



# A Better You

Embracing Health...Embracing Life

Winter 2009

## A 911 Call Saved My Life



When I walked into the locker room at work, I realized something was wrong. I couldn't speak. I tried to pick up my lock, but my right hand couldn't grab it. One of my co-workers noticed something was

wrong and asked if I could write. With my left hand, I scribbled 911 on a piece of paper. Luckily, my friend knew the signs of stroke and got help. She called an ambulance, and I was rushed to the emergency room. The doctors ran some tests and put a drug into my IV. Within 10 minutes I could speak again. I didn't know a thing about stroke before I had one. Now, I make sure that all my family knows the signs of stroke so they can get help if they need it.

### Minutes Lost Equals Brain Loss

Stroke is the leading cause of long-term disability and is the third-leading cause of death in the United States. Nearly 800,000 strokes occur each year and that number is expected to increase 40% by 2025.\*

About 85% of strokes are the ischemic type – caused by a blood clot that blocks a blood vessel to the brain. It only takes a few minutes for blood- and oxygen-starved brain cells to begin to die. Fast treatment is needed to dissolve or remove the clot and restore blood flow.

### Making Minutes Matter

Getting the right care at the right time can make all the difference for a person having a stroke. Pasco Regional Medical Center is committed to

providing the highest quality of stroke care to the communities we serve. In December, we strengthened our commitment by meeting the rigorous national standards set for Stroke Center Certification. The American Stroke Association created this certification to recognize medical centers that make exceptional efforts to foster the best possible long-term outcomes for stroke survivors.

We're proud to offer nationally recognized stroke care to our patients and our community. Earning this certification confirms to our patients that we are dedicated to providing quality care that is effectively managed to meet each patient's unique and specialized needs. To our community, Pasco Regional Medical Center's compliance with national standards ensures that the best care is available close to home. The certification also helps employers and healthcare purchasers in our community find high-quality care with controlled costs and efficient productivity.

### Make the Most of Your Minutes

Stroke symptoms are typically sudden and include:

- Numbness or weakness in the face, arm or leg, especially on one side.
- Confusion and/or trouble speaking.
- Trouble seeing, walking and/or balancing.
- Severe headache.

If you see someone showing signs of stroke, call 911 immediately.

Pasco Regional Medical Center's stroke team of neurologists, specially trained stroke nurses and

## Need A Physician?

Pasco Regional Medical Center is pleased to introduce a new Physician Referral Line. If you need to find a local physician, simply call toll-free (877) DOC-5321 (877) 362-5321. Representatives will help you locate a primary care physician or specialist near your home. You can also call this number to register for upcoming educational classes and support groups. Find a physician at (877) DOC-5321.

## Stroke Prevention

A healthful lifestyle can go a long way in preventing stroke. Follow these five suggestions to lower your risk of having a stroke.

- If you smoke, quit. Smoking doubles the risk for stroke.
- Exercise daily. A brisk walk for 30 minutes can improve your health in many ways.
- Follow a nutritious diet. Eat plenty of fruits, vegetables, whole grains and low-fat meat and dairy products.
- Ask your doctor if you have circulation problems. You may need to take a low-dose aspirin or other medication daily to improve circulation.
- Consult your doctor to learn ways to keep blood pressure and cholesterol under control.

rehabilitation staff members is ready 24/7 to stop strokes in progress, return stroke patients to the highest level of function possible and decrease risk of future strokes.

\* Source: International Stroke Conference, February 2009.

# Top 4 Reasons Men Avoid the Doctor

*And What You Can Do About Them*

Women typically do it all when it comes to their family's healthcare. From choosing a hospital to filling prescriptions, nearly six in 10 women (58%) are the primary decision makers.\* But there's one decision a woman can't make: Getting the man in her life to get a regular physical.

Men tend to avoid doctors for preventive checkups and even for serious problems. A CNN/*Men's Health* survey found that one-third of men would not go to the doctor even if they had chest pains and shortness of breath – two top symptoms of a heart attack.

## Why Won't He Go?

Fear, embarrassment and general feelings of awkwardness are just a few of the underlying reasons men have for avoiding doctors. You can't change the way a man feels, but you can help clear up misunderstandings about preventive care so he feels better about making his own decision to go.

**1. "But I feel healthy."** You can't feel high blood pressure and blood sugar or unhealthy cholesterol levels. Luckily, simple tests can identify these health conditions before they lead to diabetes, heart attack and stroke. You also can't feel melanoma, the deadliest form of skin cancer. The melanoma death rate is rising for men – many who wait too long to see a doctor about suspicious moles.\*\*

**2. "I don't know what I need to do."** Encourage Internet use to learn more about health issues and age-appropriate preventive care. Being educated can help a patient feel more in control during a visit. Just make sure he visits reputable sites to get accurate information. [www.PascoRegionalmc.com/MensHealth](http://www.PascoRegionalmc.com/MensHealth) offers information on men's healthcare topics.

**3. "I'm too busy."** Going to the doctor takes time, but being sick and dealing with health problems that could have been prevented takes more time. Pasco Regional Medical Center offers a free physician referral service. If you need a primary or

specialty care physician, please call our Physician Referral Line at **(877) DOC-5321**. You can also locate physicians online at [www.PascoRegionalmc.com](http://www.PascoRegionalmc.com) and look under the "Physician" tab on the home page.

**4. "We can't afford it."** Trying to cut costs by delaying or forgoing preventive healthcare can lead to bigger expenses down the road. A doctor can suggest simple, inexpensive healthy habits during a checkup – like taking an aspirin a day to prevent heart disease or getting an annual flu shot.

## The Good News

The good news is that many of the diseases and health conditions that men face can be prevented or treated if they are detected early. Men should know that checkups are not designed to find problems – but prevent them and keep him strong.

\* Source: Kaiser Family Foundation, "Women, Work and Family Health: A Balancing Act."

\*\* Source: *Archives of Dermatology*, April 2009.

## Preventive Health

# Keeping Your Family Healthy Saves Money

In tough economic times, families are setting budgets and tightening expenses. But there's one area you shouldn't trim: preventive health care.

Even if your family is healthy now, skipping preventive healthcare can cost you in the long run. Routine screenings and exams can help find health problems in the early stages when they are often easier to treat. This can save you money and helps prevent serious health problems over time.

**Check your numbers.** High cholesterol and blood pressure levels can lead to serious illnesses, including heart disease and stroke. With the help of a diet and exercise plan and/or medication, risk factors may be controlled. Preventive steps for heart health cost significantly less than emergency care or surgery.

**Schedule regular screenings.** The best way to identify risk factors and find certain illnesses is through regular screenings. Cancer, for instance, is most treatable in its earliest stages, so be sure to be checked regularly. The chart on page 3 shows guidelines for some important screenings; talk to your doctor to create a plan that's right for you.

**Stay up-to-date on shots.** Both kids and adults should keep up with vaccinations. Immunizations have been shown to be effective in reducing certain diseases, including flu, pneumonia, hepatitis B, chickenpox and tetanus.

Help keep your family healthy and happy – even in more challenging times – by continuing to follow your preventive care plan. Call our free Physician Referral Line at **(877) DOC-5321** to locate a doctor near you.

\* Source: American Heart Association, Heart Disease and Stroke Statistics – 2009 Update.

Physician Referral Line  
**(877) DOC-5321**



## A Healthy Lifestyle

Want to reduce your risk for future illness? Following a healthy living plan might be your strongest defense.

- Eat a healthful diet low in fat and cholesterol.
- Limit alcohol consumption.
- Exercise for 30 minutes on most days of the week.
- Wear sunscreen.
- Don't smoke.

## Schedule Your Screenings

Preventive care screenings are key in helping detect risk factors for disease in the early, most treatable stages.

Test	How Often
Blood pressure	At least every 2 years
Cholesterol	Start at age 20; discuss with provider
Thyroid	Every 5 years starting age 35
Blood glucose (diabetes screening)	Every 3 years starting age 45
Colorectal cancer screening	Discuss with provider
Pelvic exam (women)	Yearly
Mammogram (women)	Every 1-2 years starting age 40
Prostate cancer screening (men)	Discuss with provider

These are guidelines only. Your doctor can help create a preventive care plan that is appropriate for you.

Source: U.S. Department of Health and Human Services.

## Urinary Incontinence

# A Going Concern for Women

If you experience urinary incontinence, or loss of bladder control, you know it's no laughing matter. Although men can have this problem, it is twice as common in women. But, it doesn't need to control your life. Incontinence can be treated, so don't let embarrassment keep you from seeking help.

### What Is Incontinence?

Temporary incontinence may be caused by a urinary tract infection, a medication or constipation. This condition improves when you eliminate the problem that caused it. Chronic incontinence, however, is ongoing. It falls into two main categories: stress incontinence, the most common, and urge incontinence. Some women have both.

**Stress incontinence** comes about as a result of physical changes from pregnancy and childbirth, weight gain or menopause. The pelvic muscles can stretch and weaken, no longer supporting the bladder. If this happens you can lose the ability to tighten the muscles that close off the urethra, which allows urine to leak into the urethra when you laugh, cough, sneeze, exercise or perform other actions that cause pressure on your bladder.

**Urge incontinence** is the result of damage to the urinary tract or to the nerves that control urination. With this kind of bladder control problem, you may urgently feel the need to urinate suddenly or often. The sensation often comes without much warning, so you might leak enough urine to soak your clothes because you can't get to the bathroom in time. This kind of incontinence is sometimes called overactive bladder.

### Can It Be Treated?

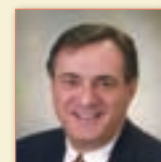
Pasco Regional Medical Center is home to some of the most experienced gynecology surgeons who use minimally invasive techniques to correct urinary incontinence. Most of our patients go home within 24 hours following surgery. You don't have to live with the discomforts of urinary incontinence. Call one of our doctors and schedule a consultation today to discover your personal treatment options.

### Treatments for stress and urge incontinence include:

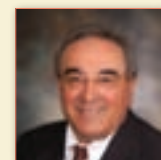
- Kegel exercises.
- Medication.
- Minimally invasive surgery.
- Bladder retraining.
- Electrical stimulation.

If one treatment fails, don't give up. Work with your doctor to find the right combination of treatments.

## Meet Our Gynecologists



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(813) 782-7318



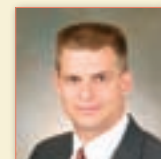
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## Inside This Issue



### A 911 Call Saved My Life

(page 1)



### Top 4 Reasons Men Avoid the Doctor

(page 2)



### Keeping Your Family Healthy Saves Money

(page 2 - 3)

### Urinary Incontinence A Going Concern for Women

(page 3)



13100 Fort King Road  
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(352) 521-1100  
[www.PascoRegionalmc.com](http://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.

- Jan. 6, 6 to 7:30 p.m.
- Feb. 3, 6 to 7:30 p.m.
- Mar. 3, 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).

- Jan. 6, 7:30 to 8:30 p.m.
- Feb. 3, 7:30 to 8:30 p.m.
- Mar. 3, 7:30 to 8:30 p.m.

## Childbirth Education Classes

This series of five classes, including Infant/Child CPR focus 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 (877) DOC-5321.

- Jan. 14 – Child/Infant CPR
- Jan. 20, 21, 27, 28 – Childbirth Classes
- Feb. 11 – Child/Infant CPR
- Feb. 17, 18, 24, 25 – Childbirth Classes
- Mar. 11 – Child/Infant CPR
- Mar. 17, 18, 24, 25 – 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 diabetes. To register please call (877) DOC-5321.

- Jan. 7
- Feb. 4
- Mar. 4

## Lunch & Learn

PRMC is pleased to offer one-hour presentations on various healthcare topics. The sessions include a complimentary lunch and question-and-answer session. Seminars are held in Medical Plaza I, Suite 108 from noon to 1 p.m. Reservations are required. Call (877) DOC-5321 to register. Seating is limited.

- Jan. 13 – Urinary Incontinence, Behrouz Madani, M.D., FACOG, Gynecology
- Jan. 20 – Aneurysms and Carotid Artery Disease, Hadi Hakki, M.D., Thoracic & Cardiovascular Surgery
- Feb. 3 – Peripheral Vascular Disease, Ketal Chauhan, MD, Cardiology
- Feb. 10 – Kicking the Habit (Smoking Cessation), Doug Collins, Director of Respiratory Services at PRMC
- Feb. 17 – Stroke, Allauddin Khan, MD, Neurology