



NorthCrest
health

Great Care, Right Here

FALL 2008

CEO Letter: page 2

Get the Screenings You Need: page 3

The SilverHawk System: page 4

Prevention:
Still the Best Medicine

page 2

A publication of
NorthCrest
MEDICAL ♦ CENTER



CEO LETTER >>

AS WE ENTER the fall season, we begin preparing our schedules and homes for the holidays. In doing so, I suggest considering a check or preparation, if you will, of ourselves regarding our health.

We often fail to think preventively when it comes to our own health. Typically, we go to the doctor when we're sick or "something just doesn't seem right." We react to our ailments because they aggravate us just enough to finally do something about them.

I suggest taking a slightly different approach. Having an annual physical is a great preventive measure that helps assure and maintain good health. Getting your blood pressure checked and a lipid profile (cholesterol screening) are other measures to consider. If you are 50 years old or older, a colonoscopy is recommended. Other tests and screenings, such as mammograms and prostate and thyroid examinations, are great preventive measures that you should consider as an effort to enhance and be proactive about good health.

It's important to act now. Thinking and acting preventively when it comes to your health may seem a bit intimidating. Fortunately, we have the resources to assist you. There's no better time than the present.

Sincerely,

Scott Raynes
President & CEO



Prevention: Still the Best Medicine

If you're like most people, you only go to the doctor when you're sick. However, to achieve peak health, you may have to change your mindset. Prevention is one of the keys to complete health and wellness, and that's why scheduling regular visits to your healthcare provider is so important.

“REGULAR PHYSICIAN VISITS when you’re feeling well can help your physician catch a number of conditions before they become serious threats to your health,” says Teresa Williams, MD, internal medicine physician on staff at NorthCrest Medical Center. “Your primary care physician can perform an array of needed screenings to detect cancer, heart disease, and other health problems.”

For a list of what screenings you should undergo and when, see “The Screenings You Need” on this page. In the meantime, here are a few of the biggest threats to your health and why it’s important to have these tests.

• Blood Pressure Screening

High blood pressure or hypertension results when your heart works harder to pump blood through the body, increasing your risk of stroke, heart attack, and kidney failure. Everyone should have his or her blood pressure tested at least once annually.

• Colonoscopy

If you are age 50 or older and have not yet had a colonoscopy, consider scheduling this potentially lifesaving test. A colonoscopy is practically painless and checks for growths on the colon lining, called polyps, which can be removed during the procedure.

“Patients with early-stage colorectal cancer often show no symptoms, so screening is extremely important,” says Dr. Williams. “The disease is very treatable and beatable if detected in the earliest stages.”

• Lipid Profile

This blood test shows if there are risks for heart disease, but also is a great indicator of overall health. The profile samples the ratio of good and bad cholesterol in your blood. People of all ages can benefit from lipid profiles, as results reflect problem areas that can be addressed through lifestyle modifications like diet and exercise.

• Mammogram

Breast cancer affects one in eight women and is the second leading cancer-related cause of death in women.

Women age 40 and older should begin having yearly mammograms to screen for breast cancer.

“Annual mammograms are proven to be a safe, effective screening for detection of breast cancer. They are the best tool we have for detecting cancer in its early stages,” says Cody Crase, MD, radiologist at NorthCrest Medical Center. “Women who have additional risk factors, such as a family history of breast cancer, should speak with their physicians about getting screened earlier.”

• Prostate Exam

Prostate cancer has no obvious symptoms in its early stages, so regular screenings are needed to catch the disease before it spreads outside the gland. Most men should begin both annual prostate-specific antigen (PSA) blood tests and digital rectal examinations at age 50. Men at high risk, including African-American men and all men with a father or brother diagnosed with prostate cancer before age 65, should begin the tests earlier.

• Thyroid Exam

The thyroid is a gland in the neck that makes hormones needed for cellular function and keeps the brain, heart, and muscles working properly. Screenings are done through blood samples or radioactive iodine uptake—a test that measures how fast the thyroid pulls iodine from the bloodstream, indicating that it is working well.

Act Now

Making preventive medicine part of your everyday routine may seem a bit intimidating. Fortunately, there are countless resources to help you be proactive with your health. Ask family members and friends to encourage you to exercise more and eat right, connect with a support group at NorthCrest to manage any preexisting conditions, and come to NorthCrest education classes to learn more about what you can do to lead a lifelong healthy lifestyle.

Your good health shouldn’t have to wait any longer. Get started

with preventive medicine today, and reap the multiple benefits of a healthy lifestyle. ♦

To find a physician on staff at NorthCrest Medical Center, visit www.northcrest.com.

The Screenings » You Need

Women

- annual Pap tests and pelvic exams
- monthly breast self-exams
- yearly clinical breast exams
- annual mammograms starting at age 40 unless your physician recommends you begin earlier
- bone density screening for osteoporosis at age 65 or sooner if you have risk factors

Men

- monthly testicular self-exams
- annual prostate-specific antigen blood tests and digital rectal examinations starting at age 50, unless your physician recommends you begin earlier

Both

- blood pressure screenings each year
- colonoscopies every 10 years starting at age 50, unless your physician recommends you begin earlier
- thyroid screening every five years starting at age 35
- annual stress tests beginning at age 40
- dental cleanings every six months
- annual clinical skin exams



Treating PAD with SilverHawk

Since October 2007, NorthCrest Medical Center has been using the SilverHawk Plaque Excision System—a new, minimally invasive procedure—to help treat patients with peripheral artery disease (PAD).

PAD OCCURS WHEN a person's arteries become blocked or narrowed due to plaque buildup. Diagnosis and treatment of PAD is critical, as people with PAD have a four to five times higher risk for suffering a heart attack or stroke.

The Procedure

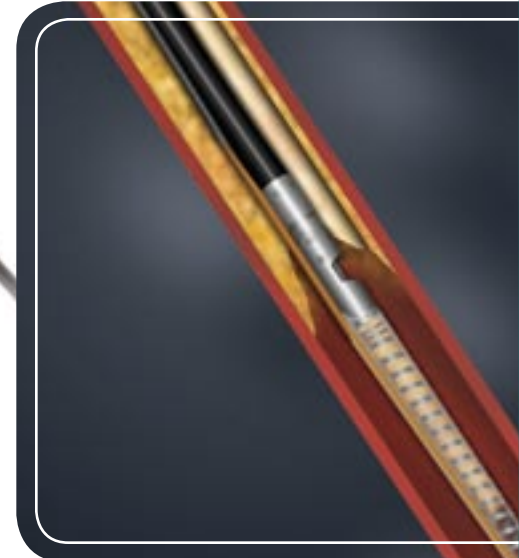
The SilverHawk system removes plaque to reopen narrowed or blocked arteries by using a miniature

drill with a tiny rotating blade for cutting it away, in contrast to an angioplasty, which pushes plaque into the wall of the arteries. In addition, the procedure is performed via a tiny puncture incision in the patient's groin.

"The ideal candidates for the SilverHawk procedure are patients who have PAD limited to the arteries in the thighs and calves," says Keith Goldberg, MD, FACS, general vascular surgeon at NorthCrest. "These are typically smaller vessels, and SilverHawk provides the longevity desired by the surgeon and the patient."

Some benefits of the SilverHawk procedure include:

- » faster recovery
- » less pain
- » shorter hospital stay
- » more cost efficient



"In the past, if a patient had PAD and also a complete blockage of blood vessels in their thigh, we had to perform bypass surgery," says Angie Beard, RN, BSN, CCRN, cardiovascular lab director at NorthCrest. "Now, with the SilverHawk system, we have been able to avoid major bypass surgery and possible amputations." ♦

To learn more about services offered at NorthCrest, visit www.northcrest.com.

"The SilverHawk Plaque Excision System at NorthCrest Medical Center has revolutionized the way surgeons look at the various procedures that help treat peripheral artery disease (PAD) and has enabled surgeons to approach this disease in a more open-minded way."
— Keith Goldberg, MD, FACS, general vascular surgeon at NorthCrest.

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

NorthCrest
MEDICAL ♦ CENTER

100 NorthCrest Drive
Springfield, Tennessee 37172
(615) 384-2411
www.northcrest.com

Nonprofit
Organization
U.S. Postage
PAID
Springfield, TN
Permit No. 13