

Health Connection

BROUGHT TO YOU BY NORTHWEST MEDICAL CENTER

**Move your body
to build your mind**

**Living well with
heart disease**

Expanding care
More options for you
and your family

**When image is
everything**
You have a choice

**Kids' sports injuries
on the rise**
Keep your child safe



Do you really need a primary care physician?

Sure, most health plans require a primary care physician (PCP) for specialist referrals. But that's just one reason it's a good idea to have one dedicated clinician to oversee all your health concerns.

THE KEY TO SUPERIOR CARE

Developing an ongoing relationship with one physician who knows you and your medical history leads to a better overall outcome and lower costs. The reason? Your PCP can counsel you on healthy lifestyle choices, such as exercise options, an eating plan and other prudent lifestyle adjustments and modifications. Plus, seeing your PCP regularly makes him or her better at evaluating your symptoms than practitioners who don't know you. Additionally, a PCP provides routine health screenings, which can find diseases early—when they're easier to treat (see “Screenings your PCP may provide”). This, in turn, translates into less invasive and less expensive treatments.

A GUIDING LIGHT

If you've ever wished you could go to one place for all your health concerns or worried whether you're approaching the right physician for a particular ailment, you're in luck. A PCP can be your primary contact to address most personal healthcare needs.

The healthcare system can be intimidating—especially when you're faced with a frightening symptom. A PCP can evaluate the problem and either manage it him- or herself or arrange for the appropriate referrals. And if you need specialist care, your PCP can guide you and coordinate all aspects of your care. Plus, he or she can sort through and help explain the advice of other physicians.

Who's who in the PCP world

When picking a PCP, you can choose from many different types of healthcare professionals:

- **Family practitioners.** Physicians who care for children and adults of all ages. They may also practice obstetrics and minor surgery.
- **General practitioners.** Physicians who provide basic care for all ages.
- **Internists.** Physicians who care for adults of all ages and can treat many different medical problems.
- **Obstetricians/gynecologists.** Physicians who specialize in reproductive health. They often serve as a PCP for women, especially those of childbearing age.
- **Hospitalists.** Physicians who care for people who are hospitalized. Most hospitalists are trained in internal medicine and work with a hospitalized patient's PCP to provide the best care.

• **Nurse practitioners and physician assistants.**

Nonphysician providers of primary healthcare. Often referred to as “physician extenders,” they consult with physicians. They may see children, adults or women only and can prescribe medications and other treatments.

- **Pediatricians.** Physicians who treat newborns, infants, children and adolescents.

Screenings your PCP may provide

- | | | |
|--|--|--|
| <input type="checkbox"/> blood pressure | <input type="checkbox"/> cholesterol | <input type="checkbox"/> diabetes |
| <input type="checkbox"/> breast cancer | <input type="checkbox"/> colorectal cancer | <input type="checkbox"/> obesity |
| <input type="checkbox"/> cervical cancer | <input type="checkbox"/> depression | <input type="checkbox"/> prostate cancer |
| <input type="checkbox"/> chlamydia | | |

Strength-train your brain

The mental benefits of exercise

Exercise has long been touted for its physical health benefits, such as improving metabolism, lowering blood pressure and reducing your risk of heart disease, stroke and cancer. But working up a sweat is also good for your head. Here's how:

BEATS THE BLUES

In a review of 80 studies on exercise and depression, researchers concluded that getting physical can act like an antidepressant. The analysis found that exercise decreased depression more than relaxation training (such as meditation or breathing) or engaging in enjoyable activities did. Working out may boost levels of feel-good endorphins, natural painkillers that promote a heightened sense of well-being.

TAMES TENSION

Physical activity releases muscle tension, reduces levels of the stress hormone cortisol and raises body temperature, which may have calming effects. Additionally, it can shift your attention away from anxious thoughts to something more pleasant, like your surroundings or the music that gets you moving.

AMPS UP ENERGY

Often feel drained? Inactivity is the likely culprit. Yes, working out may make you tired in the short term, but it helps increase stamina and energy in the long run. And, according to the Centers for Disease Control and Prevention, staying active may improve sleep quality, which translates into more next-day pep.

CRANKS UP CONFIDENCE

If you're nervous, working up a sweat gives you a confidence boost. How does getting sweaty raise self-worth? The effect is thought to be brought about by the sense of accomplishment that comes from meeting fitness goals or challenges.

BOOSTS BRAIN POWER

Regular physical activity can help keep your thinking, learning and judgment skills sharp as you age. In one study of 62- to 70-year-olds, those who were still working and retirees who exercised sustained their levels of cerebral blood flow and performed better on cognition tests than inactive retirees. What's more, in a few studies of subjects older than age 65, those who worked out for at least 15 to 30 minutes three times a week were less likely to develop Alzheimer's disease.



How much is enough?

If you have a physical disability, talk with your physician before exercising. Once you get his or her OK, do the following activities to reap the mental and physical benefits:

- A minimum of 150 minutes of moderate-intensity aerobic activity (like brisk walking) each week. If you're just getting started, break your workout into three brisk 10-minute walks a day, five days a week. Not into walking? Do water aerobics, go for a bike ride, play doubles tennis or mow the lawn—anything that gets you moving.
- Muscle-strengthening activities that target all major muscle groups on two or more days a week. Try heavy gardening (digging, shoveling), yoga, lifting weights or other weight-bearing moves like push-ups or sit-ups. Aim for eight to 12 repetitions per activity.



Image matters

Choose quality at NMC

Tucson has another choice for patients needing diagnostic imaging studies. Area residents have access to some of the most advanced imaging technology available today, close to home.

The new outpatient imaging center at the heart of the Northwest Medical Center (NMC) campus offers computed tomography (CT) and magnetic resonance imaging (MRI) scans, while other NMC imaging locations in the area offer digital mammograms, X-rays and ultrasound studies. And, because these images are taken at an NMC imaging facility, they're easily available to any NMC physician for emergency room visits or other needs.

! Schedule your scan!

To schedule an appointment, call (520) 469-8810. To learn more about imaging services at NMC, visit northwestmedicalcenter.com.

Where to find us

Northwest Imaging is proud to offer you imaging solutions in a variety of locations:

Northwest Medical Center
6200 N. La Cholla Blvd.
CT scan and 3-Tesla MRI

Northwest Imaging at Orange Grove
2191 W. Orange Grove Road
CT scan and MRI

Northwest Women's Imaging
6060 N. Fountain Drive
**Digital mammogram,
bone densitometry and ultrasound**

**Northwest Imaging at
Continental Reserve**
Continental Reserve Urgent Care
8333 N. Silverbell Road
Breast MRI

DETAILED IMAGES

NMC's outpatient imaging center is equipped with both 16- and 64-slice CT scanners that produce split-second, detailed images, allowing physicians to see more anatomical features in a fraction of the time needed for other tests. They produce 3-D images of a patient's heart and blood vessels, create impressive images of a patient's skeletal system or digitally eliminate tissue or bone that may obstruct the physician's view of a specific area.

A BETTER MRI

MRI technology is used for diagnosing disease in the brain, spine, chest, abdomen and pelvis, as well as sports injuries in the joints. MRI is also used as a noninvasive diagnostic tool for heart disease.

NMC's new 3-Tesla MRI machine uses a powerful magnet to take images of different areas of the body and offers detailed image resolution, increased accuracy and faster imaging results. To enhance patient comfort, the new MRI features a wider opening to give patients more room during their scans.

Don't be down for the count this year

Cold and flu facts you should know

More than 100 cold and influenza (flu) viruses exist and are constantly changing, making it difficult for our immune systems to recognize and protect against them. It's no wonder we continue to battle these viruses each year. Simple precautions can help keep your family healthy, and early treatment will ensure you bounce back fast.

THE COLD FACTOR

You may think colds are most common in winter, but colds can happen anytime. While over-the-counter medications don't cure colds, they may target and temporarily relieve symptoms. Time is really the only cure for a cold. Drinking plenty of fluids and resting will also help. If symptoms persist for more than five days, see your family physician.

WHEN THE FLU BUG BITES

The flu can last twice as long as a cold and is highly contagious, especially within the first three days. No cure for the flu exists, but some flu viruses can be treated with medication if administered within 24 to 48 hours of the onset of symptoms. The best defense is to get vaccinated each year. If you do get the flu, get plenty of rest, ask your physician

10 tips to keep your year cold- and flu-free

1. Wash hands frequently with hot water and soap.
2. Exercise regularly.
3. Drink lots of water.
4. Keep hands away from the eyes, nose and mouth.
5. Wash objects handled by someone with a cold.
6. Use paper tissues instead of handkerchiefs.
7. Eat a balanced diet and don't share food and drinks.
8. Clean the phone receiver regularly at home and at your office.
9. Don't smoke. Smoking destroys protective cells in the airways.
10. Get plenty of rest.



about an over-the-counter medication to keep your fever down and practice good hygiene to prevent spreading the virus to others.

Cold or flu?

SYMPTOM	COLD	FLU
fever (102° F–104° F)	not likely	likely
headache	not likely	likely
muscle aches	not likely	very likely
fatigue	not likely	very likely
stuffy nose, sneezing	very likely	possible, with other symptoms
sore throat	very likely	possible, with other symptoms
chest discomfort	not likely	very likely
vomiting/diarrhea	not likely	likely
earache, sinus congestion	likely	unlikely

! Stop the sneezing!

If you need medical care for the flu, call your doctor or visit one of Northwest Medical Center's conveniently located Urgent Care centers. For information about locations and hours, call (520) 469-8295.

HEALTHWISE QUIZ

How much do you know about breast cancer?

Take this quiz to find out.

- 1** Your risk of developing breast cancer is increased by which of the following?
 - a. radiation exposure to the chest as a child or a young adult
 - b. first pregnancy after age 30
 - c. use of estrogen and progesterone to treat menopausal symptoms for four or more years
 - d. all of the above
- 2** Which is not a risk factor for developing breast cancer?
 - a. having a family history of the disease
 - b. being overweight
 - c. antiperspirant use
 - d. excessive drinking
- 3** Symptoms of breast cancer typically don't include:
 - a. changes in the size or contour of the breast
 - b. breast pain
 - c. an indentation of the nipple
 - d. a clear or bloody discharge from the nipple
- 4** Which of the following is not true about male breast cancer?
 - a. One in five men with breast cancer has a close male or female relative with breast cancer.
 - b. The average male is 60 to 70 years old at diagnosis.
 - c. Being overweight doesn't increase breast cancer risk.
 - d. Health conditions that affect the testicles may increase risk.
- 5** An annual mammogram once you turn 40 is important because:
 - a. your chance of being diagnosed with breast cancer increases with age
 - b. you may have a small cancer that won't show up until your next annual screening
 - c. the sooner you're diagnosed with breast cancer, the easier it is to treat
 - d. all of the above

ANSWERS: 1. (D), 2. (C), 3. (B), 4. (C), 5. (D)



Living with heart disease

Being diagnosed with heart disease can be scary. You may wonder: Will I still be able to do the things I love? By making a few adjustments, you can control your condition and enjoy life to its fullest. Here's how:

Master your medications. If your physician prescribes cholesterol- or blood pressure-lowering pills, tape a note to your mirror, set an alarm—whatever's necessary—to ensure you take them as directed every day.

Learn food math. Don't worry: You can still eat delicious meals. But you'll have to learn to read labels and keep tabs on your daily intake of certain foods. The basics:

- Keep total fat to less than 35 percent of your calories (saturated fat should equal just 7 percent).
- Limit cholesterol to 200 mg a day.
- Restrict sodium to 2,400 mg or less a day.
- Eat just enough calories to maintain or achieve a healthy weight.

Move more. Joining a gym is great (if you'll go), but it's not a requirement. Cleaning your house, walking your dog briskly and biking to the store are all examples of valid activity. Just 30 minutes a day will help protect your heart—even if you do only 10 minutes at a time. Of course, always check with your physician before beginning any exercise program.

If you follow these recommendations, you'll drop any extra pounds slowly, which means your weight loss is more likely to stick. The great news: Losing even 5 to 10 percent of your current weight can reduce your risk of heart attack and improve your overall health.

Keeping little athletes safe



Kids love sports, and we love watching them play. But each year, more than 3.5 million children under age 15 are treated for sports-related injuries, according to the American Academy of Pediatrics (AAP). That number is on the rise. One reason: Many kids now play the same sport year-round, resulting in overuse injuries such as chronic muscle strains, stress fractures and tendonitis. Plus, some sports have gone more extreme. Cheer-leading alone injured almost 70,000 children in 2007. So how can you keep your child out of the ER?

- **Don't start too soon.** Don't let your child join a team until he or she is at least 6 years old, says the AAP.
- **Get a pre-season checkup.** Visit your pediatrician to make sure your son or daughter is indeed sports-ready.
- **Gear up correctly.** Make sure your child doesn't compete without the right sporting shoes, helmet and safety equipment.

- **Teach the wisdom of warming up and cooling down.** Insist that young athletes exercise lightly for at least three minutes, then stretch the muscles to be used for at least 30 seconds each before practice or a game.
- **Fill 'er up.** Make sure your child carries a water bottle and knows the importance of drinking frequently, even if he or she isn't thirsty. Dehydration can cause fatigue and sickness.
- **Watch carefully.** Discourage participation in just one sport. If your child shows sign of strain or injury, insist he or she stop playing immediately—then see your pediatrician.

Healthy eating on the run

You're out and about when hunger pangs hit. Stopping at the nearest fast-food joint, you order a cheeseburger, fries and a soda and quickly wolf it all down in your car. Minutes later you feel sluggish, bloated—and guilty.

The good news: Your healthy diet doesn't have to suffer just because you're racing from one obligation to the next, spending the day running errands or hitting the road for a family vacation. Be prepared with these smart-snacking tips:

- **Always take water with you.** If it's too

bland, add a slice of fruit or a splash of juice.

- **For an on-the-run breakfast,** grab low-fat string cheese and a piece of fruit.
- **Fill an insulated lunch box with fresh fruit,** carrots, celery sticks, walnuts, yogurt or peanut butter on 100 percent whole-wheat bread for snacks during the day. Keep protein bars or snack bags of almonds or raisins in your purse, glove compartment or tote bag for hunger attacks.
- **If you must hit the drive-through,** opt for a kid-sized meal with fresh fruit or a side salad (with low-fat dressing) instead of fries, and a grilled chicken sandwich instead of one that's breaded and fried. Skip the mayo and other fatty spreads.
- **Need a coffee break?** Order the low-fat, sugar-free version of your favorite frozen coffee or latte and skip the whipped cream and caramel drizzle.



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Caring for your family

Northwest Medical Center (NMC) is proud to introduce its affiliated physician practice, Northwest Allied Physicians (NAP). NAP specializes in family medicine, gynecology, gynecologic surgery, infectious disease, internal medicine, neurology and hospital-based care.

COMPREHENSIVE CARE

The medical staff at NAP is at the center of NMC's range of services and can coordinate your family's care with Outpatient Imaging, The Women's Center, The Wound Care Center at Northwest and Outpatient Therapy. Additionally, the hospitalists at NMC are part

of the NAP medical staff and work closely with your allied physician whenever you receive inpatient care at either hospital.

Offices are located conveniently throughout the northwest Tucson area, and the medical staff at NAP accepts most major insurance plans.

 **Keep your family healthy**

Most physicians at NAP are accepting new patients.
To learn more, visit nwalliedphysicians.com.