

HEALTH CONNECTIONS

YOUR HEALTH, YOUR LIFE

PLAY IT
SAFE
in the
Game of Life

CHECK YOUR HEALTH —
IT'S NEVER TOO LATE

YOUR LUNGS:
AN INSIDE LOOK

Martin General
H O S P I T A L

BETTER LATE THAN NEVER!

VAPING: Lost in a Haze

You may have heard about people turning to vaping to help them stop smoking. Does it work? Is it safe?

Like cigarettes, e-cigarettes contain nicotine and other chemicals. So, while someone with a nicotine addiction might find relief in vaping, they won't put an end to their addiction. Others who have never smoked can become addicted to nicotine through e-cigarettes. In fact, research published in *Pediatrics* has found that teenagers who vape are more likely to smoke traditional cigarettes.

E-cigarettes themselves are not terribly safe, since they're unregulated. There's no way of being sure what chemicals they contain; poisons such as formaldehyde and antifreeze have been found in e-cigarettes. Even e-cigarettes marketed as "nicotine-free" have been found to contain nicotine, which is known to be harmful to cognitive development in adolescents. And because e-cigarettes are often flavored like fruit or candy, they're particularly attractive to younger age groups.

When it comes to vaping, the best advice is: Don't! And be sure your children and teenagers are well-informed so they can make sound decisions about e-cigarettes.



Stay on top of flu shots, health screenings and issues affecting your well-being with Martin Family Medicine. Schedule an appointment at MartinGeneralAnytime.com.

You didn't get your flu shot for how many years, now? No matter, because you never get the flu, right? Why not skip the 2018–19 season, too.

Sadly, this thinking isn't grounded in reality. You don't get vaccinations and screenings because you're sure to get sick without them — you get them to prevent or mitigate the rare, but very possible, chance you might get sick.

Here are some screenings and shots that people typically avoid or forget — and why they're important.

| SCREENING OR VACCINATION | BENEFITS TO YOU |
|------------------------------------|---|
| Cervical cancer (Pap smear) | Identifies abnormal cervical cells, precancerous lesions and early cervical cancer |
| Mammogram | Can reduce number of breast cancer deaths in women ages 40–74 |
| Colorectal cancer | Can often detect and remove polyps before they become colon cancer |
| Tetanus | Can prevent tetanus, a disease that requires immediate medical attention |
| Hepatitis A | Can prevent hepatitis A, a disease that may cause liver problems and death |
| Pneumococcal | Can protect against pneumococcal disease that kills more than 16,000 adults age 65 and older annually |

**Screening and immunization data from the Centers for Disease Control and Prevention*

LOVE and Your Health

Love helps build healthy bodies. Doubt it?

- Extreme emotional distress can cause broken heart syndrome or lead to short-term heart muscle failure.
- Getting frequent hugs may improve immune response and reduce stress.
- For men, love and support from a significant other reduces their chances of duodenal ulcer and angina.
- The quality of intimate relationships (positive or negative) can raise or lower your risk for coronary heart disease.



'Tis the Season FOR HEART ATTACK

Seasonal heart attacks are a real thing, and they're an annual threat to your health.

Did you know you may be more likely to suffer a heart attack when you need to bundle up? In fact, there is such an increase of heart attack occurrences during the colder months that the American Heart Association (AHA)'s journal *Circulation* published a study on the winter holiday season as a risk factor for cardiac and noncardiac death.

COMMON CARDIAC CULPRITS

When cold weather sets in, it can result in narrowed blood vessels and arteries, limiting blood flow and reducing oxygen to your heart. However, other heart attack causes are more under your control. These include:

- being constantly on the go
- exposure to wood smoke
- increased intake of unhealthy foods and alcohol
- stress connected to the holidays (financial demands, busier schedules, etc.)

DIY PREVENTION

To reduce your holiday heart attack risk, limit stress. Remember — your house doesn't have to be the most decorated on the block, and tense moments at family gatherings aren't all your fault. When you feel stress piling up, find a quiet place and practice deep breathing exercises, or find a good book to read.

Along with reducing stress, do your best to maintain a healthy diet, drink only in moderation, exercise regularly, bundle up when outdoors, avoid wood smoke and keep a manageable schedule.



MEET DR. JACOB!



Jose Jacob, M.D., FACP, FACC

Jose Jacob, M.D., FACP, FACC has joined the practice of Williamston Heart & Vascular Center and the medical staff of Martin General Hospital as a full-time Cardiologist. Dr. Jacob is board-certified and has nearly 20 years of experience with focus areas in interventional and invasive cardiology.

Dr. Jacob is accepting new patients. To schedule an appointment, call (252) 200-3793.

Dr. Jacob is a member of the medical staff at Martin General Hospital.



Don't let your heart health miss a beat. Call Williamston Heart & Vascular Center for an appointment at (252) 200-3793.

SAFETY *Checkup*

Are you up to date on the latest safety precautions? Check out these tips to help safeguard your family's health.

Burn Notice

Fire is not the only household burn hazard. Burns can also be caused by chemicals, steam, hot liquids, gases, friction or electrical current.



First-degree burns damage the top layer of skin, causing redness, swelling and pain.



Second-degree burns damage the outer skin and the dermis, the underlying skin layer.



Third-degree burns destroy both layers of skin and damage the tissue below. These serious burns require immediate emergency medical care.

COOL, COVER, COMFORT

For minor burns, apply cool — not cold or icy — water. Bandage loosely with sterile gauze or a nonstick bandage. If needed, use over-the-counter medications, such as acetaminophen, ibuprofen or naproxen, to relieve pain.



WHEN TO CALL THE DOCTOR

Most minor burns will heal on their own, but call 911 or head to the emergency room if the skin is broken or charred, the burn is larger than three inches across, or is located on the face, hands, feet, genitals or a major joint such as the knee or shoulder.

True or False?

- Q:** Applying butter soothes a burn.
- A: False.** Greasy substances such as butter and oil do not make burns feel better and may increase the risk of infection.

STEER CLEAR OF TROUBLE

Just about everyone knows that the safest course of action is to avoid using a cell phone while driving. Yet in a recent AT&T-sponsored survey, 61 percent of drivers admitted to texting, 28 percent reported surfing the internet and 17 percent said they take selfies behind the wheel.



ARE YOU FLYING BLIND?

According to the Federal Motor Carrier Safety Administration, texting drivers take their eyes off the road for an average of 4.6 seconds. At 55 miles per hour, that's the length of a football field.



To check the laws in your state, visit the Governors Highway Safety Association (GHSA) website at GHSA.org/State-Laws.

Concerned state lawmakers are taking action to curtail these hazardous behaviors. While no state currently prohibits all cell phone use by all drivers, new and increasingly strict legislation is being added to the books every year.



WOMEN ARE DIFFERENT FROM MEN

Ladies, watch for these less-common signs of heart attack, including:

- dizziness, light-headedness or fainting
- nausea or vomiting
- pain in the jaw, neck, back or stomach
- sudden indigestion, heartburn or persistent belching
- sweaty, clammy or chilled feeling
- unusual fatigue

Women are more likely to experience these signs of stroke:

- fast or fluttering heartbeat
- persistent hiccups
- nausea or vomiting
- shortness of breath
- overall weakness



COMMON STROKE SYMPTOMS INCLUDE SUDDEN:

- confusion
- coordination problems, such as stumbling or losing balance
- difficulty seeing, such as blurriness or double vision
- severe headache
- trouble speaking or understanding others
- weakness or numbness on one side of the body

TWO SIDES TO SAFE SLEEP

When it comes to the safest sleeping conditions for baby, there are two sides to the story.

According to new recommendations by the American Academy of Pediatrics, the safest sleep environment for baby is:

- a crib with only a tight-fitting sheet, no soft bedding, bumpers, pillows or toys
- in the parent's bedroom on a separate surface for at least the first six months and preferably the first 12 months of life
- on his or her back on a firm sleeping surface such as a crib or bassinet



SEE SOMETHING, SAY SOMETHING

Quick treatment for heart attack or stroke can save a life. Know the signs and call 911 right away.

COMMON HEART ATTACK SYMPTOMS INCLUDE:

- chest discomfort (pain, pressure, fullness or squeezing sensation)
- pain in one or both arms
- shortness of breath

What's the Difference?

Heart attack occurs when blood flow to the heart is blocked and heart muscle cells begin to die. Restoring blood flow quickly stops the damage and preserves heart function.

Stroke occurs when blood flow is blocked to the brain. According to the National Stroke Association, two million brain cells die every minute during a stroke, making fast treatment essential to survival and recovery.



For primary, cardiac or orthopedic care, surgical services, women's health, emergencies, and more, count on Martin General Hospital and its affiliated clinics for skilled care. Visit MartinGeneral.com to learn more.

PACK YOUR BAG

You can never predict when an emergency will occur. However, be prepared. Keep an emergency room (ER) go-bag in an easy-to-find location. Be sure to pack:

- copies of legal documents pertaining to your care, such as a healthcare proxy
- names and phone numbers for all current doctors
- insurance information and identification card
- names and phone numbers of anyone else who may need to be contacted
- a list of all medications, including over-the-counter medications and natural supplements
- a notebook and pen to keep track of important information, especially medication and discharge instructions
- a list of allergies
- a record of all medical conditions, diagnoses and any recent test or imaging results

Any medications you may need to take while at the ER, and important personal items, such as glasses and hearing aids, can be added when you leave for the hospital.



Find relief from your aching knees, shoulders and more.

Brought on by arthritis, sports injury or overuse, joint pain can stop you from doing the things you love. Fortunately, you don't have to live with joint pain. With today's medical advances, there is a treatment option to help joints regain range of motion while diminishing the pain they cause.

Solutions for PAINFUL JOINTS

CAUSES AND CARE

Some disorders that cause joint pain include gout, fibromyalgia, bone cancer, lupus, rheumatoid arthritis, tendinitis and Lyme disease. Managing the underlying condition will often provide relief. Other cases, however, require more direct treatment.

Mild joint pain is often relieved by cold or hot therapy, over-the-counter pain relievers, and reduced use of the affected joint. More troublesome and chronic joint pain requires more aggressive treatment. Options available include:

- **Arthroscopy** — A tiny camera is used to view the pain-causing joint. Through a tiny incision, the surgeon can repair the damaged joint.
- **Injections** — The most common is corticosteroid, which reduces joint inflammation for up to three months. Other injections are available that may even work to heal the joints, though they are not curative.
- **Joint replacement** — Joints beyond repair are completely replaced with artificial joints made of hard plastic, ceramic or metal.

TALK IT OVER

If you've been living with joint pain but are unsure what treatment would be best in your situation, talk with an orthopedic specialist to find out. While there, you'll need to ask the right questions to ensure you understand the options and potential end results.

A good first question to ask is about the least-invasive option available that will offer the pain relief you desire. You'll also want to find out what kind of preparation is needed for your treatment, recovery time, side effects to watch out for and the success rate of your chosen treatment.



Let Roanoke Orthopedics find a solution to your joint pain. Call to schedule an appointment at (252) 231-3970.

Prevent joint pain by building strong bones, maintaining a healthy weight, taking breaks when performing repetitive tasks and stretching daily.

NEW YEAR, NEW YOU

You're ready to make changes so you can enjoy better health, so stop waiting! Try these tips to fulfill your New Year's resolution for a more active, healthier life.



1. STEP IT UP. Find ways to exercise wherever you are. Park farther from the store entrance, take the stairs, and walk or bike instead of driving when possible.



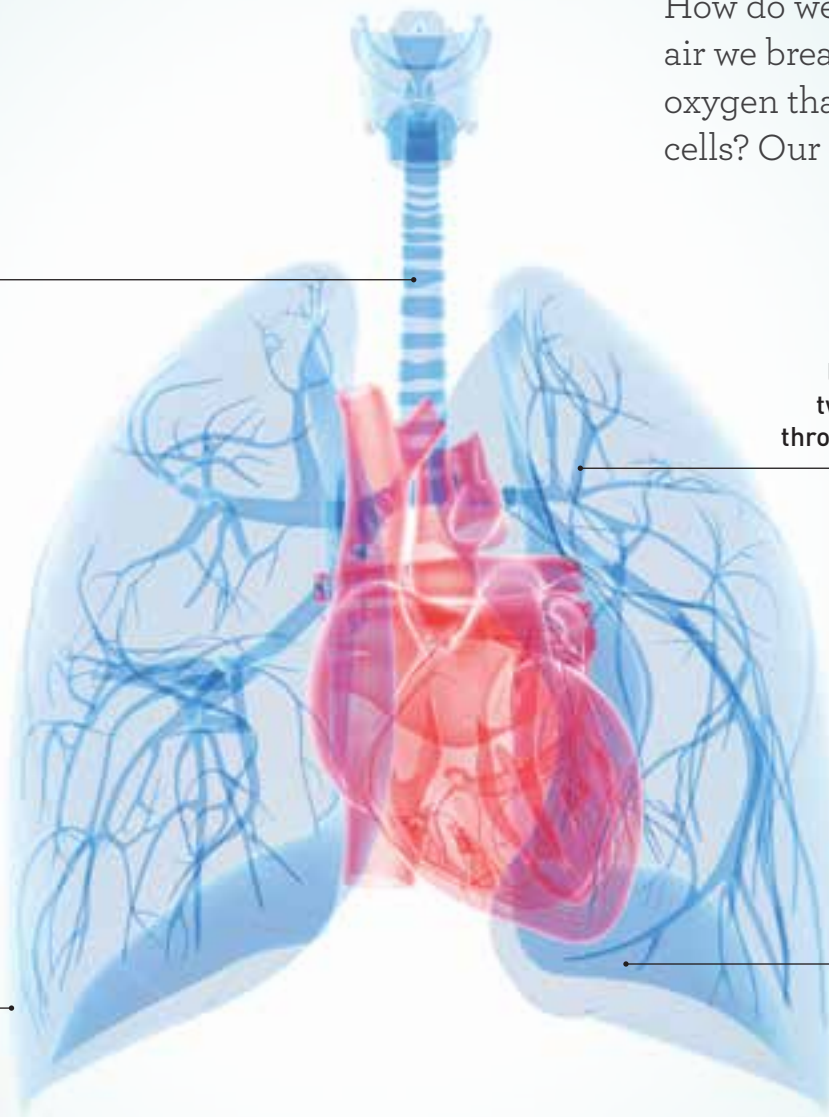
2. GET ON YOUR FEET. Gathering for meals is a great way to socialize, but it usually means sitting around. Call friends to go for a walk or go sledding with the kids.



3. BE WEATHER-READY. Cold weather doesn't have to keep you inside. Wear the right outfit to stay warm and dry and enjoy getting out and about no matter the weather.

Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment.

TRANSFORMATIONAL ORGANS: YOUR LUNGS



How do we turn the air we breathe into the oxygen that powers our cells? Our lungs!

1. Air enters our lungs through the trachea.

Each lung has a branched structure that provides plenty of surface area for oxygen to be taken from air and carbon dioxide to be released back into the air. The small “cells” that form the branches are called alveoli. Each alveolus is wrapped with tiny blood vessels, and this is where the oxygen/carbon dioxide exchange takes place — in the hemoglobin of the red blood cells in these vessels.

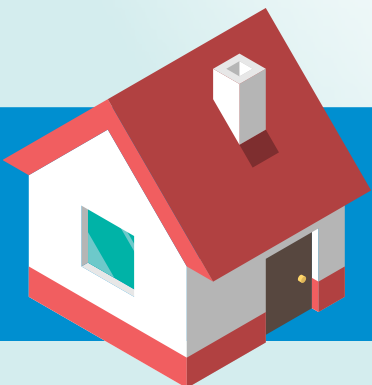
3.

Bronchi and bronchioles look like branches and twigs and carry air throughout the lungs.

2.

The movement of the diaphragm muscle works the lungs like a bellows, moving air in and out.

4.



The total absorptive surface area of the respiratory system including the lungs is between 70 to 100 square meters. That’s as big as the floor space of a small house!



Concerned about having healthy lungs? The medical team at Martin Family Medicine can help. Schedule an appointment online at MartinGeneralAnytime.com.

WANT TO READ MORE?

Visit MartinGeneral.com/signup to receive other health and wellness articles and register for our eNewsletter.

Martin General Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. For more information, see link on our home page at MartinGeneral.com. Attention: If you do not speak English, language assistance services, free of charge, are available to you. Call (252) 809-6300 (TTY: (800) 735-2962).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (252) 809-6300 (TTY: (800) 735-2962).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (252) 809-6300 (TTY: (800) 735-2962)。

VOLUME 11 · ISSUE 1 | **Want More?** Visit MartinGeneral.com/signup to sign up for our eNewsletter! | MartinGeneral.com

This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

PUT YOUR HEART First

Heart disease is the No. 1 cause of death for women, according to the American Heart Association, but often its symptoms are chalked up to getting older or to acid reflux. Take care of your heart by eating healthy foods, exercising regularly, quitting smoking and talking with your doctor about your personal risk for heart disease.



Put your heart in good hands with board-certified Cardiologist Jose Jacob, M.D., FACP, FACC, and the Williamston Heart & Vascular Center. Call (252) 200-3793.

Dr. Jacob is a member of the medical staff at Martin General Hospital.

