

HEALTH MATTERS

SUMMER 2015



MAURY REGIONAL
CANCER CENTER



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Maury Regional
cancer services
now in one
convenient location

Sleep disorders affect more than 100 million
Control blood sugar and reduce your risk
Protect yourself from skin cancer
Know the dangers of summer heat

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Maury Regional cancer services now in one convenient location

Maury Regional Medical Center has consolidated cancer services into one convenient location. The Maury Regional Cancer Center at Columbia Mall brings together a highly skilled team of medical oncologists, radiation oncologists, clinical staff and support services.

“As southern Middle Tennessee’s only cancer center, we had outgrown our existing facilities,” said CEO Alan Watson. “Several years ago, we began evaluating alternatives that would be ideal for our patients and chose to relocate to the Columbia Mall. The Cancer Center opened in June 2012 with an outpatient infusion center and the offices of Family Health Group medical oncologists. In 2014, renovation work began on a 12,600 square foot area to house radiation therapy services and the project was completed this summer.”

The facility at 808 South James Campbell Boulevard now includes offices of radiation oncology physicians, radiation treatment planning areas, exam rooms and treatment suites with two linear accelerators used to deliver radiation therapy. A mobile positron tomography (PET) unit is also located onsite.

“Patients who needed both chemotherapy and radiation therapy would have to travel from the hospital to the mall. Now, patients are able to go to one location to see their physicians and obtain treatments,” said Watson.

In addition to convenience and ample parking, the Cancer Center offers a tranquil garden area, an educational resource center, a monthly cancer support group and assistance from staff members dedicated to helping patients and their families navigate the clinical and financial challenges that accompany a cancer diagnosis.

OPEN HOUSE

**CANCER CENTER
AT COLUMBIA MALL**

**August 20
5-7 PM**

*For more information about
the open house, call*

931.840.4446

Sleep disorders affect more than 100 million



According to the American Academy of Sleep Medicine, more than 100 million Americans of all ages regularly fail to get a good night's sleep.

“Living with a sleep disorder is not just about feeling fatigue. It can have serious implications on one's health and has been known to contribute to high blood pressure and heart disease,” said Shaun Corbin, M.D., who is board certified in otolaryngology and sleep medicine.

There are more than 80 known sleep disorders causing difficulty sleeping at night, staying awake in the daytime or unusual sleep behaviors. The most common include:

- Sleep apnea
- Narcolepsy
- Restless leg syndrome
- Sleep walking
- Insomnia

Sleep studies are recommended for individuals who for several weeks or longer experience one or more of the following symptoms that are commonly associated with a sleep disorder:

- Difficulty falling asleep
- Waking frequently and difficulty returning to sleep
- Feeling tired, irritable or having difficulty concentrating during the day
- Snoring loudly
- Awakening gasping for breath
- Kicking or jerking while asleep
- Difficulty staying awake while watching TV or reading

Sleep studies may be conducted for adults and children as young as two years of age. During a study, the patient is monitored with devices that record heart rate, snoring, airflow, oxygen levels, brain waves and movement in the muscles and eyes.

At Maury Regional's sleep centers, data is interpreted by a physician who is board-certified in sleep medicine. A physician's order is required to have a sleep study. For more information, call 931.490.REST (7378).

MAURY REGIONAL SLEEP CENTER LOCATIONS

MAURY REGIONAL MEDICAL CENTER
1224 Trotwood Avenue
Columbia, TN 38401

MARSHALL MEDICAL CENTER
1080 N. Ellington Parkway
Lewisburg, TN 37091

WAYNE MEDICAL CENTER
103 J.V. Mangubat Drive
Waynesboro, TN 38485

LAWRENCEBURG
1407 N. Locust Avenue, Suite 102
Lawrenceburg, TN 38464

P: 931.490.REST (7378)
F: 931.490.3915



Control blood sugar and reduce your risk

Most of us know someone in our lives who has high blood sugar. The myth is that elevated blood sugar is not a serious health problem because it is controllable with medications or insulin. The truth is that, over time, high glucose levels in the blood may damage the nerves and small blood vessels.

“Controlling blood sugar levels—or diabetes—is about more than taking medications. It requires lifestyle changes, predominately nutrition and exercise,” said Maury Regional Diabetes Educator Michelle Kennedy, BSN.

According to Kennedy and other health care providers across the nation, type 2 diabetes is becoming an epidemic. More than 85 million Americans age 20 and older have pre-diabetes and diabetes remains the seventh leading cause of death. Those with a consistent fasting blood glucose level above 126 are considered to have type 2 diabetes.

RISK FACTORS FOR DIABETES

Below are the most common risk factors for type 2 diabetes:

- Overweight
- High Blood Pressure
- Family History
- Low HDL (good cholesterol)
- High Triglycerides

While diabetes is manageable, it can affect nearly every organ in the body and may commonly lead to heart disease, stroke, kidney disease, blindness, nerve damage and non-healing wounds.

“While controlling the factors that influence high blood sugar may seem overwhelming—especially weight loss—there are ways that you can lose weight, lower your blood sugar and not give up all of your favorite foods. Physicians and diabetes educators can help you to develop a plan to improve your health and still enjoy your meals,” said Kennedy.

Maury Regional Medical Center has a variety of resources to assist you, including an outpatient program addressing diabetes self-management. This day-long course is offered on a regular basis and topics include meal planning, exercise, medications and prevention of complications. The program is covered by most insurance plans. For information, call 931.540.4324.



Protect yourself from skin cancer

More than two million people are diagnosed with skin cancer in the U.S. each year, according to the Skin Cancer Foundation. In fact, one in five Americans will develop some form of skin cancer during their lifetime.

There are two primary forms of skin cancer. Melanoma accounts for only about three percent of all skin cancer cases, but causes more than 75 percent of all deaths from skin cancer. Non-melanoma skin cancer is more common and includes basal cell and squamous cell. The Skin Cancer Foundation estimates that almost half of Americans who live to age 65 will have non-melanoma skin cancer at least once.

“Risk factors for skin cancer include skin type, heredity and prolonged exposure to the sun,” said Dr. Michael Sattasiri, a radiation oncologist at the Maury Regional Cancer Center. “Although we cannot change our family history, we can significantly decrease our risk of skin cancer by using proper protection against sun exposure.”

The following actions can help to reduce the risk of skin cancer:

- Cover up. When you are out in the sun, wear a lightweight, long-sleeved shirt or a wide-brimmed hat to protect as much skin as possible.

- Use a sunscreen with a sun protection factor (SPF) of 30 or higher. The SPF number represents the level of protection against ultraviolet (UV) rays provided by the sunscreen. Reapply sunscreen every two hours and after swimming or sweating.
- Wear sunglasses. Look for sunglasses that protect you from 99 to 100 percent of both UVA and UVB light.
- Protect your children from the sun. Make sure children are adequately protected with sunscreen, sunglasses and a wide hat. Keep sunscreen in your vehicle, bag or child’s backpack.
- Limit direct sun exposure during midday. UV rays are most intense during the middle of the day, usually between 10 a.m. and 4 p.m. If possible, avoid outdoor activities during that timeframe.
- Avoid tanning beds. UV light from tanning beds can cause skin cancer and wrinkling. If you want to look like you’ve been in the sun, use a sunless self-tanning product, but continue to use sunscreen with it.

Skin cancer is highly treatable when it is detected early, according to Dr. Sattasiri. “Be sure to examine your skin every few months to look for any new moles or dark spots that may have changed in size, color, texture or shape,” said Dr. Sattasiri. “Any areas of concern should be reported to your physician for further evaluation.”

Know the dangers of summer heat

With the summer heat index often reaching dangerously high levels, it is important to know some tips on how to stay safe from heat illnesses.

During exceptionally hot days, your body temperature can rise to dangerous levels. While the body normally cools itself by sweating, it is often not enough during hot weather, especially when the humidity is very high. Staying outside in the heat too long and overexerting yourself can lead to heat illnesses.

“Anyone in poor physical condition, older adults and both adults and children who are overweight or sick

are particularly susceptible to heat illnesses,” according to Maury Regional Chief Medical Officer Christopher Edwards, M.D. “Limiting time in the heat, drinking plenty of fluids to prevent dehydration and replenishing salt and minerals can help reduce the risk of heat illnesses.”

Heat illnesses include:

- Heat stroke – a life-threatening illness in which body temperature may rise above 104 degrees in just minutes; symptoms include dry skin, a rapid, strong pulse and dizziness
- Heat exhaustion – an illness that can precede heat stroke; symptoms include heavy sweating, rapid breathing and a fast, weak pulse
- Heat cramps – muscle pains and spasms that happen during heavy exercise
- Heat rash – skin irritation from excessive sweating

Symptoms of heat stroke may include severe headache, dizziness, confusion, nausea, rapid breathing and heartbeat, loss of consciousness, seizure and flushed, hot dry skin. If any of these symptoms appear, call for emergency help immediately. While waiting for help, move the victim indoors or to a shaded location and douse with cool water. Do not give children fluids to drink unless he or she is awake, alert and acting normally.

Steps to prevent heat illness include drinking plenty of liquids before and during any activity in hot sunny weather (whether you are thirsty or not), wearing light-colored loose clothing and using sunscreen when outdoors. Also, as much as possible, limit heavy activity to before noon and after 6 p.m. during hot and humid days and go indoors or in the shade to rest and hydrate whenever feeling overheated.

“Heat related illnesses can happen suddenly and without much warning. Put into practice prevention tips on hot summer days to stay safe,” said Dr. Edwards.



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