

HEALTH MATTERS

SPRING 2016



MRMC receives
additional accreditation
for women's
breast health

Colorectal Cancer:
Is it time for a screening?

Choosing
allergy relief

Seniors often have
emotional support needs

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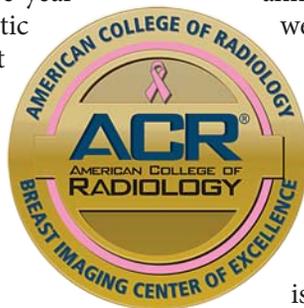


Maury Regional receives additional accreditation for women's breast health

As a Breast Imaging Center of Excellence, Maury Regional Medical Center (MRMC) has been recognized by the American College of Radiology (ACR) for its commitment to high practice standards.

Most recently, MRMC was awarded a three-year term of accreditation in breast magnetic resonance imaging (MRI) as the result of a recent review by the ACR. MRI of the breast offers valuable information about many breast conditions that may not be obtained by other imaging modalities.

MRMC is also accredited in mammography, breast ultrasound, breast ultrasound biopsy and stereotactic breast biopsy. Facilities awarded the status of Breast Imaging Center of Excellence have been confirmed by ACR to achieve high practice standards in image quality, personnel qualifications, facility equipment, quality control procedures and quality assurance program.



“Our recognition as a Breast Imaging Center of Excellence demonstrates Maury Regional’s commitment to breast cancer detection. One in eight women will be diagnosed with breast cancer. It is important for all women age 40 and older to receive a mammogram annually. This is the first step to detecting cancer and we have an array of technology to aid in an accurate diagnosis, backed by skilled surgeons and oncologists who can develop comprehensive treatment plans. Together, our goal is to save lives,” said Radiologist Blair Butler, M.D.

The ACR gold seal of accreditation represents the highest level of image quality and patient safety. It is awarded only to facilities meeting ACR Practice Parameters and Technical Standards after a peer-review evaluation by board-certified physicians and medical physicists who are experts in the field. The findings are reported to the ACR Committee on Accreditation, which subsequently provides the practice with a comprehensive report that can be used for continuous practice improvement.

Colorectal Cancer: Is it time for a screening?

According to the National Cancer Institute, colorectal cancer is the third most common type of cancer in men and women in the United States. Colorectal cancer is located in the colon or rectum sections of the large intestine and is expected to cause nearly 50,000 deaths in 2016.

With regular screenings, we can reduce these statistics. Screenings for colorectal cancer are recommended for everyone age 50 and older—and earlier for those with family history of the disease and other risk factors such as a history of inflammatory bowel disease. Several tests are available to screen for colorectal cancer including:

- Colonoscopy
- High-sensitivity fecal occult blood test
- Flexible sigmoidoscopy together with a double contrast barium enema

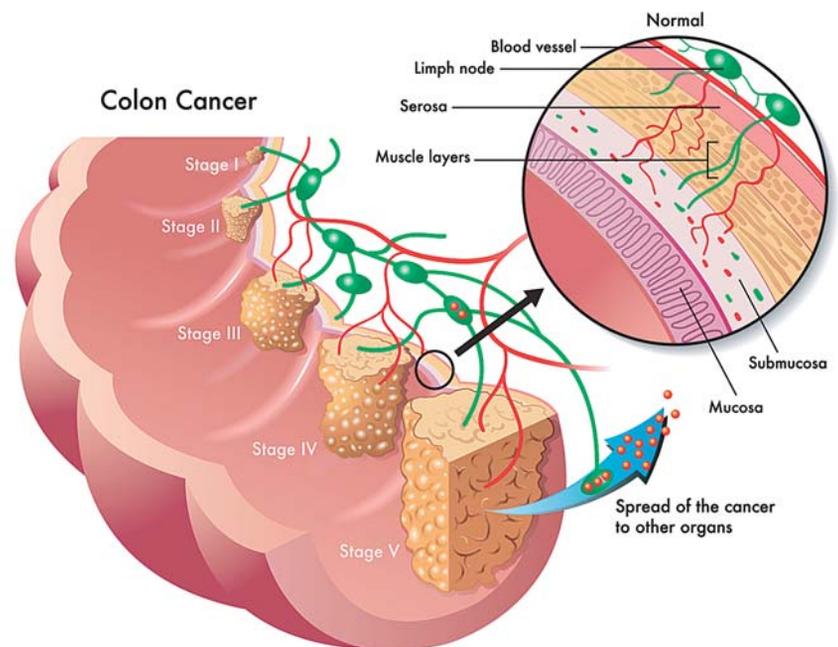
In addition to increased age, polyps, family history and inflammatory bowel disease, risk factors for colorectal cancer can include certain genetic mutations, excessive alcohol use, smoking, obesity and physical inactivity.

Treatment for colorectal cancer is most beneficial when the disease is detected at an early stage. Screenings for colorectal cancer not only help to detect the disease in its early stages, but can also help to prevent the disease.

“Colorectal cancer can begin as a growth on the inside wall of the colon or rectum. These polyps can develop into cancer over time. A

screening colonoscopy allows the physician to view the inside of the colon and remove polyps before they develop into cancer,” said Dr. Amit Choksi, a gastroenterologist on the medical staff at Maury Regional Medical Center.

Discuss your personal risk and family history with your physician to determine which screening option is best for you. Depending on your personal situation, screenings may be recommended every five to ten years or more frequently.



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Colonoscopies help to detect polyps that, if left untreated, may develop into cancer as well as early stage cancer in the lining of the intestine. By detecting cancer early, treatments may be more effective in killing cancer before it grows and spreads through the lymph system to other parts of the body.

Warning Signs

Contact your physician immediately if you are experiencing any of the following, which can be signs of colorectal cancer or another issue that needs immediate attention:

- Changes in bowel movements, including persistent constipation or diarrhea
- Dark patches of blood in the stool; or long, thin, “pencil stools”
- Persistent abdominal pain or bloating
- Unexplained fatigue, loss of appetite, and/or weight loss

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mauryregional.com





Choosing allergy relief

With warmer weather and the arrival of spring blooms, seasonal allergies may hinder your ability to enjoy the great outdoors.

Seasonal allergies are generally caused by plant pollens from trees, grass and flowers. Symptoms may include eyes that itch or are dry, stuffy nose, sneezing and runny nose. While the simple answer is to avoid the irritants that produce your allergies, doing so is not always feasible or desirable if you love the outdoors.

While over-the-counter decongestants or antihistamines provide relief for many allergy sufferers, it is important to discuss your options with your doctor or pharmacist. For most, these medications relieve symptoms and have minimal side effects such as sleepiness, but for those with certain conditions or those who are taking certain medications, selecting the right medication may take more investigation.

“The most common concern with certain allergy medications is their effect on blood pressure. If you have high blood pressure or heart disease, over-the-counter allergy medicines that contain decongestants may increase your blood pressure or make some blood pressure medications less effective,” said Charles A. Ball, M.D., a family medicine physician with FHG Columbia.

According to Dr. Ball, read all medication ingredients carefully to determine if the product contains a decongestant. This is especially common in products that treat multiple symptoms and in nasal sprays. It is important to consult your physician or pharmacist before taking any medication—including supplements—that may interact with an existing drug or affect your blood pressure. Dr. Ball also notes that these types of nasal sprays may be addictive and should only be used as directed.

Seniors often have emotional support needs

Once we reach our senior years, our life experiences and environment often present challenges. From losing those close to us to facing health issues, life may become more difficult and coping may not be as easy as it once was.

Marshall Medical Center's Senior Life Solutions program provides the support that you or a loved one needs. Sometimes, it is difficult to understand the pain and troubles that others are feeling, but we can see the signs. Services are designed to provide assistance to individuals suffering from one or more of the following:

- Sadness, crying and worrying
- Coping with loss
- Decreased energy
- Feelings of hopelessness
- Depression or loneliness
- Mood swings, anxiety or nervousness
- Difficulty sleeping or restlessness

Senior Life Solutions offers a therapy program for adults age 65 and older and assists individuals in coping with these feelings. Therapy is generally held 3-4 hours per day, three days per week. Those in the program may benefit from two therapy groups as well as activity and education groups.

“It has been rewarding to see the transformation that has taken place in many of our participants. Giving them the ability to share their thoughts and concerns in a supportive environment where others have often faced the same challenges can make a dramatic difference. Our goal is to provide them with the tools and support that they need to lead a more satisfying life,” said Senior Life Solutions Director Beth Sweeney, RN.

Our staff includes a board-certified psychiatrist, a licensed therapist, a registered nurse and other trained professionals to ensure you or your loved one receives the best possible care. For more information, call 931.270.3685.



ALZHEIMER'S SUPPORT GROUP

Senior Life Solutions offers a monthly Alzheimer's support group. Alzheimer's disease is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop over time and worsen, becoming severe enough to interfere with daily tasks.

Caregivers and family members of those with Alzheimer's disease are encouraged to participate. Each meeting will feature a speaker who focuses on a topic related to dementia and the challenges of caring for someone with Alzheimer's disease.

MONTHLY MEETINGS

Second Thursday—Noon
SENIOR LIFE SOLUTIONS
Marshall Medical Center Office Building
1090 North Ellington Parkway, Suite 101
Lewisburg, TN 37091

Registration is not required. For more information, call Senior Life Solutions at
931.270.3685.

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