

SPRING 2010

Health Connection

A PUBLICATION OF
NORTHERN LOUISIANA MEDICAL CENTER

**Know your heart-
attack triggers**
It can save your life

Fill up on fiber

**Vein, vein,
go away!**

Feel young again
Cosmetic procedures
for you

**Meet our
new physician**


**Northern Louisiana
Medical Center**

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to win a \$50 Walmart gift card!



Doug Sills
Chief Executive Officer

Dear friends,

Welcome to another issue of Northern Louisiana Medical Center's (NLMC) *Health Connection* newsletter. I know you may be as proud as I am to see the recent health care advancements in Ruston/Lincoln, including the addition of a new cardiology program, a new orthopedic and orthopedic spine program, advanced outpatient treatment for varicose veins and capital expenditures to improve our women's center services. NLMC will roll out more new service lines and specialists this year.

At NLMC, we're committed to providing quality health care for our community, parish and region. From acute hospitalization/hospitalist services and outpatient diagnostic testing to women's, cardiology or digestive services, NLMC offers diverse health care options, with plans to grow.

A DEDICATED TEAM

"Providing Comfort, Care and Compassion" is more than just a catchy slogan; it's a philosophy that describes the dedication of our employees, medical staff and volunteers in caring for people in their time of need. While NLMC and the physicians we employ are committed to providing modern facilities and technology, our patients are the true secrets to our success.

We sincerely appreciate the privilege and opportunity to serve you and your loved ones.

With special thanks for your continued support,

DOUG SILLS
Chief Executive Officer
Northern Louisiana Medical Center

FACE FACTS

New cosmetic procedures for you



JoAnn Meyer, M.D.
Ophthalmologist

Medicine can improve your quality of life, helping cure disease, maintain health and improve physical and emotional well-being. JoAnn Meyer, M.D., a specialized ophthalmologist, can help you have more youthful, healthier skin. She also treats glaucoma, strabismus (unaligned eyes)

and dry eyes and performs cataract removal, eyelid lifts and more!

SMOOTHER SKIN

Our cosmetic services offered include:

- **Botox® cosmetic injections**, which eliminate wrinkles by causing facial muscles to relax, resulting in smoother skin.
- **Perlane®**, a mid-dermal filler for moderate to severe facial folds and wrinkles and scar correction. Usually used for pronounced facial folds, such as those around the mouth.
- **Restylane® injections**, which temporarily correct facial wrinkles and folds, depressions in the skin and scarring and restore the lip border. Results from these injections can last about six months.
- **Juvéderm®**, the first FDA-approved injection to be an effective dermal filler in persons of color. Juvéderm lasts up to a year and is customizable.

! Feel young again!

To benefit from nonsurgical cosmetic procedures, Northern Louisiana Eye Associates, the office of JoAnn Meyer, M.D., is here to help. Take comfort in knowing you'll be taken care of by a physician who's genuinely interested in your needs. For more information, call (318) 255-5510 or visit www.northernlaeye.com.



Don't let vein problems reign

New advancement eases pain



Kevin Meyer, M.D.
Surgeon

There's renewed hope for those suffering from painful varicose veins. Kevin Meyer, M.D., has opened Northern Louisiana Vein Care Center, which offers patients an advanced procedure called radiofrequency (RF) ablation therapy for treating varicose veins without the need for a hospital stay, general anesthesia or stitches.

To counteract the forces of gravity, veins have valves that prevent blood from flowing backward as it's pumped back toward the heart. Over time, these valves can weaken, causing blood to pool inside the vein and distended veins that have a "rope-like" appearance. This condition can lead to serious circulatory problems like blood clots, leg ulcers and poor circulation. The solution is RF ablation therapy.

ZAPPING THE PAIN

RF ablation is a minimally invasive procedure that delivers radiofrequency energy to a heating element, which heats and contracts the collagen within the vein and causes the vessel to collapse.

A catheter is inserted into the diseased vein through a small incision. The device is then threaded through the vessel up to the groin area. RF waves are applied to the heating element in 20-second intervals to heat and ablate the vein in 7-centimeter increments. After each segment is treated, the catheter is manually withdrawn down the vein. The process is repeated until the entire vein has been ablated. The body automatically re-routes blood flow through healthier veins, restoring normal circulation. The ablated vein becomes scar tissue that the body eventually absorbs.

"The radiofrequency procedure for varicose vein treatment is a great advancement for patients. We're pleased to bring this medical advancement to the community," says Dr. Meyer, who emphasizes that procedures are conveniently conducted in the office. "Many insurance companies now cover the radiofrequency procedure because it's become well-established as an effective treatment. More astounding than the outpatient nature of the procedure is that patients can literally walk home afterward."

"Varicose veins are a common problem—approximately 25 percent of women and 15 percent of men in the United States suffer from this condition," says Dr. Meyer. "Women

are more prone to suffer from varicose veins because of pregnancy, and heredity has been shown to be a contributory factor as well. We're pleased to offer this new treatment that helps men and women improve their condition and overall health."

Vein, vein, go away!

Kevin Meyer, M.D., is board certified by the American Board of Surgery. For more information or to register for a free screening with Northern Louisiana Vein Care Center, call (318) 255-3288 or visit www.northernlouisianamedicalcenter.com.

Fill up on fiber

High-fiber diet leads to a healthier you



By Leonel Lacayo, M.D.
Board Certified in Gastroenterology
Ruston Gastroenterology Consultants

Most of us are aware of the benefits of fiber in our diet, from helping with weight control to promoting regular digestion. But fiber also helps regulate blood pressure, lower cholesterol and guard against the development of chronic health conditions like heart disease and diabetes.

HOW MUCH DO YOU NEED?

Men and women should get 20 to 30 grams of fiber a day, with an upper limit of 35 grams per day, say health experts. The National Fiber Council recommends an average of 32 grams of fiber a day, based on a 2,000-calorie diet. The recommended amounts of fiber vary with age, gender, activity level and health conditions.

There are different types of fiber. Soluble fiber dissolves in water, and insoluble fiber doesn't. Soluble fiber helps lower blood cholesterol and glucose levels. Insoluble fiber, or "roughage," helps promote healthy bowel function. Both are important to your body's good working order. Dietary fiber is consumed as a part of processed, whole or fortified foods.

BE SMART IN THE GROCERY AISLE

Fiber can be found in most fresh produce, grains and nuts. Many grocery store items from yogurt to fortified breads now have added fiber. When shopping, read food labels carefully. Choose bread products that have whole grains as a primary ingredient and at least 3 grams of fiber per serving.

Get healthy

The team at Ruston Gastroenterology Consultants can help. Call (318) 254-1274 for more information or an appointment. For more information, visit our "Health Resources" link at www.northernlouisianamedicalcenter.com, the USDA Food Pyramid at www.mypyramid.gov or the American Dietetic Association at www.eatright.org.

Eating the right foods is only half the equation. Drink eight to 10 glasses of water a day since fiber needs water to bind to work properly in your system.

Fiber also helps with conditions that develop with aging, such as constipation, irritable bowel syndrome and diverticulitis, an inflammation of the intestine that can involve pain, internal bleeding and eventual removal of part of the intestine.

Talk with your physician about the role of fiber in your health management plan, particularly if you have risk factors for chronic diseases or health conditions.



Soluble fiber

oats, oat bran, oatmeal, beans, peas, rice bran, barley, citrus fruits, strawberries and apple pulp

Insoluble fiber

whole-wheat breads, wheat cereals, wheat bran, rye, rice, barley, apple skin, most grains and vegetables such as cabbage, beets, carrots, brussels sprouts, turnips and cauliflower

Attack-proof your heart

Know the symptoms and triggers



By Michael Langiulli, M.D.
**Board Certified in Cardiology/
Interventional Cardiology**
Ruston Cardiology Associates

More than 1 million Americans suffer heart attacks every year, says the American Heart Association (AHA). But you can reduce your risk by being knowledgeable about heart health.

While aging and certain chronic health conditions are risk factors, it's important to monitor your heart health and know the various causes, or triggers, for a heart attack. Taking steps to prevent heart problems can help keep you healthy for life.

Not all heart attacks are recognized and treated, says a recent study at Duke University Medical Center. And high blood pressure is called the “silent killer” because about one-third of the people with this condition don't know they have it, and it can lead to a heart attack and stroke.

Risk factors for silent heart attacks are the same as for regular heart attacks—smoking, diabetes, stress and family history—and these heart episodes occur more frequently than physicians previously thought. A study funded by the National Institutes of Health examined 185 patients who had never been diagnosed with a heart attack but were at risk for coronary artery disease. Thirty-five percent of these patients had evidence of a prior heart attack, and these asymptomatic heart attacks were three times more common than those heart attacks that manifested in more traditional ways—and more deadly.

COMMON WARNING SIGNS

According to the AHA, heart attack warning signs typically begin slowly, with mild pain or discomfort. These signs include:

- chest discomfort, such as uncomfortable pressure, squeezing, fullness or pain
- pain in one or both arms, the back, neck, jaw or stomach



- shortness of breath, with or without chest discomfort
- cold sweat, nausea or lightheadedness

Other symptoms include a weak feeling, sudden dizziness, a pounding heart, a feeling of impending doom and vomiting. Women and men often experience different heart attack symptoms. Women are more likely to have nontraditional heart attack symptoms like fatigue, indigestion and sleep disturbances.

HEART ATTACK TRIGGERS

A heart attack may seem to come from nowhere, but this is rare. The timing is determined by triggers. While a symptom is a physical condition or sign that may indicate the occurrence of a heart attack, a trigger is a situation that can make an attack more likely—especially when combined with an existing condition or risk factor. Common triggers include lack of sleep, overeating, stress or unusually heavy exercise.

! Are you at risk?

Talk with your physician to learn your risk for a heart attack and any lifestyle modifications you can make to keep your heart healthy. For questions or concerns or to make an appointment, call the office of Michael Langiulli, M.D., with Ruston Cardiology Associates at (318) 251-8411.

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The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your health care provider.

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PHYSICIAN SPOTLIGHT

The dedicated, experienced physicians of Northern Louisiana Medical Center (NLMC) can help keep you and your family healthy. We'd like to introduce you to one of our newest additions.



MAJOR E. BLAIR JR., M.D.
Orthopedics

**411 E. Vaughn Ave., Suite 101
Ruston**

(318) 251-1003

Accepting new patients

Major E. Blair Jr., M.D., has joined the NLMC community. Dr. Blair specializes in sports medicine, joint replacement and spine care. He's practiced for more than 23 years in the north Texas area. After graduating from the University of Texas at Austin, he completed medical school and an orthopedic residency program at Baylor College of Medicine in Houston. He then received additional spine training at Toronto General Hospital in Toronto, Canada, before relocating to Denton, Texas. He's been an orthopedic physician for the University of North Texas Athletics and Denton area school districts for the last 20 years.

Board certified for 20 years, Dr. Blair is a member of the Texas Medical Association, the Texas Orthopedic Association and the American Academy of Orthopedic Surgeons. He brings experience in traditional orthopedic procedures and minimally invasive techniques, enabling patients to achieve superior results sooner.

Dr. Blair and his wife, Lori, and their two border collies are excited about joining the Ruston family. They enjoy the outdoors, bicycling and sporting events. Dr. Blair is an avid hunter. The Blairs have five children, all of whom are attending college or playing professional sports. Although their children no longer live at home, they expect frequent visits resulting in a significant increase in local restaurant profits.

Call for an appointment

We welcome Dr. Blair and his family to the Ruston area! He'd love to visit with you and become your orthopedic physician. Call NLMC at (318) 254-2100 for more information.

For a list of physicians by specialty, visit www.northernlouisianamedicalcenter.com.