



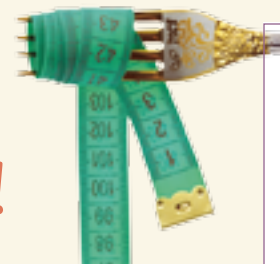
A Better You

Embracing Health...Embracing Life

Spring 2010

Women's Health of Pasco

Lose Weight with a New Program **Designed for You!**



Have you tried diets without success? Started an exercise program that didn't last? Maybe you lost weight but gained it all back. Trying to lose weight is frustrating for many men and women, especially when they are faced with misleading diet products and empty promises. Women's Health of Pasco started a new weight loss program in September to prove that it is possible to make real changes right now and get lasting results for a healthier you.

You Can Do It

The weight loss program, led by Behrouz Madani, M.D., OB/GYN, and Michael Weiss, M.D., OB/GYN, has been successful from the start. "There are about 40 to 45 patients under my care for weight loss, with 100 percent of patients on track for success and not a single dropout in the first six months of the program," Dr. Madani shares. Dr. Weiss adds, "A number of patients have lost between 20 and 30 pounds within a two- to three-month period."

All it takes is a commitment to improving your health and the way you feel about yourself. The team at Women's Health of Pasco helps knock down the barriers to weight loss, bringing you a convenient, medically appropriate and affordable program that provides the tools to be successful on your own.

What's Involved?

The first step is to schedule a one-on-one office visit with Dr. Madani or Dr. Weiss. Motivation, challenges

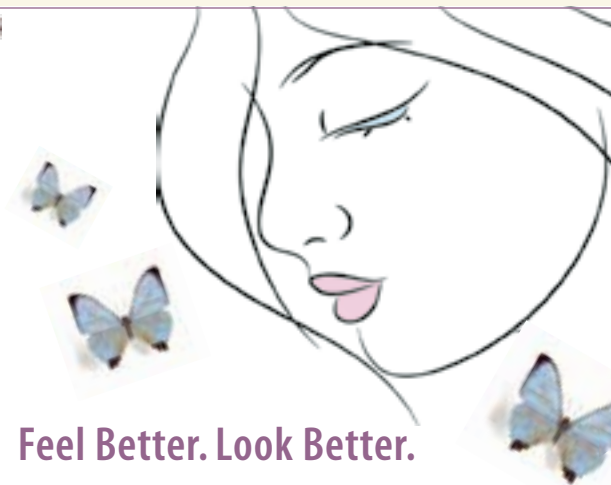
and goals are outlined from the start, as well as a plan for achieving goals and maintaining weight loss. The doctor establishes caloric guidelines, discusses exercise modalities and may run lab tests to determine if you are a candidate for diet suppression therapy and medication. "We give you a head start to achieving weight loss goals with ideas for improving the way you eat, encouraging exercise and offering medical therapy to help with food cravings if needed," Dr. Weiss explains.

After the initial visit, the frequency of follow-up visits varies depending on the patient's needs. The program may include biweekly injections of vitamin B12 and B-complex to help burn fat and increase energy levels. "My patients come back every two weeks until they have reduced their body mass index by five points; then I see them once a month," Dr. Madani explains.

Medical Motivation

It is well-known that there are significant health risks associated with being overweight, including diabetes, risk of heart disease and high blood pressure. "Excess weight increases the risk for osteoarthritis, joint disease and other serious problems," Dr. Madani warns. "For younger women, being overweight or obese may lead to infertility, abnormal menstrual cycles and complications in pregnancy."

As women age, the metabolism slows and it can be harder to lose or maintain weight. The team at Women's Health of Pasco understands this challenge



Feel Better. Look Better.

Women's Health of Pasco offers Botox[®] Cosmetic for the treatment of crow's feet, brow furrows and forehead wrinkles. Patients will see a noticeable reduction in the appearance of lines and wrinkles in as little as 24-48 hours and results last up to four months. For more information, and to schedule a consultation, please contact Dawn at **(352) 567-1411**.



Women's Health of Pasco
Botox[®] Cosmetic & Medical Weight Loss

and helps women overcome it. Dr. Weiss adds, "Age is just a number, and it depends on how well you take care of your body. We keep patients focused on being the best they can be at any age."

Start Today

Want to learn more about the weight loss program at Women's Health of Pasco? Call **(352) 567-1411** or **(813) 788-7669** with questions or to schedule an appointment with Dr. Madani or Dr. Weiss.

Achieving Healthy Cholesterol Levels

Why Medication Alone Is Not the Answer

Because Eric was in his early 30s and lived a fairly heart-healthy lifestyle, he was surprised to learn he had high cholesterol. In fact, his cholesterol levels were dangerously high and he had a strong family history of heart disease, so his doctor prescribed medication. Eric wasn't content to rely solely on drug therapy, however. He stepped up his exercise efforts and watched his diet more carefully. As a result, he lost weight, and the combination of medication and lifestyle changes have served to keep his cholesterol levels under control.

For many people, medication is the only way to manage cholesterol levels. Yet success with medication should not minimize the importance of a healthy diet and adequate exercise. One common family of cholesterol-lowering medications, called statins, can pose side effects ranging from muscle injury to liver and kidney dysfunction. Sometimes lifestyle changes may be enough to improve cholesterol levels and reduce or eliminate the need for medication, and are key components in preventing a host of possible health complications.

Eat Smart for Your Heart

Foods high in saturated fat – such as fatty red meats, full-fat dairy products and processed and fried foods – can worsen your cholesterol levels, while other foods may help improve your levels. (See box.) While dietary changes alone may not be enough to reduce your harmful cholesterol, with or without medication, reducing the amount of harmful fats you consume is the first step toward better heart health.

Step Up Your Exercise Routine

Exercise may help improve your cholesterol levels by boosting HDL (good) cholesterol. A higher HDL level is linked to a lower risk of heart disease. In addition, physical activity can help control other risk factors for heart disease, including diabetes, high blood pressure and weight (see Know Your Numbers on page 3). Consult your physician before beginning any exercise program.



Watch Your Weight

Carrying extra weight tends to lead to unhealthy cholesterol levels. Even if you must rely on medication to keep your cholesterol in check, it's wise to work on keeping your weight in check, as well. Being overweight can lead to a host of health problems, including diabetes, certain types of cancer, arthritis, asthma, sleep apnea, high blood pressure, gallstones and depression.

A Combined Effort

If diet, exercise and weight control aren't enough to lower your cholesterol, talk to your physician about medication and its possible benefits and side effects. Continue to exercise and eat wisely, and get regular cholesterol screenings to achieve your best heart health.



Foods that Boost Heart Health

If you're trying to improve your cholesterol levels and protect your heart, enjoy some of the following options:

- Oatmeal and oat bran.
- Fish with heart-healthy omega-3s, such as salmon and tuna.
- Soy.
- Nuts (especially walnuts and almonds).
- Foods fortified with plant sterols or stanols (substances in plants that help block the absorption of cholesterol) such as some varieties of margarine or orange juice.

Know Your Numbers

Cholesterol is a fat-like substance that circulates in your blood. Some cholesterol is manufactured naturally by your body, while the rest comes from foods you eat. The goal is to boost your amount of HDL (good) cholesterol and lower your amount of LDL (bad) cholesterol and triglycerides (another type of harmful fat).

HDL (Good) Cholesterol

Optimal/reduces risk of heart disease:

60 mg/dL or more

Average: 40 to 50 mg/dL (men),

50 to 60 mg/dL (women)

At risk for heart disease: less than 40 mg/dL

(men), less than 50 mg/dL (women)

LDL (Bad) Cholesterol

Optimal: Less than 100 mg/dL

Near Optimal/Above Optimal:

100 to 129 mg/dL

Borderline High: 130 to 159 mg/dL

High: 160 to 189 mg/dL

Very High: 190 mg/dL and above

Triglycerides

Normal: less than 150 mg/dL

Borderline to High: 150 to 199 mg/dL

High: 200 to 499 mg/dL

Very High: 500 mg/dL and above

A prescription for a Lipid Profile will measure your cholesterol levels. The Laboratory at Pasco Regional Medical Center is open 24 hours a day, seven days a week for your convenience. No appointment is necessary. Simply remember to bring your prescription and have nothing to eat or drink (except water) for 12 to 14 hours before your test.

Source: American Heart Association.

Act **F.A.S.T.** to Save a Stroke Victim


One in three Americans can't name a single stroke symptom, according to the National Stroke Association. Yet getting medical help quickly is vital to saving a life and limiting disability. Here's how to act F.A.S.T. to recognize stroke symptoms and take action:

F **ace.** Ask the person to smile. Does one side of the face droop?

A **rms.** Ask the person to raise both arms. Does one arm drift downward?

S **peech.** Ask the person to repeat a simple sentence. Are the words slurred? Can he or she repeat the sentence correctly?

T **ime.** If the person shows any of these symptoms, time is critical. Call 911 immediately.



The Florida Agency for Healthcare Administration (AHCA) has designated Pasco Regional Medical Center (PRMC) as a Primary Stroke Center. PRMC is the first and only hospital in East Pasco to earn the Primary Stroke Center designation.

Airport Full-Body Scanners Don't Pose Radiation Risk

Amid concerns of terrorists targeting airliners, the Transportation Security Administration (TSA) is deploying full-body scanners at security checkpoints in some U.S. airports. Some travelers wonder whether the radiation from these scanners poses a health risk.

According to the American College of Radiology, airline passengers flying cross-country are exposed

to more radiation from naturally occurring cosmic radiation during the flight than from screening by one of these devices. It would take 1,000 airport security scans in a year to equal the effective radiation dose of one standard chest X-ray. And one chest X-ray is equivalent to the amount of radiation exposure we experience from our natural surroundings in 10 days.

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www.PascoRegionalmc.com

LAP-BAND® Weight Loss Seminars

Are you ready to finally lose the weight and change your life? If so, register to attend a free surgical weight loss seminar. **Our surgeons are pioneers in the field of LAP-BAND® surgery and have performed more than 800 procedures at Pasco Regional Medical Center (PRMC).** For more information, register to attend a seminar by calling (352) 518-1090 or toll-free (888) 848-7673.

- April 7, 6 to 7:30 p.m.
- May 5, 6 to 7:30 p.m.
- June 2, 6 to 7:30 p.m.
- July 7, 6 to 7:30 p.m.

ROSE® Weight Loss Seminars

If you've regained weight after gastric bypass surgery, PRMC offers the ROSE®, an **incisionless**, endoscopic, surgical procedure to treat the source of weight regain and help you restore weight-loss. To learn more, register to attend a seminar by calling (352) 518-1090 or toll-free (888) 848-ROSE (7673).

- May 5, 7:30 to 8:30 p.m.
- June 2, 7:30 to 8:30 p.m.

Childbirth Education Classes

This series of five classes, including Infant/Child CPR focuses on childbirth techniques, breathing exercises, what to expect, the role of the support person and how to manage labor. Classes are free to parents delivering at PRMC. All classes are held from 7 to 9:30 p.m. in Medical Plaza I, Suite 107. For registration information, please call (352) 521-1138.

- April 8 – Child/Infant CPR
- April 14, 15, 21, 22 – Childbirth Classes
- May 13 – Child/Infant CPR
- May 19, 20, 26, 27 – Childbirth Classes
- June 10 – Child/Infant CPR
- June 16, 17, 23, 24 – Childbirth Classes

Diabetic Support Group

This monthly support group meets on the first Thursday of each month from 2 to 3 p.m. to discuss nutrition and health issues related to managing your diabetes. To register to attend, please call PRMC dietitian Kathy Lamonda at (352) 521-1100, ext. 1483.

- April 1
- May 6
- June 3
- July 1

Living with Diabetes Program

A unique education and exercise rehabilitation program for diabetics, this program follows specific guidelines from the American Diabetes Association. Patient progress is monitored to ensure each patient is as safe as possible during his or her individualized diet and exercise plan. To be accepted into this program, you will need a prescription from your physician, a commitment to getting control of your diabetes and a one-time fee of \$50. For more information, please call PRMC dietitian Kathy Lamonda at (352) 521-1100, ext. 1483.