

HEALTH MATTERS

SPRING 2018

The spring allergy survival guide
Three signs it's time for knee replacement
Ovarian Cancer: Who is at greatest risk?
Control pain without the Rx
4 steps to spring clean your diet



MAURY REGIONAL
HEALTH



New HEALTHfeed blog launched

Maury Regional Health is excited to announce the recent launch of HEALTHfeed, a new health and wellness blog on *MauryRegional.com*. The new blog provides timely content about health topics that are meaningful to community members, along with recipes and wellness information.

Find HEALTHfeed at *MauryRegional.com/health-feed*. For the latest blog posts and other news, follow us on Facebook, Instagram, LinkedIn and Twitter.

In addition, you can select to have information about screenings, free seminars and other information delivered directly to your inbox by selecting the e-newsletter sign-up button on the blog page.

- The spring allergy survival guide..... 1
- Three signs it's time for knee replacement..... 2
- Ovarian Cancer: Who is at greatest risk? 3
- Control pain without the Rx..... 4
- 4 steps to spring clean your diet..... 5

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The spring allergy survival guide

The arrival of spring has many people looking forward to exercising outdoors. But if you have seasonal allergies, the thought of going for a walk or a run outside during this time of year may make you want to cringe.

“Spring is one of the most challenging times of the year for those affected by allergies,” said Dr. Shaun Corbin, an ear, nose and throat specialist on the medical staff at Maury Regional Medical Center. “Sneezing, itching and congestion are among the symptoms that can occur when allergens like tree pollen are so plentiful.”

No one wants to be stuck indoors when beautiful spring weather is summoning you outside. Here are some tips that may help you:

- **Know your triggers.** Different allergens may be more bothersome on different days or at different times of the day. For example, pollen is typically higher in the morning, while mold spores are higher midday.
- **Check allergen counts.** Before heading outdoors, check allergen levels by watching your local weather forecast

or visiting the National Allergy Bureau. If counts are high for your triggers, switch to an indoor workout.

- **Use saline.** Saline nasal sprays help clear out allergens and can loosen up mucus in your nasal passage. If you need to take allergy medications, talk to your doctor or pharmacist about the best time to take them so they don't leave you feeling tired.
- **Stay hydrated.** Make sure you drink water, especially when allergies are bothering you or weather is hot and humid.
- **Change clothing.** Remove shoes by the door or leave them outside. Change clothes and wash in hot soapy water to avoid tracking allergens around the house.

“If you take allergy medications, speak to your doctor or pharmacist about the best time of day to take the medicine so that you get the most benefit,” said Dr. Corbin.

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Three signs it's time for knee replacement

Are you suffering from knee pain? More than 660,000 Americans undergo knee replacement annually to help ease the pain caused by damaged joints that no longer work as they should.

“While injury or other conditions may damage the knee joint, the most common condition affecting the knee is osteoarthritis caused by cartilage breakdown, bone changes and diminished joint fluid. There are several options that are available to relieve knee pain, such as over-the-counter drugs, injections and physical therapy, but there comes a time when the joint is so damaged that knee replacement is your best option to improve quality of life,” said Dr. J. Fredrick Wade, an orthopedic surgeon on the medical staff at Maury Regional Medical Center.

According to Dr. Wade, there are three key signs that it's time to consider knee replacement:

1. Pain interferes with daily activities

If knee pain results in difficulty sleeping or performing daily activities such as climbing stairs, driving, gardening or playing with grandchildren, it is time to evaluate your options.

2. Medication no longer relieves the pain

Most patients begin taking over-the-counter medications and progress to prescription medication. It is important to take these medications as indicated or prescribed and talk to your physician if they no longer relieve your knee pain.

3. Stability and balance is affected

As the anatomy of the knee deteriorates, often resulting in bone-on-bone wear, the knee becomes less stable. This instability results in an increased risk for falling injuries and may result in stress to other joints or the spine.

“If you are experiencing these three signs, it's time to talk to an orthopedic surgeon about knee replacement. Our goal is to help you regain quality of life with improved mobility,” said Dr. Wade.

Ovarian Cancer: Who is at greatest risk?

According to the American Cancer Society, an estimated 22,240 women will be diagnosed with ovarian cancer in 2018 and more than half will die from the disease. Of the cancers affecting the female reproductive tract, ovarian cancer is the most fatal according to Dr. Brenda May, a gynecologic oncologist at Maury Regional Medical Center in Columbia.

“Ovarian cancer predominately affects post-menopausal women. Because the signs and symptoms are very subtle, they are often dismissed. As a result, ovarian cancer is not often detected in its early stage when it is most treatable. It is vital that we increase awareness and improve early detection,” said Dr. May.

Here are three things all women should know about ovarian cancer:

Most ovarian cancer develops after menopause

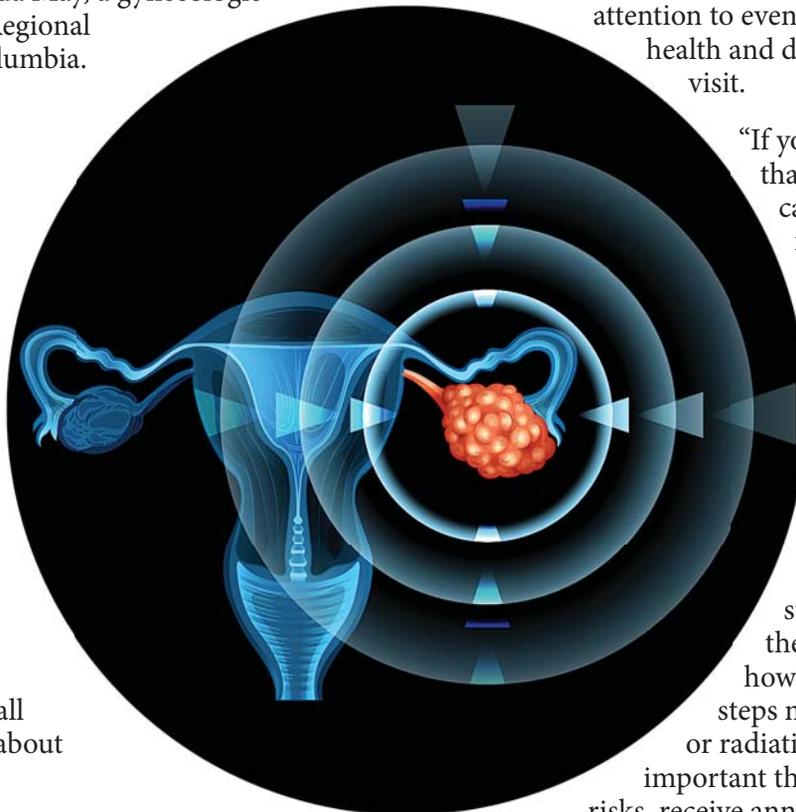
While cysts in women who have periods are relatively common, they are rarely cancerous. That is not the case in post-menopausal women. Any cyst or enlarged ovary after menopause should be promptly evaluated.

Signs and symptoms are subtle

Only 15% of ovarian cancers are diagnosed at an early stage. Because symptoms include pelvic or abdominal swelling/bloating, changes in bowel habits and weight gain, they are often dismissed as something other than cancer.

Discuss your risk factors with your doctor

The best defense against ovarian cancer is knowledge. Talk to your doctor about any family history of ovarian cancer, discuss affordable genetic testing options, receive annual pelvic examinations, and pay attention to even subtle changes in your health and discuss them during your visit.



“If your physician suspects that you may have ovarian cancer, the next step is diagnostic testing, typically a pelvic or transvaginal ultrasound or CT. If confirmed, surgery will be conducted to remove the ovary and any other cancerous tissue. Early stage disease may still be able to receive minimally invasive surgery. Depending upon the stage of the cancer and how far it has spread, next steps may include chemotherapy or radiation,” said Dr. May. “It is important that women know their risks, receive annual exams, pay attention to their bodies and discuss ovarian cancer with their physicians. Together, we can improve early detection and survival rates.”

Dr. May will be conducting a free seminar addressing ovarian cancer on May 3, 2018. The program will be held in the Maury Regional Annex at 1223 Trotwood Avenue in Columbia at 6 p.m. To register, visit the Community Health & Events section at MauryRegional.com.



Control pain without the Rx

With opioid addiction rates at crisis level, physicians and patients alike are looking for alternatives to prescription medications to alleviate chronic pain. Commonly prescribed opioids include oxycodone (OxyContin®, Percocet®), hydrocodone (Lortab®, Vicodin®) and codeine. According to the Centers for Disease Control and Prevention, physical therapy may serve as a safe and effective alternative to opioids for the management of non-cancer related pain.

“There are a number of ways to alleviate chronic pain without prescribing opioids that can lead to dependency. For many of my patients, physical therapy can serve as a valuable addition to a patient’s plan of care, complementing non-opioid medications and other treatment options,” said Dr. John Welker, a pain specialist on the medical staff at Maury Regional Health.

How does physical therapy help?

MANUAL THERAPY—Hands-on manipulation, joint and soft tissue mobilization and dry needling are among the therapies used to relieve pain associated with conditions that include lower back pain and carpal tunnel syndrome among others.

EXERCISE—When you exercise, your body releases chemicals called endorphins that interact with opiate receptors

in the brain to help decrease the perception of pain without leading to dependence. Physical therapists can help you develop achievable exercise plans based on the limitations of your condition.

EDUCATION—A physical therapist will work with you to understand the source and history of your pain and discuss environmental factors—such as workplace ergonomics—that may be aggravating the condition that causes your pain. The goal is to develop a plan that addresses ways to avoid issues that may trigger pain and non-medical ways to alleviate pain when it occurs.

If you are interested in ways to alleviate chronic pain without the use of prescription medication, talk to your doctor or contact a physical therapist.

Maury Regional Physical Therapy offers a direct access program that allows patients to receive an assessment from a licensed physical therapist without a physician’s order at its locations in Columbia, Spring Hill, Chapel Hill, Hohenwald, Lewisburg, Pulaski and Waynesboro. Following this assessment, the physical therapist will work with you and your physician on a plan for treatment. To learn more, call 931.380.4044.

4 Steps to Spring Clean Your Diet!

Committing to eating healthier doesn't require you to completely change your diet overnight. Just making small changes to your eating habits over time will help you adopt healthier habits that last. Focus on one thing at a time, and once you feel comfortable with a new habit, go on to tweak something else. At right are four changes you can make to your diet that can make a big difference in your overall health.

BEAN AND CHEESE TOSTADAS

Serves 8

INGREDIENTS

8 corn tortillas (6-inch diameter)
 1 can (14 oz) black beans rinsed and drained
 1 small white onion finely chopped
 2 medium zucchini cut into 1/4-inch pieces
 2 jalapeño peppers seeded and chopped
 1/2 Tbsp black pepper
 1/4 cup water
 1/2 cup corn cooked
 1 cup cherry tomatoes sliced
 1/2 cup chopped fresh cilantro leaves
 1 1/2 oz grated reduced-fat white cheddar or Monterey Jack cheese (1/4 cup)
 4 scallions chopped
 1 small avocado pitted, peeled and diced
 Lime wedges, optional

Preheat oven to 400°. Arrange tortillas on 2 baking sheets and toast in oven until crisp, about 5 minutes. Remove from baking sheets. Lightly spray baking sheets with nonstick cooking spray. Spread beans and onion on one and zucchini and jalapeños on the other. Lightly coat vegetables with cooking spray, season with the black pepper and roast until golden, 12 to 15 minutes. Transfer half the beans and onion to a bowl with the water and mash beans with the back of a fork until smooth. (Add more water to reach desired consistency, if necessary.) Spread mixture onto tortillas. Toss remaining beans and onion with zucchini, jalapeños and corn and divide among tortillas. Top each tostada with tomatoes, cilantro, cheese, scallions and avocado. Serve with lime wedges, if desired.

NUTRITION FACTS: 1 tostada
 Calories: 232; Fat: 7g; Saturated Fat: 2g; Cholesterol: 0mg; Sodium: 223mg; Carbohydrates: 31g; Fiber: 5g; Protein: 8g

CAULIFLOWER PIZZA

Serves 1

INGREDIENTS

1 lb cauliflower florets
 1 egg
 1/4 cup chopped fresh basil
 1/8 tsp black pepper
 2 garlic cloves minced
 1/2 oz grated Parmesan cheese
 1 tsp olive oil
 1/4 cup sliced mushroom
 1/2 red bell pepper sliced
 1/2 oz shredded part-skim mozzarella cheese
 1 sliced tomato
 1/3 cup fresh baby spinach

In a food processor, process cauliflower until finely chopped. In a microwave-safe bowl, cook cauliflower for 5 minutes, or until tender. Place cauliflower in a towel and squeeze out excess water so it is completely dry. In a bowl, mix egg, cauliflower, 2 tablespoons of the basil, black pepper, garlic and Parmesan cheese until combined. On a parchment-lined baking sheet, spread cauliflower dough out into a pizza round. Lightly coat cauliflower crust with cooking spray. Bake for 30 minutes, or until lightly browned. In a large skillet, heat oil over medium-high heat. Add mushrooms and bell pepper and sauté for 5 minutes, or until tender. Set aside. Remove crust from oven. Increase oven temperature to 450°F. Top cauliflower crust with mozzarella cheese, sautéed mushrooms and bell pepper, tomato, spinach, remaining 2 tablespoons basil and black pepper to taste. Bake for 7 minutes, or until cheese melts. Serve immediately.

NUTRITION FACTS: 1 pizza
 Calories: 420; Fat: 17g; Saturated Fat: 6g; Cholesterol: 206mg; Sodium: 516mg; Carbohydrates: 36g; Fiber: 14g; Protein: 31g

Spring Clean Your Diet!



Recommended: 6-9 teaspoons added sugar per day
 Average Consumed: 20 teaspoons added sugar per day



Recommended: < 2,300 mg/day
 Average Consumed: 3,400 mg/day



Recommended: No amount of trans fat is healthy



Recommended: 1½-2 cups fruit / 2½-3 cups veggies daily
 Average Consumed: Only 33% of adults eat enough fruit & 27% enough veggies

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