

HEALTH MATTERS

SUMMER 2019

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from sun damage

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new technology to
Cancer Center



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HEALTH



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*Health Matters is published by the
Maury Regional Medical Center
Marketing Department.*

Graphic design:
The Foreman Company

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Protecting your skin from sun damage

You may take it for granted, but did you know that your skin is actually your body's largest organ? With your skin exposed to so many elements over a lifetime, some wear and tear is natural; however, there are steps you can take to minimize damage to your skin.

Ultraviolet (UV) rays from the sun and artificial sources are among the leading causes of damage to the skin. Long-term effects of UV damage can range from premature aging and wrinkles to skin cancer. Protecting your skin against sun damage is vitally important to your skin's appearance and health throughout your life.

"Over-exposure to the sun and other sources of UV radiation can cause a multitude of issues for your skin, including a loss in elasticity, dryness and visible damage such as wrinkles and discoloration. In addition, the overwhelming majority of skin cancers are associated with exposure to UV radiation," said Dr. Matthew Endara, a specialist with Maury Regional Medical Group Plastic Surgery in Columbia and Spring Hill.

Here are four of the top tips for protecting against harmful ultraviolet (UV) rays that have potential to cause damage to your skin:

- **Apply sunscreen.** Every day that you are outside, apply sunscreen with a sun protection factor (SPF) of 30 or higher to all exposed skin, including the tops of your feet, ears and neck. The SPF number on the sunscreen bottle represents the level of protection against UV rays. While you are outside, reapply sunscreen every two hours and after swimming or other physical activity.
- **Cover up.** When you are out in the sun, wear a lightweight, long-sleeved shirt and a

wide-brimmed hat to protect as much skin as possible.

- **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 mid-day.
- **Avoid tanning beds.** UV light from tanning beds can cause skin cancer and other skin damage.

You can still look like you've spent time in the sun while protecting your skin. There are many options for sunless self-tanning products that, when combined with sunscreen, can provide a natural-looking tan with the benefits of UV protection.

"Protecting the skin from sun damage is most effective when started early," said Dr. Endara. "Parents are reminded to protect their children from harmful UV rays by making sure they wear sunscreen, sunglasses and a wide hat when outdoors."

Mathew Endara, M.D.

is a plastic surgeon associated with Maury Regional Medical Group Plastic Surgery who has practice locations in Columbia and Spring Hill.





Tips for hitting the road with diabetes

Summer is almost here and it's just about time to hit the road. However, if you have diabetes, there are some additional steps you'll need to take to ensure safe (and fun!) summer travels.

"Planning ahead is crucial when it comes to going on vacation if you have diabetes," says Michelle Kennedy, RN, BSN, CDE, diabetes program coordinator for Maury Regional Health. "By making well-informed, healthy choices, you can ensure you have a safe and satisfying time."

As you pack for your trip, make sure to have your diabetes kit ready and keep it with you at all times (not in your luggage). Your kit should include your log book, lancet, fast-acting carbohydrate, test strips, ID bracelet, syringe, insulin pen, diabetes medication, meter and ID card. Don't forget to pack any other medications you take, too.

If you're planning to take a long flight to reach your destination, it is essential to know your in-flight dining options, Kennedy emphasizes. For long flights where meals are served, many airlines allow passengers with health concerns to pick a meal that meets their needs when they book the flight online. You should also take snacks with you to the airport if possible. Most airport vendors usually sell a variety of healthy snacks, too, so stocking up at the gate before your flight is a great idea.

Whether you're taking a flight or going on a long car ride, be sure to stick to regular meal times. Pack sandwiches, fruit and healthy snack options. You'll also need to drink plenty of water — especially when traveling on an airplane.

It's important to remember, too, that if you're more active than usual, your blood glucose could drop. Plan to take along snacks, glucose gel tablets, soda and juice when you're hiking or sightseeing. Don't assume you'll be able to find food wherever you are.

"By taking preventative measures and listening to your body, you can still enjoy an excellent vacation if you have diabetes," Kennedy says.

For more information about diabetes management and education, visit MauryRegional.com/Diabetes.

Michelle Kennedy, RN, BSN, CDE, is the diabetes program coordinator for the Maury Regional Health system.



Six warning signs you might have sleep apnea

Despite going to bed early each night, you feel like you're swimming through mud over the course of the day — irritable and fatigued, your blood pressure rising along with your frustration. Your partner is tired, too: kept awake into the late hours of the night listening to your snoring.

If this sounds like you, you might be suffering from sleep apnea, a common condition characterized by breathing repeatedly stopping and starting throughout the sleep cycle. In addition to causing daytime exhaustion, sleep apnea can lead to a number of serious side effects, ranging from an increased risk for heart attack and stroke to type 2 diabetes, high blood pressure, fatigue, liver problems and sleep-deprived partners.

"Sleep apnea is one of the most common — and one of the most dangerous — sleep disorders out there," says Ted Bradshaw, RPSGT, RST, manager of Maury Regional Health Sleep Centers. "Symptoms of sleep apnea are most often first noticed by sleeping partners, whose own sleep can be impacted by the condition as well."

Warning signs of sleep apnea can include:

- Loud or excessive snoring
- Choking or gasping noises while sleeping
- A lack of energy throughout the day
- Morning headaches
- High blood pressure
- Irritability, depression and mood swings

Sleep apnea can impact anyone — including children. However, certain risk factors can increase someone's risk for sleep apnea, including but not limited to family history, smoking or alcohol consumption, obesity, age, nasal congestion, a large neck or a narrow airway. Men are also

more likely to experience sleep apnea, but post-menopausal women and children with enlarged tonsils/adenoids are also susceptible to it.

If you believe you might be suffering from sleep apnea, the first step is to talk with your physician, who may recommend a sleep study.

"During a sleep study, you'll be monitored with devices that record heart rate, snoring, airflow, oxygen levels, brain waves and movement in the muscles and eyes," Bradshaw says. "A board-certified sleep medicine physician will then interpret and share the results of the study with your physician."

For more information about sleep apnea or other common sleep disorders, such as insomnia, narcolepsy, restless leg syndrome or sleepwalking, visit MauryRegional.com/Sleep-Centers.

Ted Bradshaw, RPSGT, RST, is the manager of Maury Regional Health Sleep Centers. Sleep studies are performed at sleep centers in Columbia, Lawrenceburg, Lewisburg and Waynesboro. Call 931.490.REST (7378) for more information.



Maury Regional adds new technology to Cancer Center

Maury Regional Cancer Center in Columbia has expanded its imaging technology. The comprehensive Cancer Center now offers advanced PET, CT and PET/CT imaging services with the addition of the new Biograph mCT.

The Biograph mCT optimizes imaging that oncology physicians use to evaluate staging and monitoring of cellular activity over time and to assess treatment response. The new imaging system's innovative dose-reduction technologies minimize patient exposure to radiation, while its fast scan times result in less patient motion to improve image quality and overall patient experience. The Biograph mCT can support patients up to 500 lbs. and is designed to reduce claustrophobia with its wider 78-cm bore. This new imaging technology will be available full-time and can be scheduled with a physician's order.

Maury Regional Cancer Center is accredited by the Commission on Cancer of the American College of Surgeons and the American College of Radiology. Physicians who treat cancer patients specialize in medical oncology, hematology and radiation oncology.



"Patients with cancer are often treated multiple days per week over a period of several weeks. Our goal is to provide advanced cancer care and enable patients to stay close to home rather than traveling to metropolitan areas. Expanding our PET services to five days a week and adding this new imaging equipment complements our current cancer-fighting technology and our commitment to exceptional patient care," said MRH CEO Alan Watson.

Eating Healthy



SHRIMP TACOS

Gone are the days of boring beef tacos. Try these tasty shrimp tacos seasoned with a little spicy cayenne and chili powder and topped with healthy black beans and avocado. Light, easy and delicious.

Ingredients

- 1 Tbsp olive oil
- 1 tsp chili powder
- 1/8 tsp salt
- 1 tsp ground cumin
- 1/8 tsp cayenne pepper
- 1 lb large shrimp, peeled and deveined
- 2 garlic cloves, minced
- 1 can (15 oz) black beans, rinsed and drained
- 2 scallions, chopped
- 1 jalapeño pepper, seeded and minced
- 1 tomato, seeded and chopped
- 2 Tbsp fresh lime juice
- 8 corn tortillas, warmed (6-inch diameter)
- 1 avocado, pitted peeled and chopped
- 2 Tbsp chopped fresh cilantro leaves
- Fresh lime, cut into wedges

Preparation

In a large bowl, mix the oil, chili powder, salt, cumin and cayenne pepper. Add the shrimp and toss to coat. Lightly coat a skillet with nonstick cooking spray and heat over medium-high heat. Add the shrimp and garlic and cook until the shrimp are just opaque, about 1 1/2 to 2 minutes per side. Remove from heat. In another bowl, combine the beans, scallions, jalapeño, tomato and lime juice. Divide the shrimp and bean mixture evenly among tortillas. Garnish with avocado and cilantro. Serve with lime wedges.

Nutrition

Serving size: 2 tacos

Calories: 422, Fat: 14g, Saturated Fat: 2g, Cholesterol: 172mg, Sodium: 326mg, Carbohydrates: 42g, Fiber: 10g, Protein: 32g



HONEY GLAZED VEAL CHOPS

These Honey Glazed Veal Chops are seasoned with a hint of lavender. The mild, fragrant flavor of lavender makes this easy dinner special. You can find dry lavender in select supermarkets.

Ingredients

- 1 tbsp grapeseed oil
- 3/4 lb bone-in veal chops
- 1/8 tsp salt
- Black pepper to taste
- 1 tsp Dijon mustard
- 1 tsp honey
- 1/2 tsp dried lavender
- 2 tbsp reduced-fat plain Greek yogurt
- 1 tbsp apple juice
- 1 tbsp apple cider vinegar
- 1 head fennel, fronds reserved and cut into 2- by 1/4-inch strips
- 2 apples, cut into 2- by 1/4-inch strips

Preparation

In a skillet, heat grapeseed oil over high heat until hot. Season both sides of veal chops with salt and pepper. Add veal and cook until lightly browned on each side, about 2 minutes.

Meanwhile, in a small bowl, combine mustard, honey and lavender. Set aside.

When veal is browned, pour honey mixture over veal. Reduce heat to medium and cook for 4 minutes more, or until cooked through. Remove veal chops from heat.

In a large bowl, combine yogurt, apple juice and vinegar. Add fennel, apples and fennel fronds. Toss to coat and drain excess dressing.

Serve veal chops topped with apple-fennel slaw.

Nutrition

Serving size: 1 bone-in veal chop (6 oz) and 1/2 cup slaw

Calories: 430, Fat: 13g, Saturated Fat: 3g, Cholesterol: 142mg, Sodium: 535mg, Carbohydrates: 29g, Fiber: 4g, Protein: 31g

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