

# ENGAGE

*Connecting the community to health*

**Thriving with  
Women's Care  
at HMH**



**Howard**Memorial  
hospital

*Fall 2019*

# Do Your Pelvis a Favor

## Learn about your physical therapy options



Dorothy Clark, PT

Women's bodies are things of wonder. But sometimes they could use a tune up. In the past, women would have to resign themselves to a lifetime suffering from pelvic conditions such as constipation, urinary incontinence, post-surgical urinary issues, pelvic pain, SI joint dysfunction, hip pain, and pregnancy-related complications. And indeed, many women still do

think these things are facts of life. But that's no longer the case—especially at Howard Memorial Hospital.

"Pelvic issues are a lot more common than people realize," says Dorothy Clark, physical therapist at HMH. "Women tend to normalize it internally. They don't know that it's very common, and are embarrassed to talk about it. But things like urinary incontinence and pelvic pain during sex, while common, are not normal. There are solutions to these conditions."

Dorothy says there are a lot of techniques that can help with these issues. "I do manual techniques, and have lots of relaxation techniques that help reduce pain," she says. "Plus all kinds of stretches and exercises for people who have urge incontinence. Urge incontinence is something that is very common. And that's behavior based, so we work on techniques for that."

Another tool Dorothy uses is biofeedback. These are pads that are applied to skin to assess muscle activity.

Dorothy says that she wishes more people would request physical therapy sooner. "In Europe, postpartum women automatically get referred to physical therapy. With both vaginal deliveries and C-sections, it's possible for women to never fully recover their pelvic function. In many cases, we will have women who have had C-sections come in three



years after the fact for back pain. In reality, it's because they never reactivated the muscles after their surgery," she says.

Howard Memorial Hospital is unique in that it offers pelvic physical therapy. "We are centrally located and we have all the supplies and tools to help you," says Denise.

**"It's really the only place in Southwest Arkansas for this type of therapy, and we have a really good team here."**

We are also really flexible with schedules. We get people in at times that work best for them. Plus, if we find that it's not actually a pelvic issue, we have a diverse enough team to refer you to someone right here that can help."

Dorothy urges women to ask for pelvic physical therapy. "Don't be afraid to go to primary care and ask for it," she says. "Stick up for yourself and ask for it so that you can get what you need."



# Fighting Back Whole Heartedly

## How cardiac rehab helped Todd Moore

"I was 46, 5'11" and 190 pounds," he says. "I was the last person you would think it would happen to."

Fortunately for Todd, he knew the warning signs of a heart attack. Other members of his family had experienced them and he knew that even if he didn't seem like someone who might have one, he could be, because of his family history.

Todd told his wife he was having a heart attack and she immediately called an ambulance. It turns out that what Todd experienced was what they call the "widow maker," with 90% of his arteries blocked. They were able to get Todd to surgery and stabilize him.

After a month of rest and recovery, it was time for Todd's next challenge: cardiac rehab at Howard Memorial Hospital.

"I started as quickly as I could," says Todd. "I had friends and family members tell me: 'If they recommend cardiac rehab, do it.'"

Todd went to cardiac rehab three days a week for ten weeks. The appointments were short in hours but long in impact: They would evaluate and record Todd's level of cardiac ability and give him exercises to do both in rehab and at home.

"Cardiac rehab was definitely a game changer for me," says Todd. "When you went through what I went through, you can see, in very stark terms, your limits. You know you're not going to come back overnight and that can be frustrating. But cardiac rehab is the best confidence booster you can get, hands down. Going there was one of the best things I've ever done."

Todd says that cardiac rehab helps patients both physically and mentally: "Having a heart that has experienced trauma is scary," he says. "There are things that go on afterwards, like my arms would twitch. It felt like my damaged heart was getting worse. But going to cardiac rehab allowed me to bring these things up with my team, which was absolutely wonderful. They said, 'no, you're fine, this is just your heart trying to heal.' It brought tremendous peace of mind knowing I could ask them anything. And then to see the progress I was making every day was incredibly gratifying and motivating."

The education and motivation Todd got at cardiac rehab will give him a lifetime of good heart health. He says the experience there was nothing short of wonderful. "You can go to a bigger facility," he says. "But you're not going to find better people or better care than I received at Howard Memorial Hospital."





# What You Don't Know about **Primary Care** *Could Hurt You*

## Why you should never skip your yearly checkup

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You hear it all the time: Primary care is so important. But why is that? Why, when you don't even feel sick, should you take the time to get your yearly checkup from your provider? And what if your provider moved or the clinic closed? Is it really worth the hassle of finding another one? **The answer? Absolutely.**



## Why primary care?



Kaitlyn Gunn

Kaitlyn Gunn, Clinic Director at Howard Memorial Hospital, can list the ways primary care matters in her sleep.

"For one thing," she says. "Most of your health concerns are going to be able to be addressed in the clinic. You don't need to go to a walk-in clinic or the emergency room. Just call your primary care provider. We'll take care of you."

As to why you should go to checkups even when you're not sick, Kaitlyn says it has to do with relationships. "If you're established with your doctor, he or she will know more about you and your health history and be better able to treat you.

Another reason to get your yearly checkups, says Kaitlyn, is because it can prevent a health condition from getting worse. "What's stage one cancer now could be stage four in a year or two. Regular visits to primary care can catch things earlier and improve your health outcomes," she says.

And if those reasons weren't compelling enough, Kaitlyn reminds us that wellness checks are usually covered in full by insurance.

**"It's in your best interest and the best interest of your insurance company to have you avoid costly procedures and treatments down the line. Primary care checkups are regularly free, so there's no reason not to take advantage of it,"**

## Why Howard Memorial Hospital?

Hours, availability, services offered, and more are just a few of the reasons patients should consider establishing with a provider from Howard Memorial Hospital.

"Patients from De Queen and Sevier County come to our facility," she says. "It's one of the best around, which makes the 20 or 30 minute drive, more than worth it."

Kaitlyn says that an advantage of HMMH is their extended hours: The clinic is open from 7 a.m. to 5 p.m. "We also offer same day appointments," she says. "And we provide DOT physicals as well. We're really a one-stop shop for your health."

## Meet Your Providers

Kaitlyn reports that the team of providers at Howard has something for everyone. Patients can establish with a particular provider but also enjoy access to the whole team for faster appointment availability and a collaborative approach to patient health.

"You can't go wrong," says Kaitlyn. "All three of our providers are outstanding. But each of them brings something special to the table. We have Dr. Caldwell who is really into sports and physical fitness because he's into that himself. Then we have Dr. Wilkins who loves to travel, so she's into travel medicine and women's health. And then Alana Day, APRN, FNP-C, is also into sports and outdoor activities. And all three of our providers are very active in our community. They all have children and are all into the school and community activities in our area."



### Dr. Brian Caldwell

- Athletic health and training advice
- Management of chronic diseases
- Tips for all ages on staying healthy



### Dr. Ngozi Wilkins

- Learn wellness tips for long-term health
- Diagnose and treat women's conditions
- Find one doctor for the whole family



### Alana Kaye Day, APRN

- Children's health and wellness
- Respiratory care
- Geriatric care

# New on the Menu

## HMH Welcomes Denise Graves

If you've noticed some different offerings at the Howard Memorial Hospital cafeteria in recent weeks, you have the dietary staff to thank. "We serve salmon now and quinoa salad," says Denise Graves, Howard Memorial Hospital's new dietitian.

"I'm a food lover, not a food hater," explains Denise. "My love of food is the reason I got into this line of work. I love food and I love to cook. I don't believe in telling anyone 'don't eat that' or to not enjoy food."

Denise is also a certified diabetes educator, which means she will work with diabetes patients to find ways of eating that work for them. "I want them to be able to learn a different approach that is effective and that they can live with," she says.

Howard Memorial Hospital will be using the diabetes management curriculum that Denise herself wrote. "It's based on standards of care and research from the experts," she says.

### Being mindful

Denise says she hates the word "diet." "It's the worst word, I don't ever tell anyone that certain foods are bad or good," she says. "All foods are good, and all food has value. It all depends on making healthy choices."

Denise believes in mindful eating. "It's not about your diet, it's about changing behaviors," she says. "After all, your behaviors are what got you there in the first place." Instead, Denise helps patients become more mindful. "You can teach your mind to be a healthier eater," she says.



### Beware of diet trends

Denise warns against going too far with diet trends. In fact, she herself is resisting the trend to call herself a nutritionist. "Historically, nutritionists didn't need to have the standard of training that dietitians have," she explains. "Though 'nutritionist' is a less scary word, it seems, than 'dietitian.'"

#### Other trends that Denise gives the side-eye to are:

- **Coconut oil** - "It's saturated fat. Use it on the outside of your body, not the inside," she says.
- **Fasting** - "Definitely 'fast' overnight, but don't go overboard during the day."
- **Organics** - "Just go to a farmer's market. Organics aren't regulated so you can't be sure what you're getting. You're better off at the corner farmer's stand."



# Breast Cancer:

## Separating *Fact* from *Fiction*

In honor of October being Breast Cancer Awareness month, we invite you to test your breast cancer knowledge. Can you tell fact from fiction in the statements below?

### Fact OR Fiction?

*If you don't have a family history of breast cancer, you don't need a mammogram.*

#### Fiction.

Many people think that if there is no family history of breast cancer, then there is no need for a mammogram. This is not true. In fact, there are more patients diagnosed with breast cancer who do not have a family history than those who do. *"More than 75% of women with breast cancer have no family history of the disease and less than 10% have a known gene mutation that increases risk according to the National Breast Cancer Coalition,"* says **Stacy Harberson**, Director of Radiology at Howard Memorial Hospital. It is true that women who have first degree relative with breast cancer are at a higher risk for developing it, but most of those patients never get the disease.

### Fact OR Fiction?

*Men can't get breast cancer.*

#### Fiction.

Although it's rare, it's estimated that nearly 2,500 men will be diagnosed with breast cancer each year. *"While the majority of breast cancer is in women, men can get the disease as well,"* says Stacy. *"It is very important to see a physician if there are changes in the male breast. These things should not be ignored."*

### Fact OR Fiction?

*Mammogram technology hasn't changed.*

#### Fiction.

The first mammograms were performed with an x-ray machine. These were very rudimentary images. *"Technology then moved forward to dedicated mammography machines using analog film/screen with a processor,"* says Stacy. *"This was followed by digital mammography and finally 3D mammography. Howard Memorial Hospital is proud to offer 3D mammography."*

### Fact OR Fiction?

*Being exposed to the radiation used in mammograms is dangerous.*

#### Fiction.

Talk to your doctor if you have specific concerns, but the radiation your body is exposed to during a mammogram is minimal. *"It's approximately equivalent to the dose received over seven weeks from natural surroundings or background radiation,"* says Stacy. *"The small amount of radiation necessary for a mammogram is trivial considering the outcome of an unknown breast cancer. Early detection is essential in favorable outcomes with breast cancer."*

### Fact OR Fiction?

*Preemptive mastectomies are the best way to prevent breast cancer.*

#### Both.

While removing most or all of the breast tissue is effective, it's also aggressive, and should only be an option for women in extreme instances. For most women, eating healthy, exercising, and quitting both drinking and smoking are enough to reduce your breast cancer risk. Since the earlier breast cancer is caught, the better the outcomes are, doing regular self-exams and mammograms is also an essential way to reduce the harm of breast cancer.



**Get screened today!**

If you're due for a mammogram, schedule one at Howard Memorial Hospital. Call **870-845-8156** for your appointment.




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## Here When You Need Us

**Primary care** and **emergency services**  
available at Howard Memorial Hospital

If you live in the Sevier County area, know that high quality medical care is just a short drive away. We invite you, our neighbors, to discover how Howard Memorial Hospital is here for you with primary care, emergency services, and more. We've got short wait times, plenty of providers, and everything you need to get and stay healthy while Sevier County's own healthcare facility is in transition. Until they're ready for you, we're here for you.

**Learn more about HMM**

Visit us online at [www.howardmemorial.com](http://www.howardmemorial.com)