

Health Link

A PUBLICATION OF FALLBROOK HOSPITAL

Prostate cancer update

New treatment
offers hope

Community events to keep you healthy

You've found
a breast lump:
Now what?

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new doctors

Honoring our staff



FALLBROOK
HOSPITAL

You've found a breast lump: Now what?

If the thought of finding a lump in your breast scares you, you're not alone. After all, many of us know someone who has had breast cancer. But some of us are so frightened that we avoid getting mammograms—the very habit that could save our lives if breast cancer develops. If you're in that group, you'll be glad to hear that four in five breast lumps turn out to be noncancerous. Here's a description of some common breast conditions:

Fibroadenoma: a smooth, solid, round painless lump that moves easily and can feel like a marble. Occurs most often in African-American women and women under age 30.

Fibrocystic breast changes: solid or fluid-filled lumps that

increase in size and tenderness five to seven days before each menstrual period.

Cyst: a smooth, fluid-filled lump often sensitive to the touch before the menstrual period. Typically appears in women between ages 35 and 50.

Lipoma: a soft and slow-growing painless lump that moves freely.

Intraductal papilloma: a small, wartlike growth near the nipple that may cause bleeding from the nipple. Occurs most often in women in their 40s.

Mammary duct ectasia: a thick, sticky, gray to green discharge from the nipple.

Mastitis: a warm, tender, lumpy area on the breast that appears red. Most often affects breast-feeding women.

Traumatic fat necrosis: painless, round, firm lumps that can result from a bruise or a blow to the breast. Occurs in older women and women with large breasts.

WHAT HAPPENS IF YOU FIND A LUMP?

If you find a lump, see your healthcare provider. He or she will do a clinical breast exam and may recommend one or more of the following tests and procedures:

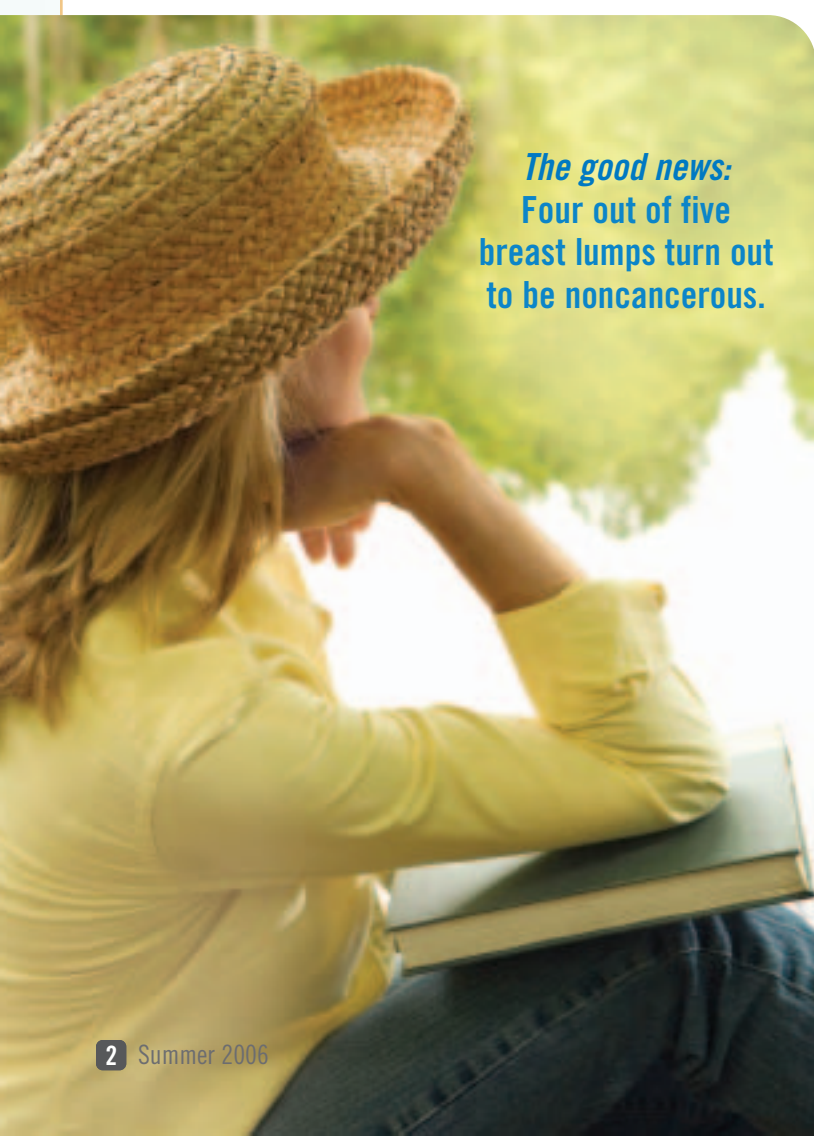
Mammography, or breast X-ray, may be recommended to determine the lump's size and location.

Ultrasound examination can determine whether the lump is a fluid-filled cyst or a solid mass.

Fine-needle aspiration is an in-office procedure. Fluid is drawn out of the lump with a thin needle. If the fluid is clear and the cyst disappears, you won't need a biopsy. If the fluid is bloody or the mass is solid, your doctor probably will recommend biopsy.

Stereotactic biopsy removes a small tissue sample with a thin needle for analysis. Computerized imaging guides the needle with pinpoint accuracy to the exact location to be sampled.

Surgical biopsy usually is performed on an outpatient basis. Normally, the surgeon removes the whole lump, but in certain cases he or she will remove only part of it. The tissue is sent to a lab where a pathologist will examine it for cancerous cells.



The good news:
Four out of five
breast lumps turn out
to be noncancerous.



IF PREVENTION DOESN'T WORK

Both a cold and the flu typically involve a runny nose, sneezing, sore throat, cough and fatigue, but only flu characteristically features headache, high fever and that all-over-achy feeling.

Some people are at higher risk for complications from the flu than others and should get prompt medical care instead of trying to self-treat. These include:

- people over age 65
- children and adults with a chronic health condition, such as asthma or diabetes, or a weakened immune system
- pregnant women
- infants and young children
- anyone who lives with children or others at high risk
- healthcare workers and caregivers who are in contact with children or others at high risk

Prescription antiviral medications such as oseltamivir (brand name: Tamiflu) can help shorten the duration of the flu and prevent you from getting sicker if taken within the first 48 hours of symptoms.

If symptoms suddenly worsen, linger more than a week and are accompanied by a dry, hacking cough, the flu might have developed into viral pneumonia. Thick, rust-colored mucus along with a cough may signal bacterial pneumonia. Both types of pneumonia require medical attention.

Easing the sneezing

Surviving cold and flu season

Autumn is almost upon us. Soon it will be time to rake the leaves, pull out the sweaters and pray the kids don't catch something at school that knocks the whole family out of commission for a week.

But with a few simple precautions, parents and children can keep colds and flu away—or at least from spreading. Here are some basic tips to avoid getting sick, whether you're 2 years old or 90:

- Wash your hands several times a day with soap and water—and even more frequently if you're around anyone with a cold.
- Keep your hands away from your eyes, nose and mouth.
- Cover your mouth and nose with a disposable tissue when you sneeze or cough. Then wash your hands.
- Protect and strengthen your immune system by getting enough rest, exercising regularly and eating a healthy diet that includes lots of fruits and vegetables.
- Don't share eating utensils or drinking glasses.
- Avoid crowds of people where germs may spread.
- Most important: Keep annual flu vaccinations up to date.

Call your pediatrician or primary care provider if ...

Your sick child has any of these symptoms:

- labored breathing, often signaled by the abdomen rising and falling dramatically
- a fever of approximately 102° F that acetaminophen (brand name: Tylenol) can't control or that's present for more than three days
- inconsolable crying or irritability
- blood in vomit or stool
- recurring vomiting or loose stools
- greatly diminished food or fluid intake
- pulling or tugging at the ears, which may indicate an ear infection





Larry W. Payton
Chief Executive Officer

Honoring our staff

Every spring, we appreciate the dedicated team of Fallbrook Hospital volunteers and employees during their respective national recognition weeks.

In April, we honored our volunteers for their donation of **1 million hours** since 1959. We have 135 active volunteers—many long term—who collectively donate an

average of more than 21,000 hours per year. They assist in many areas of the hospital, including admitting, the gift shop and medical/surgical and cardiac rehabilitation departments. Volunteers also provide patient transportation and help at community health fairs and screenings, the blood bank and flu clinics.

We held employee appreciation events during May's National Nurses Week and National Hospital Week. At that time, Jean Kowell, R.N., of the medical/surgical unit, was awarded the Patients' Choice Award for Favorite Nurse for 2006. We thank all the patients who took the time to nominate a nurse and for the wonderful comments. It's always difficult to narrow the spotlight to one employee when there are many positive examples of dedication and compassionate care throughout our hospital.

We're fortunate to have such a dedicated team of employees and volunteers. Whether they are involved with direct patient care, food service or patient accounting, every job is an important element in providing quality services to our patients and visitors and makes our hospital and community stronger.

LARRY W. PAYTON
Chief Executive Officer
Fallbrook Hospital

We'd like to introduce four of our experienced, dedicated physicians.



SAMUEL TIMOTHY KO, M.D.
Family Medicine

Rancho Family Medical Group
41715 Winchester Road, Suite 101
Temecula
(951) 676-4193

Medical degree: University of Minnesota, Minneapolis, Minn.

Residency: Allina Family Medicine, St. Paul, Minn.



SINIKKA GREEN, M.D.
Emergency Medicine

Primary Critical Care Medical Group
624 E. Elder St., Fallbrook
(760) 728-1191

Medical degree: Emory University School of Medicine, Atlanta, Ga.

Residency: Emory University School of Medicine, Atlanta, Ga.



ROBERT KEENAN, M.D.
General Surgery

Fallbrook-Rancho Surgery
521 E. Elder St., Suite 205, Fallbrook
(760) 728-6106

Medical degree: University of Texas-Southwestern, Dallas, Texas

Residency: San Joaquin General Hospital, Stockton, Calif.



ELIZABETH DeBAETS, M.D.
Pediatrics

Pediatric Partners
1107 S. Mission Road, Fallbrook
(760) 451-0070

Medical degree: Tulane University School of Medicine, New Orleans, La.

Residency: Children's Hospital, Los Angeles, Calif.



Community Events 2006

FALLBROOK HOSPITAL

HEALTHY LIVING

Diabetic Educational Series

This four-week course provides an intensive review of specific diabetes care and is designed to assist the patient with diabetes and family members in understanding and managing diabetes. Good blood sugar control is essential for health maintenance and prolonged life, and Janine Loescher, our certified diabetic educator and registered dietitian, will emphasize and assist attendees in reaching this objective.

Call: (760) 728-1191, ext. 246

Prepared Childbirth Classes

Childbirth Education classes include a six-week course (usually for first-time parents), a three-week refresher course and/or a breastfeeding class. For more information or for a flyer with specific class dates and registration information, please contact Fallbrook Hospital's Women's Center.

Call: (760) 728-1191, ext. 481

Laughter Therapy

Learn how to laugh for the pure joy of it. This unusual class introduces you to laughing as an alternative healing strategy.

When: Third Wednesday of each month, 4–5 p.m.

Call: (760) 728-1191, ext. 388

HEALTH SCREENINGS

Free blood pressure screenings

When: Wednesdays, 9:30 a.m.

Where: Joselyn Senior Center
399 Heald Lane, Fallbrook

Call: (760) 728-1191, ext. 311

Free blood sugar screenings

When: Second Wednesday of each month, 9:30–10:30 a.m.

Where: Joselyn Senior Center
399 Heald Lane, Fallbrook

Call: (760) 728-1191, ext. 311

Free prostate cancer screenings

Digital and PSA screenings are recommended annually for men ages 50 and older or men ages 40 and older with a family history of prostate cancer.

When: Saturday, Oct. 14, 7–10 a.m.

Call: (760) 728-1191 to schedule an appointment

SUPPORT GROUPS

Diabetic Support Group

People with diabetes and their loved ones and caregivers are invited to attend to obtain education on diabetes treatment, management and health promotion.

When: Fourth Wednesday of each month, 1 p.m.

Call: (760) 728-1191, ext. 377

Parkinson's Support Group

Individuals coping with Parkinson's disease, their loved ones and caregivers are invited to attend to share experiences and receive support.

When: Fourth Sunday of each month, 2 p.m.

Call: (760) 728-1191 for more information

Depression and Bipolar Support Alliance (DBSA) Support Group

Individuals coping with depression and bipolar disorder are invited to attend to share experiences and receive support.

When: Every Wednesday, 6:30 p.m.

Call: (760) 728-2006

Bereavement Support Group

Individuals who have experienced the loss of a loved one are invited to attend for emotional support through the grieving process.

When: Every Tuesday, 3 p.m.

Call: (760) 728-1435

FOR SENIORS

Senior Fitness Classes

These fun classes include stretching and range-of-motion exercises and are available through the Fallbrook Hospital Cardiac Rehabilitation Department.

When: Every Monday, Wednesday and Friday

Call: (760) 728-1191, ext. 377, to register or for more information

Senior Circle

Fallbrook Senior Circle is a program for adults ages 50 and older that offers in-hospital benefits, activities, educational lectures, a monthly get-together, national travel discounts and more. Senior Circle's mission is to support a healthy and active lifestyle by providing programs that encourage continued learning, wellness, health and volunteering coupled with social activities.

Call: (760) 728-1191, ext. 433



HEALTHWISE QUIZ

How much do you know about Alzheimer's disease?

Take this quiz to find out.

1 Which example of memory loss may be a sign of Alzheimer's disease?

- a. forgetting where your keys are
- b. forgetting what month and year it is
- c. forgetting the name of a person you just met
- d. forgetting to return a phone call

2 British researchers have recently learned that drinking this beverage can inhibit enzymes associated with the development of Alzheimer's:

- a. orange juice
- b. coffee
- c. tea
- d. white wine

3 All the following may be early warning signs of Alzheimer's *except*:

- a. speaking in jumbled sentences
- b. getting lost in familiar areas
- c. having rapid mood swings for no apparent reason
- d. losing sense of balance or experiencing vertigo

4 Which health condition is suspected of increasing the risk of Alzheimer's?

- a. yo-yo dieting
- b. high blood pressure
- c. asthma
- d. low bone density

5 Which is the most misdiagnosed mental disorder in older adults?

- a. Alzheimer's disease
- b. depression
- c. anxiety attacks
- d. insomnia

ANSWERS: 1. B, 2. C, 3. D, 4. B, 5. A

NUMBER CRUNCHING

Managing high cholesterol



The bad news: High cholesterol plays a key role in whether you develop heart disease or suffer a heart attack or stroke. Excess cholesterol, a waxy, fatlike substance in your blood, builds up on artery walls, reducing blood flow. The good news: You can do something about it.

Many factors contribute to high cholesterol. While you can't change your genes, age or gender—which all affect cholesterol—you can take the following steps to improve your cholesterol levels and your health.

To lower your LDL, or bad, cholesterol and raise your HDL, or good, cholesterol:

- **Eat smart.** Saturated fat and trans fats raise LDL cholesterol levels. Instead, use polyunsaturated or mono-unsaturated fats like olive, safflower, sesame, soybean, canola and peanut oils. Eat no more than six ounces of lean meat, fish or skinless poultry a day. Choose plenty of fruits, vegetables and whole-grain foods. Switch to fat-free or low-fat dairy products and increase soluble fiber found in foods like oats, beans and citrus fruits.
- **Get regular exercise**—at least 30 to 60 minutes of physical activity a day.
- **If you smoke, quit.** Smoking lowers HDL cholesterol and increases the blood's tendency to clot.
- **Consider medication.** If lifestyle changes aren't enough, your healthcare provider may prescribe cholesterol-lowering drugs.

Leveling off your numbers

Aim for these desired cholesterol levels. If you already have heart disease or other risk factors, your doctor may set different goals for you.

Total cholesterol less than 200 mg/dL

HDL cholesterol greater than 50 mg/dL

LDL cholesterol less than 100 mg/dL

Triglycerides less than 150 mg/dL

Bad breaks

First aid for broken bones

If your child were to take a spill from a bike or your best friend turned an ankle while stepping off the curb and you suspected a bone is broken, would you know what to do? Try taking these actions:

- **Determine whether you need emergency help.** All fractures will need medical attention, but call for emergency help if the injury involves the head, neck, back, pelvis or upper leg; there's heavy bleeding; bone has pierced the skin; or a toe or finger on the injured arm or leg is numb or blue at the tip. Also, call for help if you can't transport the injured person by car because he or she can't sit upright or use safety or seat belts.
- **Remove clothing from the injured part.** Use scissors to cut clothing away; don't try to pull the limb out of clothes.
- **Stop any bleeding.** Use a sterile bandage or clean cloth



and apply constant pressure to the wound. Have the person lie down and don't wash the wound or poke the bone back into the skin.

- **Make a splint.** Keep the limb in the position you find it. Place soft padding around the injury with something firm (like a board or rolled-up newspaper) next to it, using first-aid tape. Make sure the splint extends past the joints above and below the injury.
- **Apply cold packs.** Wrap ice in a towel and place it on the injured area to control swelling and pain until help arrives.

In case of emergency ... We're here for you

There's no telling when an accident or a sudden illness will occur. But when it does happen, turn to us, the clear choice for emergency assistance. Our emergency department provides patients with fast, dedicated and compassionate care. What's more, our ER is backed and supported by an entire hospital dedicated to helping you get well.

In an emergency, every second counts. Call us for emergency help anytime you suspect someone needs urgent care.



The whole-grain truth

Think outside the breadbox to include more healthy foods in your diet

Grains like wheat, rice, oats and corn are a staple in the American diet and for much of the world. Whole grains

and foods made from whole grains are an important source of fiber, vitamins, minerals and other nutrients. When refined grains like white flour and white rice are processed, much of the fiber and nutrients are lost.

Eating more whole grains can help you lower cholesterol and control your weight, reducing risk of heart disease, stroke, diabetes, gastrointestinal problems and cancer. Aim to eat at least three servings of whole grains each day. The earthy, nutty flavors and chewy textures are a great way to add a new dimension to your menu. Whole-grain breads, cereals, tortillas and crackers are just the beginning. Explore a variety of whole grains like barley, groats, wheat berries, buckwheat, triticale, bulgur, millet and quinoa.

HOP ABOARD THE GRAIN TRAIN

Upping your intake of whole grains is easier than you think. Try making some of these simple diet switches:

- Start your day with a bowl of bran flakes, shredded wheat or oatmeal.
- Buy whole-grain breads, bagels, rolls, tortillas, muffins, waffles and pancakes.
- Substitute rolled oats or crushed bran flakes for bread crumbs in recipes.
- Switch to whole-wheat pasta.
- Bypass the potatoes and try bulgur, barley, quinoa or brown or wild rice.
- Snack on un buttered popcorn or whole-wheat crackers or pretzels.
- Substitute barley or brown or wild rice for pasta or noodles in soups, stews, casseroles and salads.
- Use whole-wheat pastry flour in place of much of the all-purpose flour in recipes.

Prostate cancer update

New treatment offers hope

This year alone, more than 230,000 American men will be diagnosed with prostate cancer, and more than 30,000 will die of the disease. Thanks to ongoing improvement in treatment plans, however, more men with the cancer are surviving than in decades past.

Traditional treatments for prostate cancer include surgery to remove the prostate (radical prostatectomy), hormone therapy and external beam radiation or radioactive seed implants (brachytherapy) to kill cancer cells. Now, men suffering from early-stage prostate cancer have a new treatment option—cryoablation, which is currently being performed at Fallbrook Hospital. Board-certified urologist Philip Brodak, M.D., is trained in this new technology and has performed this procedure several times in recent months. “It’s also a good treatment choice for men who can’t have surgery because of their age or medical condition,” says Dr. Brodak. “And since cryoablation is a less invasive procedure than surgery, it has fewer side effects. It can be performed on an outpatient basis or with a one-night stay, and there’s a shorter recovery time, less pain and less blood loss.”

WHAT IS CRYOABLATION?

Cryoablation, also called cryotherapy, is a relatively new treatment method that uses extremely low temperatures to freeze and destroy cancerous



Urologist Philip Brodak, M.D. (right), performs surgery with assistance from Jason Lai, M.D.

prostate tissue. During the procedure, while the patient is under general or spinal anesthesia, a surgeon passes a probe through a small incision made between the scrotum and anus and guides it into the prostate. This limits damage to healthy tissue. The probe circulates liquid nitrogen or argon gas that then freezes the cancer.

Cryoablation has favorable success rates when compared with other procedures, and less risk of rectal damage than from radiotherapy. However, cryoablation has a higher risk for impotence and can be used only to treat prostate cancer that has not spread beyond the gland.

Watch for these signs

See your doctor if you have any of these symptoms:

- a weak or interrupted stream of urine
- a frequent urge to urinate, especially at night
- difficulty in starting to urinate
- blood or pus in the urine
- pain or burning upon urination
- continuing pain in the lower back, pelvis or upper thighs

Learn more!

For more information about cryoablation or other prostate cancer treatments, call Philip Brodak, M.D., at Tri-Valley Urology Medical Group at (760) 728-5774.



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