Joint replacement services are recertified.

Women and heart disease: know the facts.

Cardiac and pulmonary rehabilitation.

Physical therapy with anti-gravity treadmill.

Small steps for a healthier you.
Maury Regional Medical Center (MRMC) has been recertified by The Joint Commission for total knee and total hip replacement for the third consecutive certification cycle. Two-year certification is awarded to organizations that demonstrate compliance with national standards for health care quality and safety in disease-specific care.

MRMC underwent a rigorous on-site review for recertification of the hip and knee programs. A Joint Commission expert evaluated compliance with standards of care specific to the needs of patients and families, including infection prevention and control, leadership and medication management. The certification award recognizes MRMC’s dedication to continuous compliance with The Joint Commission’s state-of-the-art standards.

“The orthopedic surgeons, surgical and nursing staff and physical therapy staff are dedicated to providing outstanding care for joint replacement patients. This certification demonstrates their commitment to higher standards of clinical care and service for our patients,” said CEO Alan Watson.

The Joint Commission’s Disease-Specific Care Certification Program, launched in 2002, evaluates clinical programs across the continuum of care. Programs that demonstrate compliance in the following areas are awarded certification for a two-year period:

- Compliance with consensus-based national standards
- Effective and consistent use of appropriate, evidence-based clinical practice guidelines for the hip and knee replacement patient populations
- Collection and analysis of a minimum of four performance measures specific to hip and knee replacement

In addition to the recognition from The Joint Commission, MRMC has been designated as a Blue Distinction® Center+ for Knee and Hip replacement by BlueCross BlueShield of Tennessee (BCBST). The designation is awarded to hospitals demonstrating outstanding expertise and efficiency in delivering specialty care resulting in better overall outcomes for patients.

MRMC offers a wide array of inpatient orthopedic services, from minimally invasive outpatient procedures to comprehensive knee, hip and shoulder replacement. Outpatient services for orthopedic patients include physical therapy and home health care when needed.
There are a variety of health issues facing women today; however, heart disease remains the number one killer of women. The American Heart Association states:

• Heart disease causes 1 in 3 women’s deaths each year, killing approximately one woman every minute.

• Only 1 in 5 American women believe that heart disease is her greatest health threat.

• Ninety percent of women have one or more risk factors for developing heart disease.

• An estimated 43 million women in the U.S. are affected by heart disease.

• The symptoms of heart disease can be different in women and men, and are often misunderstood.

“While heart disease remains the number one killer of all women, the risks for heart disease may vary based on family history, ethnicity and age. Women are encouraged to discuss their risk factors with their primary care physician and hypertension—or high blood pressure—is among the early warning signs that you may be at risk. Increasing awareness about the threat of this disease is imperative to reducing the number of women who die from heart disease each year,” said Administrative Director of Cardiovascular Services Cathy Malone.

The Society of Cardiovascular Patient Care has designated MRMC an accredited chest pain center. Emergency responders are equipped to begin treatment immediately and relay vital information while in route to the Emergency Department. Physicians and staff are then waiting for the patient and can begin treatment immediately. Treatments may include intervention in the cardiac catheterization lab to open the blocked vessel. Vanderbilt Heart-Columbia, comprised of both cardiologists and interventional cardiologists, provides heart services at MRMC.
Heart Attack Warning Signs

- Chest pressure, tightness or pain
- Upper body discomfort in the arm, jaw, back or neck
- Shortness of breath
- Unusual fatigue
- Nausea, lightheadedness or cold sweat

Call 9-1-1 immediately if you or another have any of these symptoms. Every minute matters!

Cardiac and pulmonary rehabilitation aids those impacted by heart and lung disease

For those who have experienced a heart attack, a cardiac procedure, or chronic obstructive pulmonary disease (COPD), MRMC has designed a comprehensive cardiac and pulmonary rehabilitation program aimed at getting patients back to normal activities as quickly and safely as possible.

Rehabilitation includes education concerning risk factors, medications, breathing exercises, stress management, and other heart- and lung-related topics.

The program has achieved certification by the American Association of Cardiovascular and Pulmonary Rehabilitation for its commitment to improving the quality of life by enhancing standards of care.

Rehabilitation is provided under a physician’s written order and may be scheduled by calling 931.380.4094.
Maury Regional Physical Therapy helps patients heal quickly and safely with anti-gravity treadmill

MRMC Physical Therapy now offers two AlterG Anti-Gravity Treadmills, the world’s first and only treadmill using NASA based anti-gravity technology to help patients in their short-term rehabilitation programs.

“We are pleased to be offering this valuable equipment for our patients in both Columbia and Spring Hill physical therapy locations. Impact on the body and the pain of recovery are reduced, which helps people achieve better results. Patients can rehab better, train smarter and exercise safer with the AlterG,” said Director of Physical Medicine Cindy Kington.

With the AlterG, patients can run and walk without bearing their entire weight, reducing the impact on the body to optimize rehabilitation and physical therapy outcomes. Its differential air pressure (DAP) technology applies a lifting force to the body that reduces weight on the lower extremities and allows precise unweighing—up to 80% of a person’s body weight—so people can find exactly where the pain stops and natural movement feels good again.

There are a multitude of benefits when training and rehabilitating on the AlterG. Patients can use the AlterG Anti-Gravity Treadmill to recover from injury and surgery and it allows them to immediately do partial weight bearing exercises. Patients with neurological disorders maintain, and in some cases even regain, functionality and mobility working with the AlterG.

AlterG Anti-Gravity Treadmills are designed to be used for lower body injury and surgery rehabilitation, aerobic conditioning, sport-specific conditioning programs, neurologic retraining, and geriatric strength and conditioning.

In addition to the Maury Regional Physical Therapy Center located at 858 West James Campbell Boulevard in Columbia, the medical center offers physical therapy locations in Spring Hill, Pulaski, Chapel Hill and affiliate facilities offer services in Lewisburg, Hohenwald and Waynesboro. For a complete list of services at each location, visit mauryregional.com.
Small steps for a healthier you

Whether your goal is a better diet, increased exercise or both, improving your health does not require large sacrifices. There are simple changes that you can incorporate into your daily life that will make a difference in how you feel.

Reducing Calories

There are a number of ways to reduce your calories without feeling hungry. The chart on this page shows the recommended caloric intake for those moderately active based on gender and age. If you are exceeding these levels, here are a few ways to help cut back the calories:

- Drink more water and limit sodas.
- Limit portion sizes. This enables you to still enjoy a variety of foods while cutting calories.
- Select lean meats such as fish or chicken. The correct meat portion is the size of a deck of cards.
- Have a vegetarian meal. If you are concerned about protein, beans are an excellent, inexpensive and low-fat source.
- Choose carrot or celery sticks rather than chips for a satisfying crunch.
- Read food labels. You may be surprised at the number of calories or fat grams in certain foods.

<table>
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<th>Age Range</th>
<th>Males</th>
<th>Females</th>
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<tr>
<td>4-8</td>
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<td>9-13</td>
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<tr>
<td>71+</td>
<td>2,200</td>
<td>1,800</td>
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Note: The chart above includes general guidelines. You should discuss proper diet with a physician to determine the appropriate caloric intake based on your individual health goals or those of someone in your care.

Increasing Exercise

If the thought of joining a gym and exercising for an hour after work seems to be more than you can fit into your busy schedule or budget, there are still ways to increase your activity level every day. These may include:

- Park farther from entrances to increase your steps.
- Take the stairs instead of the elevator.
- Walk the dog or walk to get the mail.
- Do exercises such as squats or lifting hand weights while watching TV.
- At work, stretch every hour and walk during your lunch break.
- Purchase a fitness monitor or pedometer to measure your steps and compete with friends.
- Join your children in active games ranging from outdoor sports to motion-sensing electronic games like Wii.

These are just a few small ways to start on the road to better health. For more information on ways to improve your health and mobile apps to help you stay on target, visit HealthierTn.org.
Want to stay up-to-date with news and events?

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