



A Better You

Embracing Health...Embracing Life

Spring 2008

Understanding Diabetes

At least 20.8 million people have diabetes in the United States, but nearly one-third of those with diabetes don't know that they have it.* *The Journal of the American Medical Association* predicts that between 2000 and 2050, the number of people in the United States diagnosed with diabetes will increase by 165 percent.

What Is Diabetes?

"Our bodies turn most of the food we eat into glucose, or sugar, which is needed for energy," explains Irfan Ali, M.D., of Lake Jovita Internal Medicine. "Insulin is a hormone produced by the pancreas that is used to help glucose get to the body's cells. Diabetes occurs when the body either doesn't make enough insulin (type 1 diabetes) or can't use its own insulin properly, causing sugars to build up in the blood (type 2 diabetes)."

Type 1 diabetes usually strikes children and young adults, but disease onset can occur at any age. **Type 2 diabetes** is the most prevalent form of the disease, making up 90 to 95 percent of all diagnosed diabetes cases. "While it's more common among adults, type 2 diabetes increasingly is being diagnosed in children and adolescents, due in large part to an epidemic of childhood obesity," Dr. Ali says. "The disease usually begins as insulin resistance, a disorder in which the cells do not use insulin properly. The pancreas

gradually loses its ability to produce insulin as the body's need for insulin increases. Damage occurs slowly, often without signs. People may not know they have the disease until a serious health problem occurs."

Treatment Is Key

Although there is no cure for diabetes, early detection and treatment can help control the disease and prevent complications. Potential complications include heart disease and stroke, high blood pressure, blindness, kidney disease, nervous system disorders, dental disease and amputations.

Treatment involves a combination of lifestyle, medical and psychosocial issues. The goal of treatment is to keep blood glucose near normal levels at all times. This requires a regimen that may include a carefully managed diet, exercise, home blood glucose testing, oral medication and/or insulin injections.

Preventive Measures Can Help

While there are no known methods for preventing type 1 diabetes, research has found that lifestyle changes such as consuming a healthy diet and getting adequate physical activity may help prevent or delay the onset of type 2 diabetes.

* Source: American Diabetes Association, www.diabetes.org.



"While it's more common among adults, type 2 diabetes increasingly is being diagnosed in children and adolescents, due in large part to an epidemic of childhood obesity."

Living with Diabetes Program

Pasco Regional Medical Center is pleased to introduce a unique education and exercise rehabilitation program for diabetics, titled *Living with Diabetes*. This program is presented by our pharmacist, dietitian, physical therapists, and wound care and diabetic educators. Knowing that exercise plays an important role in the management of diabetes, each participant enrolls in an exercise program. These programs are monitored to ensure each patient is as safe as possible during his or her individualized diet and exercise plan.

The *Living with Diabetes* program follows specific guidelines from the American Diabetes Association. 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 contact Monica at (352) 521-1138.

Symptoms of Diabetes

- Frequent urination.
- Excessive thirst.
- Extreme hunger.
- Increased fatigue.
- Unusual weight loss.
- Sudden vision changes.
- Sores that are slow to heal.
- More infections than usual.
- Tingling or numbness in hands or feet.

Good Night, Sleep Tight

Having trouble falling asleep? Try some good sleep hygiene.

It's the end of a long day, you have to get up early the next morning, you finally make it to bed, your head hits the pillow and . . . BOING! You're wide-awake. You have to get up in 5 hours and 45 minutes. You try counting sheep, clearing your mind, thinking tranquil thoughts. 5 hours and 43 minutes. Your anxiety builds, you can't fall asleep and the countdown continues.

"If you experience this for a day or two, it's not a major issue," says Juan Cevallos, M.D., a board-certified pulmonologist who specializes in the study and treatment of sleep disorders. "But if this happens over and over again, night after night, it becomes pathological. You start acquiring self-perpetuating behaviors – feeling anxious when you go to bed because you fear you are not going to fall asleep. The typical complaint I get from patients is almost diagnostic, 'I fall asleep on the couch. But when I go to bed, I cannot fall asleep.'"

Some people may go to sleep in five minutes. Others may take 30 to 40 minutes. Lying awake for an hour or more, trying to go to sleep, is too long.

Sleep Stealers

If you are in the habit of drinking coffee, tea or caffeinated sodas, these may be hindering your ability to fall asleep. Caffeine stimulates the central nervous system and the skeletal muscles. While its effects dissipate with time, it can stay in your body for up to 14 hours. Over-the-counter medicines – decongestants, cold medicines, headache remedies – may also contain caffeine.

Nicotine is a stimulant. Having a smoke before bedtime – a cigar or a cigarette – is actually pumping a stimulant into your bloodstream and should be avoided.

The next thing you should focus on is light. Nerve clusters in the brain govern our circadian rhythm, or day timer. They respond naturally to dwindling light by signaling the pineal gland to produce melatonin, a hormone that encourages sleep. If bright light is artificially introduced into the room through a television, computer screen or other source, it inhibits secretion of melatonin and your body's effort to embrace sleep.



For more information, talk to your doctor about the Sleep Disorder Center at Pasco Regional Medical Center or speak with one of our sleep specialists by calling **(813) 783-1866**. The center is located at 6233 Abbott Station Drive in Zephyrhills (in Silver Oaks Village).

Reduce Anxiety

The third thing you want to eliminate is anything that perpetuates your anxiety – such as clock-watching, work or any activity that is stimulating. Turn the alarm clock around so you can't see it. Leave the computer and television in another room.

Both television and the computer engage our brains. Immediately before sleep, we need to relax our brains, not engage them.

Repeated studies have shown sleep to be improved by a regular exercise program. However, it is recommended that your workouts end at least 30 to 40 minutes before bedtime.

We Can Help

If you embrace good sleep hygiene and you are still not falling asleep, you may need to consult a sleep disorder specialist. Pasco Regional Medical Center offers the services of board-certified pulmonologists and sleep specialists who diagnose and treat sleep disorders at our Sleep Disorder Center in Zephyrhills. Our brand new facility is located in the Silver Oaks Village across from the YMCA. This newly constructed sleep clinic features six private, beautifully decorated rooms for overnight sleep studies. A good night's sleep is essential for your well-being.

Meet Our Sleep Specialists

Juan Cevallos, M.D.

Florida Medical Clinic
38135 Market Square
Zephyrhills, FL 33542
(813) 782-1329
Board-Certified Internal
Medicine/Pulmonology/Critical
Care Medicine

Paul Chakola, M.D.

East Pasco Pulmonary & Critical
Care Associates
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Zephyrhills, FL 33540
(813) 782-4560
Board-Certified Internal
Medicine/Critical Care Medicine

Sajeev P. Vettichira, M.D.

Florida Pulmonary Associates
38011 Arbor Ridge Drive
Zephyrhills, FL 33540
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Board-Certified Pulmonology/
Critical Care Medicine

Hyperbaric Oxygen Therapy

Treating tissue damaged from radiation therapy for cancer.

Don Place was playing tenor saxophone during the 2007 New Year's Eve celebration at Traveler's Rest Resort when he realized something was wrong. His wife of 51 years, Carolyn, took him to the emergency room where he was diagnosed with hemorrhagic cystitis. Hemorrhagic cystitis occurs as a result of radiation to the bladder and causes persistent bleeding.

How HBO Helps Patients

During chronic radiation treatments, the blood vessels within the area being treated can become scarred and narrowed. This results in an insufficient supply of oxygen to maintain normal function. Wound healing from this type of condition requires oxygen delivery to the injured tissue. This can be accomplished through the use of Hyperbaric Oxygen Therapy (HBOT). HBOT provides a better healing environment and leads to the growth of new blood vessels.

Around the first of December 2007, Don and Carolyn returned to Florida. Don's Michigan physician recommended he find a clinic in Florida that offered Hyperbaric Oxygen Therapy to treat his hemorrhagic cystitis. Don discovered the Center for Wound Healing and Hyperbaric Medicine at Pasco Regional Medical Center.

"At first I was a little apprehensive," Don says. "But, I can't say enough about the care I've had here. The center is new and clean, and Dr. Emilio Dominguez was gracious and spent time with me."

The First Dive

When asked about his first dive in the HBO chamber, Don answered, "I tend to be a little claustrophobic. You get used to it. Pretty soon you get to where you just watch TV."

Don will undergo 30 treatments of HBO to encourage the growth of new blood vessels and repair the damage incurred by former radiation treatments.



Dr. Dominguez with Don.

Seeing Improvement

"Don is doing very well with his hyperbaric treatments and has had no further episodes of hemorrhagic cystitis," states Emilio Dominguez, M.D., Don's wound healing physician and Medical Director for the Center for Wound Healing and Hyperbaric Medicine.

Above all, Don wants people to know that you should not be worried about this form of treatment. He encourages everyone to talk to their doctor. "It's not as hard as it may seem," Don says.

Arthritis: The Leading Cause of Disability in People Ages 55+

While there are many different forms of arthritis, osteoarthritis is the most common type.

Osteoarthritis is a result of trauma to the joint, infection of the joint or age.

Brian McGraw, D.O., Orthopedic Surgeon with Pasco Regional Medical Center in Dade City, recently addressed this issue at a Pasco Regional *Lunch & Learn*. "Wherever you find a joint, there is cartilage," Dr. McGraw says. "Over time, that cartilage wears out, and your body cannot replace it. As the cartilage wears away from your joints, bone rubs against bone, causing pain and loss of movement. This is the most common form of arthritis," Dr. McGraw states.

Keeping Pain from Persisting

Fortunately, early diagnosis and treatment can help minimize symptoms and slow the progression of the disease. Treatment options vary and include physical and occupational therapy, lifestyle changes and medications.

Treatment Options

Arthroplasty (joint replacement) is a well-known treatment for arthritis. Patients who suffer from daily pain and experience a decreased level of activity may be eligible for joint replacement. Conservative treatments must first be exhausted and preoperative clearance is necessary from the patient's primary care physician.

Joint replacement of the hip or knee uses a synthetic joint in place of the natural joint. Advances in technology have extended the life of joint replacements, with some lasting up to 30 years. However, the person's lifestyle will determine the longevity of the joint.

Dr. McGraw believes in a conservative approach to treating arthritis. "My goal is to help you maintain an active, normal lifestyle so you can continue to do the things you enjoy," he says.

Meet Our Orthopedic Surgeons

Ben L. Chiang, M.D.

13020 Fort King Road, #102

Dade City, FL 33525

(352) 567-1367

Board-Certified Orthopedic Surgery

Brian A. McGraw, D.O.

Pasco Orthopedics & Sports Medicine

38332 Daughtery Road

Zephyrhills, FL 33540

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MED-KEY™

Your Passport to Savings

Med-Key is a free membership program presented by Pasco Regional Medical Center that entitles you to certain discounts offered by both our hospital and participating local businesses. Med-Key also can help simplify your admission process to Pasco Regional Medical Center.

As a Med-Key member, you will receive a personal Med-Key card to carry in your wallet so you will have it handy when you need it. You must always present your Med-Key card at the time of service, whether at the hospital or at participating Med-Key merchants, so that you receive the best service possible as well as any applicable discounts.

For a Med-Key application, please visit our Web site at www.pascoregionalmc.com or call the Marketing Department at **(352) 521-1176** to request your complimentary Med-Key booklet with a complete list of merchants and discounts.



13100 Fort King Road
Dade City, FL 33525

(352) 521-1100
www.pascoregionalmc.com

Calendar of Events

LAP-BAND® Weight Loss Workshops

Are you more than 100 pounds over your ideal weight? Are you concerned about your health? Have you tried fad diets, diet pills and exercise programs? If nothing worked, then you may be a candidate for the LAP-BAND System. LAP-BAND workshops are hosted monthly from 6 to 8 p.m. at Pasco Regional Medical Center in Medical Plaza I, Suite 108. Please call **(352) 518-1090** or toll-free **(888) 568-0967** to register.

- May 7 – Lee Grossbard, M.D.
- June 4 – P. Krishnaraj, M.D.
- July 2 – Richard DiCicco, M.D.

Childbirth Education Classes

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

- April 16, 17, 23, 24 – Childbirth
- April 30 – Infant/Child CPR
- May 14, 15, 21, 22 – Childbirth
- May 28 – Infant/Child CPR
- June 18, 19, 25, 26 – Childbirth
- June 12 – Infant/Child CPR

