

Health Connection

THE MAGAZINE OF NORTHERN
LOUISIANA MEDICAL CENTER



**Balance your body,
mind and spirit!**

Join Healthy Woman today

**Make time
for your digital
mammogram**

**Healthy habits,
healthy kids**


**Northern Louisiana
Medical Center**

Dear friends,

Thank you for taking time to learn more about the new, exciting healthcare advancements we're making to better serve your needs and those of your loved ones.

YOUR INCLUSIVE HEALTHCARE PROVIDER

Medicine is increasingly technology driven, and Northern Louisiana Medical Center (NLMC) is in stride. Our list of medical services has recently grown to include hyperbaric oxygen therapy, the only nationally accredited sleep lab in Lincoln Parish, a cardiac catheterization lab, a vascular intubation lab, the Selenia all-digital mammography scanner and a full range of medical services—just a few examples of our progress toward becoming your source for all-inclusive healthcare. We're truly committed to providing comfort, care and compassion to our patients.

NLMC takes its role as a healthcare leader seriously, and that's why we're working harder than ever to enhance the variety of healthcare available locally. For people in our community looking for choices, you'll be excited about upcoming hospital growth and development in 2009. With new programs for the community, additional primary care and specialist choices and advanced technology on the horizon, the healthcare community of Ruston has more than ever to offer patrons.

We sincerely appreciate the opportunity and privilege to serve you.

With gratitude,



DOUG SILLS
Chief Executive Officer
Northern Louisiana
Medical Center



Passing healthy habits to your children

Childhood weight problems can lead to cancer, diabetes, heart disease and high blood pressure. To prevent poor choices from becoming lifelong habits, teach healthy living habits when children are young.

EAT HEALTHY

To help your kids learn healthy behaviors:

- Serve plenty of fresh fruits and vegetables, and teach portion control. Limit junk food.
- Encourage water and milk instead of fruit drinks and soda.
- Limit computer, TV and video game screentime.
- Take a family walk, visit a local park or go for a bike ride together.



OTHER DANGERS

Talk with your kids about staying safe, physically and emotionally:

- Make it clear that your children aren't allowed to use tobacco, drink alcohol or use other drugs, and explain why these substances are harmful. Establish clear consequences for broken rules.
- Talk with your children about peer pressure. Role-playing can prepare them to say no.
- Know your children's friends and their parents. Ask your kids where they're going, what they're doing, who'll be there, when they'll return and how you can reach them.
- Set a good example: Avoid tobacco, eat smart and be physically active.

! Get your child started off right!

For more healthy-living tips, call Nutrition Services at NLMC at (318) 254-2768.

A NEW ALLY IN THE BREAST CANCER FIGHT

The digital-mammography difference

Early detection is the key to overcoming breast cancer. Although the breast cancer death rate has declined in the past few years, the disease is still the second-leading cause of cancer death in women. When detected early, however, the survival rate is almost 100 percent. Early detection methods include clinical examination by a healthcare provider and mammography, which can detect an abnormal mass as early as two years before it can be felt. The American Cancer Society (ACS) says a monthly breast self-exam is an option beginning at age 20, following proper training by a licensed healthcare professional.

THE IMPORTANCE OF PREVENTION

Mammograms play a central part in early detection because they can find changes in the breast that may be early signs of cancer but are too small or subtle to be felt. A mammogram is a low-dose X-ray breast exam that produces clear images to help effectively diagnose most breast diseases.

Screening mammography is a preventive measure for women who have no symptoms of breast disease. A screening mammogram usually involves two views of each breast. Diagnostic mammography involves additional views of the breast and is used when an abnormality is found during screening or in women who have breast complaints, such as a breast mass, nipple discharge, breast pain or even skin irritation.

Two types of mammograms are available: screen-film mammography and full-field digital mammography. In screen-film mammography, X-rays are captured on a film cassette. The film is developed, and a physician who specializes in interpreting X-rays and other types of diagnostic imaging studies reviews the films on a high-intensity light box. In full-field digital mammography,

X-ray beams are captured on specially designed digital detectors, which convert the X-ray beams into electronic signals that are then sent to a computer. The radiologist can review the digital mammogram on a high-resolution computer monitor.

Unlike film-based mammography, digital mammograms produce images that appear on the technologist's monitor in a matter of seconds. There's no waiting for film to develop, which can mean less time in the breast imaging suite. That's why Northern Louisiana Medical Center is pleased to offer the new Selenia all-digital mammography system.

The ACS recommends that all women have annual screening mammograms beginning at age 40. In addition,



! Don't become a statistic!

See your primary care physician today to discuss your options for breast cancer screening. To learn more about digital mammography at NLMC, call (318) 254-2100.

all women who have certain risk factors should discuss an appropriate screening program with their physician. Risk factors include family or personal history of breast cancer, early menstrual onset/late onset menopause and use of alcohol, oral contraceptives or menopausal hormone therapy.

Did you know ...

- A woman's chance of developing cancer in her lifetime is 1 in 8.
- A new breast cancer case is diagnosed every 2.5 minutes.
- One American woman dies from breast cancer every 13 minutes.
- More than 40,000 women die from breast cancer every year.
- Only lung cancer causes more cancer deaths in women.

Selenia digital mammography at NLMC

- Selenia uses direct technology to convert X-rays into an image for radiologists to view. This technology improves image sharpness.
- Direct capture technology offers improved visibility of the breast, particularly near the skin line, the chest wall and in women who have dense breast tissue.
- Selenia offers a detector size of 24 centimeters by 29 centimeters—the largest in the industry—accommodating almost all breast sizes with one exposure.
- Digital mammography images can be viewed in seconds, allowing the mammographer to confirm proper positioning and reducing the likelihood of return visits for additional imaging.
- Selenia offers radiologists advanced diagnostic tools that provide immediate mammography exam results.



Become a Healthy Woman!

Life can be healthy, balanced and fun. Find out how with Healthy Woman, our free program that empowers women with the knowledge and confidence to make informed healthcare and well-being decisions for themselves and their loved ones.

Become a member today and enjoy:

- monthly health and lifestyle presentations
- health resources
- regular e-mail communications

To join and see what Healthy Woman offers, call (318) 254-2492 or visit www.northernlouisianamedicalcenter.com.

HEALTHY WOMAN
A NORTHERN LOUISIANA MEDICAL CENTER RESOURCE



Time is life!
Heart attack treatments are most effective when given within one hour of the start of symptoms. Acting fast can save your life and limit heart damage. NLMC is here for you.

CATARACTS

A common and easily treatable enemy



By Jo Ann Hardin-Meyer, M.D.
Ophthalmology

By age 80, more than half of all Americans will have a cataract or have had cataract surgery. Cataracts—clouding of the eye's normally clear lens—make it hard to read, drive a car or even see facial expressions.

Though cataracts can damage eyesight, they're also among the most easily surgically treatable conditions.

Cataracts often form slowly and have few symptoms, which include blurred vision, difficulty seeing at night, sensitivity to light, frequent eyeglass prescription changes and double vision in one eye. Cataracts can occur in one or both eyes, but they can't spread from one eye to the other. Unless it becomes completely white, the cataract isn't dangerous to the eye's health. Hyperature cataracts—which are white and can cause inflammation, headaches and pain—are uncommon, but usually require removal.

RESTORING VISION

In their early stages, cataracts can often be corrected with eyeglasses or contacts. As they become more serious, surgery can help restore vision. More than 1.5 million cataract surgeries are done every year and more than 90 percent of people who have the procedure have fully restored vision. Surgery replaces the clouded natural lens with a clear lens implant.

To diagnose a cataract, an ophthalmologist performs several tests. The visual acuity test uses an eye chart to measure sight at different distances. In the dilated eye exam, the physician uses drops to enlarge the pupils to examine the retina and optic nerve for damage or other problems. A tonometry test measures eye pressure.

GET REGULAR CHECKUPS

Because cataracts are so common, people need regular eye exams, especially as they age. Age-related cataracts



! Keep good vision in sight!

Jo Ann Hardin-Meyer, M.D.:

- 15 years of experience practicing general ophthalmology
- treating patients of all ages, beginning with newborns
- cataract surgery
- glaucoma surgery
- eyelid surgery
- muscle surgery

To make an appointment with Dr. Meyer, call (318) 255-5510.

can start developing as early as age 30, though they usually don't seriously affect vision until age 60. People between ages 60 and 64 should have an eye exam every two years, says the American Academy of Ophthalmology, and people ages 65 and older should have an eye exam every year.

Regular eye exams can help detect age-related eye problems like cataracts. Consult your physician if you have new or worsening eye problems.

FROM OUR MEDICAL STAFF MEMBER

Looking sharp

I'm a board-certified ophthalmologist with a special interest in cosmetic procedures in and around the eye. My practice in Lincoln Parish is accepting new patients, and I look forward to caring for your vision and ophthalmic healthcare needs.

BRINGING CARE, CLOSE TO HOME

I provide comprehensive ophthalmic services, including routine eye exams, cataract surgery, laser surgery and glaucoma treatment. I'm also pleased to treat something I care deeply about: droopy eyelids. Most people are self-conscious about droopy eyelids since they may make them look older and impair vision. Blepharoplasty—better known as an eye lift—corrects these problems.

If you have facial tumors or diminished eye functioning caused by scarring in or around the eye or eyelid, know



that I have a passion and skill for repairing the eye and skin around the eye that previously might go untouched by other healthcare professionals.

I enjoy being a part of such a terrific medical community as we expand the scope of medical care to help you find the physicians you need. I'm always available to discuss questions and concerns, and I look forward to the opportunity to serve you and your loved ones!

Sincerely,
Jo Ann Hardin-Meyer, M.D.

Northern Louisiana Medical Center: Providing care, comfort and compassion to the patients that we serve

! Make an appointment!



Jo Ann Hardin-Meyer, M.D., is a member of the Northern Louisiana Medical Center medical staff. Her ophthalmology clinic, Northern Louisiana Eye Associates, is in Suite 206 in the NLMC medical office building. To make an appointment with Dr. Meyer, call (318) 255-5510.

www.northernlouisianamedicalcenter.com

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WINTER 2009

Health Connection

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