hills.

The procedure is especially helpful in removing clots in leg veins, said Dr. Lamballe. Left untreated, these clots can weaken blood vessels, causing varicose

veins and swelling. If a clot in the leg breaks loose, it can travel to the lungs, where it could cause a potentially fatal pulmonary embolism, or blockage.

“Traditionally, patients were given anti-coagulants to prevent a pulmonary embolism,” Dr. Lamballe said. “The problem is, anti-coagulants don’t dissolve the clot. With AngioJet, we can dissolve the clot right away.”

‘STARVING’ FIBROIDS

Nearly 40 percent of women 35 years and older have these non-cancerous tumors. While many fibroids produce no symptoms and usually shrink after menopause, some can cause heavy bleeding or severe pain. The traditional treatment has been a hysterectomy (removing the uterus), but uterine fibroid embolization (UFE) offers an alternative.

“UFE is a less invasive approach designed to preserve the uterus,” said Dr. Boorgu. “During UFE, a catheter is inserted into a blood vessel in the groin and threaded up to the uterine artery. Small particles are injected into the branches of the uterine artery, blocking the vessel and preventing blood from reaching the fibroid.”

This procedure starves the tumor of oxygen and nutrients needed for growth. Over time, the fibroid shrinks, relieving the symptoms.

“No general anesthesia is required during UFE. Patients are given medication to help them relax and for pain control,” Dr. Boorgu said. “There is little blood loss and less pain. Recovery time is generally much faster than after a surgical procedure. Patients usually require only an overnight hospital stay.” The procedure gained wide publicity last fall when U.S. Secretary of State Condoleezza Rice had it, Dr. Lamballe noted.

According to Dr. Boorgu, 80 percent of women who have UFE experience significant or total relief from heavy bleeding, pain and other symptoms of their fibroids. The procedure is also effective for treating multiple fibroids simultaneously.

? For more information on medical conditions that can be treated using interventional radiology at Southern Hills, please call TriStar MedLine at 342-1919, or visit SouthernHills.com.



NEW MEDICAL STAFF

DR. ADAM GOLD, a board-certified radiologist, has joined the medical staff at Southern Hills Medical Center. Dr. Gold attended medical school at the University of Texas Health Science Center in San Antonio and completed residency at the University of Texas Southwestern. His office is at 391 Wallace Road, Nashville, 781-4650.

Community Events



Health Education

LIFESTYLE SOLUTIONS WEIGHT LOSS CLASS

Southern Hills Medical Center now offers a 12-week, medically supervised weight-loss program for individuals who need to lose 25 pounds or more. Led by a registered dietician, LifeStyle Solutions focuses on lifestyle changes that result in healthy weight loss and exercise. A physician referral and release to participate in exercise is required.

■ The next class will begin Monday, Oct. 24.

LAPAROSCOPIC GASTRIC BANDING SEMINAR

Attend a seminar to learn more about a safe and effective surgical intervention for morbidly obese adults. Southern Hills Medical Center is the only hospital in Nashville performing this adjustable, reversible weight-loss surgery.

■ Classes are held Tuesdays from 6 to 8 p.m., Aug. 9 and Sept. 13.

RED HOT MAMAS

From hip huggers to hot flashes—what a long, interesting trip it's been. You've seen a lot of changes in your life, and one of the biggest is just beginning: menopause. Join the club—Red Hot

Mamas at Southern Hills Medical Center is devoted to providing medical information and peer support to women dealing with menopause. Monthly programs focus on helping to understand and manage the physical and emotional changes experienced in the years before, during and after menopause.

■ Classes are held Thursdays from 6:30 to 8:30 p.m., Aug. 25 and Sept. 22.

DIABETES SUPPORT GROUP

Open to diabetics and their families, these quarterly meetings cover a wide variety of health-related topics.

■ Class will be held Tuesday, Oct. 18, from 7 to 9 p.m.

JOINT PAIN CLASS

Learn more about lifestyle modifications and treatments that can help alleviate joint pain and suffering. Refreshments served.

■ Classes are held Saturdays from 8 to 9:30 a.m., Aug. 6 and Sept. 3.

SOUTHERN HILLS GEMS SOCIETY

You've got a lot of living to do, and staying healthy and fit is a priority. The Southern Hills GEMS (Generations Excelling Mobile and Strong) society promotes health and wellness with monthly programming and seminars designed to meet the

needs and health interests of active adults age 50 and over.

■ Classes are held Thursdays from 11 a.m. to 1 p.m., Aug. 11 and Sept. 8.

WANT TO QUIT SMOKING?

Southern Hills Medical Center can help you achieve that goal before the end of the year. The hospital is hosting the American Lung Association's eight-week Freedom from Smoking seminar. The classes will be facilitated by two registered nurses.

■ The eight-week class will be held from 6:30 to 8 p.m., Oct. 4, 11, 18, 25, 27 and Nov. 1, 8, 22.

Safety/Prevention

INFANT CPR & SAFETY

Attend this introduction to accident prevention and safety, including clearing an airway obstruction and cardiopulmonary resuscitation (CPR), through demonstrations and hands-on practice.

■ Classes are held Thursdays from 6 to 9 p.m., Aug. 4 and Oct. 6.

Childbirth Education

LABOR OF LOVE

This educational series discusses the anatomy and physiology of pregnancy, nutrition, conditioning exercises, labor and delivery process, breathing and relaxation techniques, along with medical interventions.

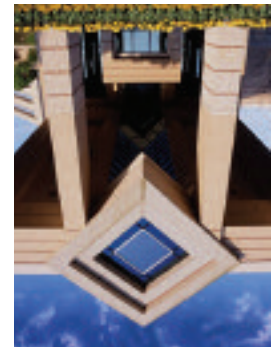
■ Classes are held Mondays from 6:30 to 8:30 p.m., Aug. 22 and Oct. 17, and Saturdays from 9 a.m. to 2 p.m., Aug. 13 and Oct. 15.

BREASTFEEDING

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

■ Class will be held Monday, Oct. 3, from 6:30 to 8:30 p.m.

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



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

TristarHealth.com
Telephone: (615) 781-4000
Nashville, TN 37211
391 Wallace Road

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