

HEALTH MATTERS

WINTER 2018

Heart disease: Know the facts

Compare your care options

*4 things you should know about
high blood sugar*

*New mobile medical unit
to begin operation*



**MAURY REGIONAL
HEALTH**

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Dr. Amit Keswani is pictured discussing heart disease with a patient.

Heart disease: **Know the facts**

Heart disease kills more than 600,000 Americans each year so you should know your risk factors, according to Amit Keswani, M.D., an interventional cardiologist on the medical staff at Maury Regional Medical Center in Columbia.

Heart disease occurs when a substance called plaque builds along the walls of your arteries, making the vessel narrower over time and reducing blood flow. Risk factors for heart disease include:

- Family history of heart disease
- Smoking
- High blood pressure
- High cholesterol
- Diabetes

“Heart disease is often associated with men; however, it is the leading cause of death for both men and women. We encourage everyone to learn the signs of a heart attack

and what to do if you experience any of these symptoms,” said Dr. Keswani.

The signs and symptoms of a heart attack may vary by individual and by gender. Commonly they include:

- Chest discomfort which can feel like an uncomfortable pressure, squeezing, fullness or pain
- Discomfort in other parts of the upper body, one or both arms, neck, jaw, upper back or stomach
- Shortness of breath with or without chest discomfort
- Unusual fatigue
- Breaking out in a cold sweat, nausea or light-headedness

If you experience any of these symptoms, immediately call 911. A quick response can prevent permanent heart damage and, more importantly, could save your life.

Maury Regional Medical Center in Columbia offers the only cardiac intervention lab in southern Middle Tennessee where blocked vessels can be opened in a matter of minutes, increasing blood flow and reducing damage to the heart. An accredited chest pain center, the facility offers diagnostic testing, interventional procedures, pacemaker and defibrillator implants, cardiac rehabilitation and much more.



Compare your care options

Consumers have more resources at their fingertips than ever before when making decisions, including resources to compare their health care options.

Maury Regional Medical Center (MRMC) evaluates its performance against more than 4,000 hospitals across the nation utilizing CareChex®,—an information service of Quantros, Inc.



“Using publicly reported comparative data, we benchmark our performance against other health care providers in an effort to become a better organization, one that is focused on using best-practice treatment options for our patients,” said Alan Watson, CEO of Maury Regional Health, the largest health system between Nashville and Huntsville.

CareChex® recently ranked MRMC number one in Tennessee for overall hospital care and overall surgical care in the areas of medical excellence and patient safety for 2018. This ranking is based on cumulative performance across the most recent three years of public data. Medical quality evaluated includes process of care, outcomes of care and patient experiences in two primary areas—medical excellence and patient safety. The results enable health care organizations to compare their performance against providers in the nation, region, state and market.

“The entire care team at Maury Regional is dedicated to serving our community and I am proud of the strides that we have made in patient care,” said Watson.

MRMC encourages those in the community to make an informed choice about health care decisions — compare MRMC to others at *CareChex.com*.

2018 CareChex[®] Rankings



#1 IN THE STATE

Medical Excellence:

- Overall Hospital Care
- Overall Surgical Care
- Gastrointestinal Care
- General Surgery
- Joint Replacement
- Orthopedic Care
- Major Orthopedic Surgery

Patient Safety:

- Overall Hospital Care
- Overall Surgical Care
- Gastrointestinal Care
- General Surgery

#1 IN THE MARKET

Medical Excellence:

- Overall Hospital Care
- Overall Medical Care
- Overall Surgical Care
- Gastrointestinal Care
- General Surgery
- Joint Replacement
- Major Bowel Procedures
- Neurological Care
- Orthopedic Care
- Major Orthopedic Surgery

Patient Safety:

- Overall Hospital Care
- Overall Surgical Care
- Gastrointestinal Care
- General Surgery
- Joint Replacement



4 things you should know about high blood sugar

The number of individuals with high blood sugar—or diabetes—has nearly doubled in the past 20 years and the Centers for Disease Control (CDC) projects that one in three adults could have diabetes by 2050. Type 2 diabetes is the most common form and occurs when your body does not use insulin (a hormone produced by the pancreas) properly.

According to Michelle Kennedy, RN, a certified diabetes educator at Maury Regional Medical Center, many individuals who have type 2 diabetes have not been diagnosed. Here are four things you should know:

Pre-diabetic versus diabetic

Those with a fasting blood sugar level of 100-125 are considered pre-diabetic and those 126 or higher are considered diabetic. The most accurate blood sugar readings are taken after fasting (no food for 8-10 hours) so it is best to measure after a night's sleep.

Signs

You may have high blood sugar and not even be aware. Often the signs are dismissed as being caused by other factors and may include excessive thirst, frequent urination, increased hunger and lack of energy. If you experience these symptoms, tell your doctor and begin keeping a daily log of your blood sugar level to share with your provider.

Diabetes damages your body

Because diabetes is common, we often do not take this disease seriously. It is important to know that uncontrolled diabetes causes damage to blood vessels and nerves, which may lead to heart disease, stroke, kidney damage, impaired eye site, nerve damage and wounds that do not heal.

Type 2 diabetes is manageable

Individuals with type 2 diabetes are able to manage this condition with proper diet, exercise and medication. The sooner you seek treatment, you will minimize the effects of diabetes on your vascular and nervous systems. Talk to your doctor or a certified diabetes educator about a personalized plan to manage your diabetes.

“Diabetes is a silent killer that slowly damages the systems of your body,” said Kennedy. “Be aware of the signs and seek treatment from a medical professional who can help you learn how to manage this disease and improve your quality of life.”

To learn more about diabetes, management classes and education groups, visit MauryRegional.com or call 931.540.4324.



New mobile medical unit to begin operation

In January, Maury Regional Health unveiled a new mobile medical unit made possible through the generosity of Maury Regional Health Care Foundation donors.

The inspiration for the development of the new mobile unit was to provide primary care services to at-risk and underserved populations who lack access or resources to obtain health care. The mobile unit is a 38 foot recreational vehicle (RV) customized with two exam rooms and a laboratory area, is wheelchair accessible and will be staffed by clinical specialists who will provide services including:

- General primary care services
- Routine screenings including glucose, cholesterol, lipid profile, height/weight (BMI) and blood pressure
- Education and outreach for preventable and manageable diseases
- Coordinating patient care through referrals to appropriate providers

Foundation Executive Director Joe Kilgore said, “Through the generosity of our donors, Maury Regional Health will touch the lives of residents throughout southern Middle Tennessee by improving access to health services. We raised more than \$300,000 enabling us to purchase the unit and have committed to providing an additional \$400,000 over five years for operational expenses. We are grateful for the support of our community.”



Major donors for the project include the Maury Regional Auxiliary, Mary and Con Vrailas, 2017 Mule Kick 5K, Suzanne and Houston Parks, Listerhill Credit Union, Dr. Eslick and Annie Daniel and Kristi and Greg Martin. Gifts to support the mobile medical unit may be made through the Foundation’s Community Health Fund at MauryRegionalFoundation.com. For more information, call 931.380.4075.

To learn more about the new mobile medical unit, contact the Population Health Department at 931.380.4031.

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